

**BEFORE THE BOARD OF COUNTY COMMISSIONERS FOR MULTNOMAH
COUNTY, OREGON**

PROCLAMATION NO. 2023-035

Proclaiming May 2023 as Mental Health Awareness Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. Communities in Multnomah County have faced immense challenges in physical and mental health for an extended period, including generations of systemic racism, economic, social and climate disruptions, even as we continue living with the remnants of a pandemic.
- b. Recognizing May 2023 as Mental Health Awareness Month brings attention to those challenges and, this year, focuses on “safety and stability” in all aspects of life.
- c. Every Multnomah County resident deserves to have their basic needs met, including a safe place to rest their heads, food, shelter, and health care. Every Multnomah County resident deserves to live with stability - secure in knowing where they will be on any given night and how they will get the care they need.
- d. There is a need to continue to speak openly about mental health, what it looks like, who struggles with it, in order to reduce the stigma attached to mental health challenges and mental illness.
- e. Multnomah County Health Department and Behavioral Health Division commit to continue to support services and find spaces to share resources that help a broad swath of communities find safety and stability.
- f. Language matters. How we talk about mental health can reinforce prejudice or promote acceptance. Words matter; we encourage open and compassionate language around mental health issues to empower ourselves and encourage others to find the help they need.
- g. We must look inward to see outward. Self care is important for mental health; it can stimulate our resilience and help us find ways to manage stress in a healthy, positive way. Just as we watch for signs within ourselves, be aware of symptoms

that someone else is struggling with mental health. Caring acknowledgement can open doors to wellness and recovery.

- h. Many have stepped in for the long haul toward mental health wellness. We call attention to the tremendous work of peers, providers, community members and county staff to ensure that effective, trauma-informed, and culturally responsive mental health services are available for all of our community members.
- i. As our County continues to find innovative ways to help community members navigate mental health challenges, we contribute to healthier communities, improved relationships, increased stability, and opportunities to use lived experience to promote recovery for others.

The Multnomah County Board of Commissioners Proclaims:

The month of May 2023 is proclaimed to be Mental Health Awareness Month in Multnomah County, Oregon, and reaffirms the County's commitment to support ongoing efforts to achieve behavioral health wellness across our community spectrum.

ADOPTED this 25th day of May, 2023



BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Jessica Vega Pederson, Chair

REVIEWED:

JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON

By _____
Jenny M. Madkour, County Attorney

SUBMITTED BY: Valdez Bravo, Director