

# CITY OF CALISTOGA PROCLAMATION

## Recognizing May as Mental Health Month

**WHEREAS**, Mental Health Month provides an excellent public education opportunity to highlight the realities of mental illness in our community and to illustrate the importance of good mental health in the lives of all, especially given the challenging times we are living in today; and

**WHEREAS**, the philosophy of Wellness and Recovery promotes the belief that individuals can learn to live with their mental illness, have fulfilling lives, and continue their journey with greater support and freedom to be who they are; and

**WHEREAS**, the four stages of Recovery are hope, empowerment, self-responsibility, and establishing a meaningful role in life; and

**WHEREAS**, mental health is often given less consideration than physical health care, despite mental health being an integral component of overall well-being; and

**WHEREAS**, an estimated 26.2% of Americans ages 18 and older, or about one in four adults, suffer from a mental disorder like depression, schizophrenia, bipolar disorder or anxiety disorders; and

**WHEREAS**, the State Department of Mental Health estimates that 887 youth and 1,612 adults living at or below the poverty level in Napa County have a serious emotional disturbance or serious mental illness; and

**WHEREAS**, stigma, cultural barriers, and lack of public awareness keep many mentally ill persons from seeking the treatment they need to stabilize and recover from their disorders; and

**WHEREAS**, public health agencies have a mandate to provide a model of care which ensures easy access to services, compassionate and effective treatment for the mentally ill, while fostering public awareness, eradicating stigma, and helping individuals regain independence by finding the resources within themselves and the community to overcome the struggles of mental illness; and

**WHEREAS**, the mission of the County's Mental Health Division is to responsibly provide mental health services that promote individual strengths, inspire hope, and improve the quality of life for people within Napa County.

**NOW, THEREFORE**, be it **RESOLVED** that I, Jack Gingles, Mayor of Calistoga, and the Calistoga City Council do hereby proclaim the Month of May, 2011, as Mental Health Month, with the goal of increasing public awareness, understanding, support and recognition of the potential for individuals to experience recovery from their mental illness.

*Signed and sealed, this third day of May, in the year Two Thousand and Eleven.*



*Jack Gingles*  
**Jack Gingles, Mayor**