

PROCLAMATION

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

DESIGNATING JUNE 2016 and JUNE 27th as

Post-Traumatic Stress Disorder (PTSD) Awareness Month and Post-Traumatic Stress Disorder Day

WHEREAS, Post-traumatic Stress Disorder, also known as PTSD, is a mental health condition that is triggered by a traumatic or life-threatening event and is persistently re-experienced in one's life through upsetting memories of the incident, it is characterized by numerous symptoms, including flashbacks, avoidance, hypervigilance, nightmares, re-experiencing, anxiety, cognitive deficits, irritability, insomnia, fatigue, and thoughts of suicide; and

WHEREAS, PTSD affects about 7.7 million American adults, but can occur at any age, including childhood; and

WHEREAS, without treatment, PTSD can lead to alcohol and drug abuse, heart attacks, depression, dementia, suicide and stroke; and

WHEREAS, although anyone can suffer from PTSD, victims are often war veterans and civilians, survivors of physical and sexual assault, abuse, accidents, disasters and other serious events; and

WHEREAS, not everyone with PTSD has personally experienced a dangerous event. Some people suffer from PTSD after a friend or a family member experiences danger or is harmed; and

WHEREAS, treatment options include psychotherapy, medication or a combination depending on the individual, and such a treatment from a mental health care provider can address a variety of symptoms; and

WHEREAS, the need for comprehensive, coordinated mental health services for those suffering from PTSD is critical for the wellbeing of the citizens of the County of San Mateo; and

NOW, THEREFORE BE IT PROCLAIMED that the San Mateo County Board of Supervisors hereby proclaims June, 2016 as "Post-Traumatic Awareness Month" and June 27th as "Post-Traumatic Awareness Day" and encourages all learn about PTSD,, who is affected, and how treatment can help.

Dated: June 28, 2016

SUPERVISORS:

WARREN SLOCUM, PRESIDENT

DAVE PINE

CAROLE GROOM

DON HORSLEY

ADRIENNE J. TISSIER

Attest:

Deputy Clerk of the Board of Supervisors