

Health Services Committee
Mental Health/Office of Community Services

AGENDA
5/24/2021

Committee Members: Chairwoman Frasier
 Supervisor McDevitt
 Supervisor Conover
 Supervisor Hogan
 Supervisor Strough

- I. Committee meeting called to order by Chair
- II. Approval of minutes of prior Committee Meeting
- III. Action Agenda/New Business Items
- IV. Discussion Items
 1. Informational Item: Mental Health Awareness month
- V. Referrals/Pending Items
- VI. Privilege of the floor and public comment (please allow for 15 second delay on live stream meetings)
- VII. Motion to adjourn

Warren County Board of Supervisors

Proclamation

WHEREAS, mental health is essential to everyone's overall health and well-being, and

WHEREAS, all Americans face challenges in life that can impact their mental health, especially during a pandemic, and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions, and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency, and

WHEREAS, mental health conditions are real and prevalent in our Nation, and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives, and

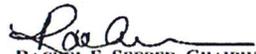
WHEREAS, each business, school, government agency, health care provider, organization and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention and treatment efforts, now, therefore, be it

RESOLVED that the Warren County Board of Supervisors does hereby proclaim the month of May 2021 as

"MENTAL HEALTH AWARENESS MONTH"

in Warren County and calls upon all Warren County citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

DATED: APRIL 16, 2021


RACHEL E. SEEBER, CHAIRWOMAN
WARREN COUNTY BOARD OF SUPERVISORS

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

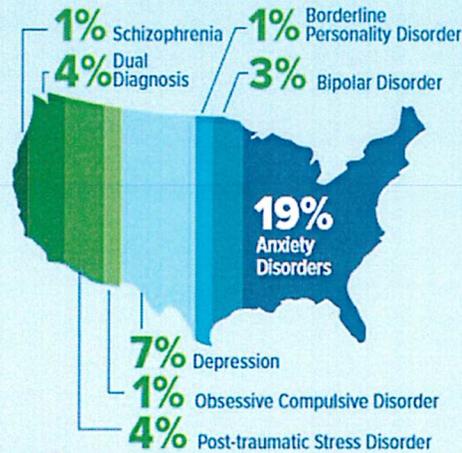
1 in 25

1 in 25 U.S. adults experience serious mental illness

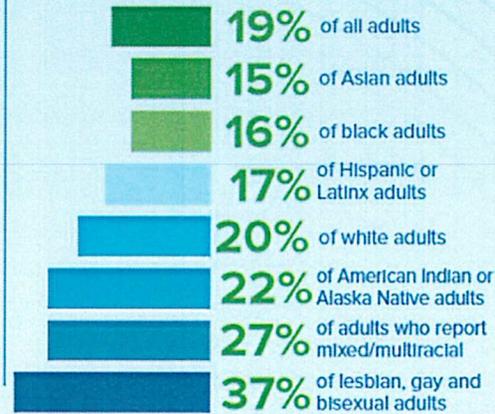
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/in/stats

NAMI HelpLine
800-950-NAMI (6264)



f NAMI



Twitter NAMICommunicate



Instagram NAMICommunicate



www.nami.org



National Alliance on Mental Illness

Mental Health Care

MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

43% of adults with mental illness

64% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

25% of Asian adults

31% of black adults

32% of adults who report mixed/multiracial

33% of Hispanic or Latinx adults

49% of white adults

49% of lesbian, gay and bisexual adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.
Therapy saved my life.*

— NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6262)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org



The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder



At least 8.4 million Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of 32 hours per week providing unpaid care



20% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/nhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org

NAMI
National Alliance on Mental Illness

It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34

 The overall suicide rate has increased 31% since 2001

 Suicide is the 10th leading cause of death in the U.S.

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



HIGH RISK POPULATIONS

75% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x

 **If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.**

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

 NAMI HelpLine
800-950-NAMI (6254)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org

 **nami**
National Alliance on Mental Illness

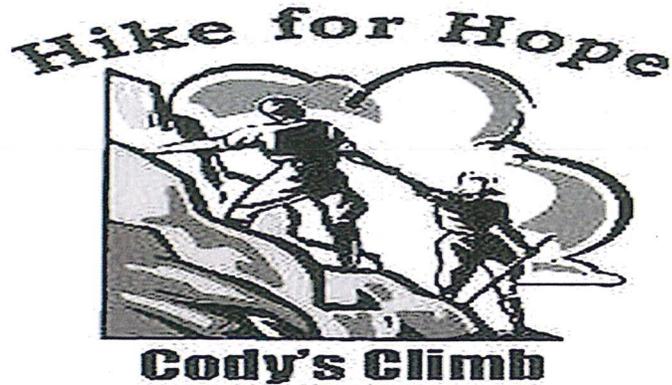
13th Annual Hike For Hope: Cody's Climb

When: Sunday, May 23, 2021 10:00 AM to 1:00 PM

Where: [Prospect Mountain Highway, Lake George, NY 12845](#)

Phone: 518.260.9239

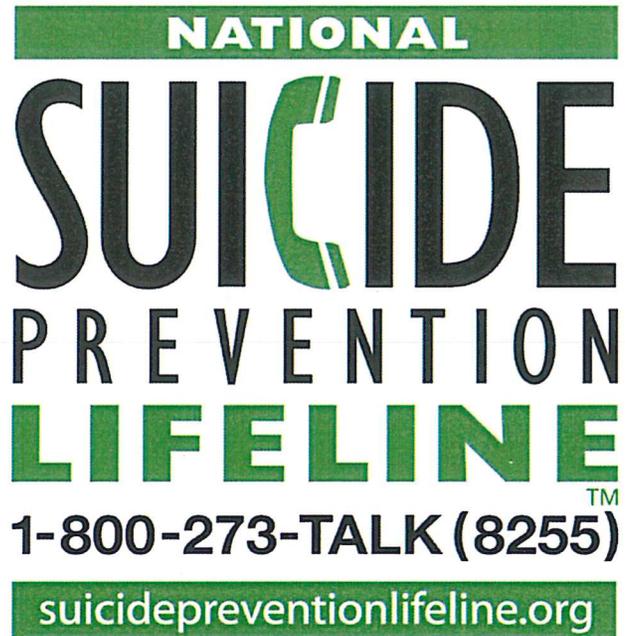
Exercise and staying physically fit are contributing factors in maintaining our mental well-being. An active heart helps create a healthy mind. To that end, we invite you to support our "Hike for Hope" that will take place the entire month of May. We will be having multiple options on how you would like to participate.



OPTION ONE: Join us on MAY 23, 2021 at PROSPECT MOUNTAIN, as we have our traditional "CODY'S CLIMB" complete with an opening ceremony and an opportunity to gather together to support one another as we work together to #stopsuicide.

OPTION TWO: Hike on your own or at the locations that will soon be listed on the website. Find the AFSP sign, and/or take a picture and tag it #CRNYHike and email it to us. Keep track of your hikes using the activity tracker and win prizes!

Register: www.afsp.org/CRNYHike



In crisis?

Text **HELLO** to
741741 and speak
anonymously with a
Crisis Counselor.