

RESOLUTION NO.

BOARD OF SUPERVISORS, COUNTY OF SAN MATEO, STATE OF CALIFORNIA

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RESOLUTION ENCOURAGING A MENTAL HEALTH FOCUSED LENS IN ALL COUNTY GOALS, PROGRAMS, AND POLICIES IN THE COUNTY OF SAN MATEO

WHEREAS, the County of San Mateo recognizes mental health as a critical component of overall public health and well-being; and

WHEREAS, in January 2024, the County declared loneliness a public health crisis, highlighting the urgent need to address the mental health challenges faced by our community; and

WHEREAS, the County's Measure K priority areas, which include affordable housing, support for children and families, and emergency preparedness, integrate mental health considerations, recognizing that stable housing, nurturing environments for children, and effective preparedness plans significantly contribute to overall mental well-being; and

WHEREAS, integrating a mental health focused lens into all county goals, programs, and policies can promote mental wellness, enhance community resilience, and reduce stigma surrounding mental health issues; and

WHEREAS, addressing mental health requires a multifaceted approach that includes increasing access to mental health services, promoting social connection, and supporting the mental health of vulnerable populations, including those experiencing isolation, homelessness, or other socioeconomic challenges; and

WHEREAS, fostering a supportive environment for mental health includes enhancing community-based programs that provide social support, mental health education, and outreach, as well as creating spaces for community engagement that reduce feelings of isolation; and

WHEREAS, mental health disparities exist among different populations, including communities of color, low-income individuals, and those with disabilities, necessitating targeted strategies to address these inequities; and

WHEREAS, a mental health focused lens includes:

1. Assessment of mental health needs within the community, identifying at-risk populations and areas with limited access to services; and
2. Incorporation of mental health considerations in planning for housing, transportation, and public spaces to promote social interaction and well-being; and
3. Analysis of the impact of policies on mental health outcomes, ensuring that programs are designed to enhance, rather than hinder, mental wellness; and
4. Development of partnerships with local organizations to expand mental health resources and outreach efforts.

NOW, THEREFORE, IT IS HEREBY RESOLVED that the Board of Supervisors of San Mateo County encourages a mental health focused lens in all county goals, programs, and policies to foster a healthier, more connected community for all residents.

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