

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

In the matter of:

Resolution No. 2022/350

In the matter of recognizing and acknowledging October 6th as LatinX Mental Health Awareness Day

WHEREAS, in the LatinX community, there is a need to support the recovery process of peers/clients/consumers and family members impacted by mental health and substance use issues through the delivery of culturally responsive, community defined and honoring 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 and the devastating impact of COVID-19 are among the leading causes of health challenges for LatinX community in this county; and

WHEREAS, scientific studies show that when the identified community defined approaches which includes 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, the County of Contra Costa, in an effort to better reflect and celebrate the diverse population of the county, has demonstrated a need to embrace all residents and visitors to the County by building collaborations culturally honoring and reflective mental health providers and diverse faith based/spiritual communities to explore all resources and tools that will enhance mental health wellness in the LatinX Community; and

WHEREAS, NAMI Contra Costa, peers/clients/consumers, family members, providers, spiritual leaders, are working hard to support and protect families by educating communities about mental illness, promoting mental health friendly communities and protecting those suffering with mental illness by supporting a 24/7 hour non-police response program, and all other interested stakeholders can participate in the October 6th 6:30 pm to 8:00 pm, Mental Health Awareness LatinX Virtual Event, “From Pain to Purpose,” “Seguir Adelante de el Dolor a un Proposito,” 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 and reimagining safety for ALL in Contra Costa County.

NOW, THEREFORE, BE IT RESOLVED that the Contra Costa County Board of Supervisors proclaims October 6th as an acknowledgment of LatinX Mental Health Awareness Day and encourages everyone to participate in this important healing process.

KAREN MITCHOFF

Chair, District IV Supervisor

JOHN GIOIA

District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS

District III Supervisor

FEDERAL D. GLOVER

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 4, 2022

Monica Nino, County Administrator

By: _____, Deputy