

*The Board of Supervisors of
Contra Costa County, California*

In the matter of:

Resolution No. 2019/573

Declaring October 6 - 12, 2019 National Mental Health Awareness Week and Tuesday, October 8 National Day of Prayer in Contra Costa County.

WHEREAS, the Contra Costa County Board of Supervisors declares October 6 – 12, 2019 as National Mental Health Awareness Week and Tuesday, October 8th, 2019 as National Day of Prayer in Contra Costa County; and

WHEREAS, there is a need to support the recovery process of peers/clients/consumers and family members struggling with the challenges of mental health and substance use issues through the delivery of culturally responsive services; including but not limited to the incorporation of identified spiritual/faith practices and beliefs when requested; and

WHEREAS, mental health and substance use issues are among the leading causes of health challenges in America; and

WHEREAS, scientific studies show that when the identified spiritual/faith practices of a peer/client/consumer are embraced as a part of the recovery plan, the peer/client/consumer along with the behavioral health system experience shorter recovery times, fewer relapses, and fewer hospitalizations; and

WHEREAS, Contra Costa County Behavioral Health and Recovery Services in an effort to reflect the diverse population of the county and in support of the Statewide Mental Health and Spirituality Initiative has been one of the pioneering counties to heed the voice of the peer/client/consumer and family members in building collaborations with various faith based/spiritual communities to explore all resources and tools that will enhance mental health wellness; and

WHEREAS, peers/clients/consumers, family members, providers, spiritual leaders, Pleasant Hill Senior Center, NAMI Contra Costa FaithNet Committee and all other interested stakeholders can participate in the 2019 Mental Health and Spirituality Conference and other efforts to replace misinformation about mental health, erase prejudice, fear and blame thereby reducing stigma and disparities to unserved, underserved and inappropriately served communities by helping restore mental health wellness in Contra Costa County.

THEREFORE, the Board of Supervisors, County of Contra Costa, State of California proclaims October 6 – 12, 2019 as NATIONAL MENTAL HEALTH AWARENESS WEEK and TUESDAY, OCTOBER 8, 2019 AS NATIONAL DAY OF PRAYER and encourages everyone to participate in this important cause.

JOHN GIOIA

Chair, District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS

District III Supervisor

KAREN MITCHOFF

FEDERAL D. GLOVER

District IV Supervisor

District V Supervisor

I hereby certify that this is a true and correct copy of an
action taken
and entered on the minutes of the Board of Supervisors on
the date
shown.

ATTESTED: October 8, 2019

David J. Twa,

By: _____, Deputy