

# PROCLAMATION

THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION DESIGNATING MAY 2024 AS

## Mental Health Month

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**WHEREAS**, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, going years before receiving any help; if left untreated, have life expectancies 25 years shorter than the general population; and

**WHEREAS**, in 2021, one out of every eight San Mateo County adults likely had serious psychological distress in the past year and from 2019 to 2021, San Mateo County youth grade 7 and 11 reported chronic sadness and hopelessness (29% and 43%, respectively) in the past 12 months; and

**WHEREAS**, behavioral health care is not one-size fits-all and communities can provide a range of programs and services on a continuum of care for children, youth, adults and older adults. County Health, Behavioral Health & Recovery Services (BHRS) and its contracted network of providers, offer the full spectrum of direct treatment and specialized supports, early intervention, crisis supports, and prevention, as an effective way to build community capacity, reduce stigma and increase access to services. In FY 2022-2023, BHRS provided mental health services to 12,107 individuals and substance use services to 2,001 individuals; and

**WHEREAS**, while behavioral health conditions are common across all types of demographics, certain communities face inequitable access to services, including people of color, LGBTQ+ community, youth and older adults. San Mateo County penetration rates, the measure of individuals receiving mental health and substance use treatment services out of Medi-Cal eligible population, continue to be lowest for Asian and Native Hawaiian and Pacific Islander compared to other racial groups and Latino/a/x youth and families (1.5%) specifically compared to like-size counties (5.1%). One of the many County programs advancing behavioral health equity include the BHRS Office of Diversity and Equity Health Equity Initiatives; and

**WHEREAS**, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives. The BHRS Lived Experience Academy support BHRS clients and family members who share their stories of hope and recovery and BHRS Health Ambassadors connect community members to behavioral health services. Currently, there are 135 Lived Experience Academy graduates and 69 Health Ambassadors; and

**WHEREAS**, the San Mateo County Mental Health Month Planning Committee and partners are collectively organizing activities that San Mateo County community members can participate in throughout the month, including free in-person and virtual events, advocacy days and social media campaign. The 2024 theme is Heal Through Connection #SMCAgainstLoneliness. Ongoing updates posted at [www.SMCHealth.org/MHM](http://www.SMCHealth.org/MHM); and

**NOW, THEREFORE, BE IT PROCLAIMED** that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of May 2024 as Mental Health Month and calls upon our community to recommit to reducing stigma of and finding support for mental health and substance use.

**Dated: May 21, 2024**

SUPERVISORS:

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WARREN SLOCUM, PRESIDENT

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DAVE PINE

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NOELIA CORZO

\_\_\_\_\_  
RAY MUELLER

\_\_\_\_\_  
DAVID J. CANEPA

Attest: \_\_\_\_\_  
Deputy Clerk of the Board of Supervisors