

City of Hailey Proclamation for Mental Health Awareness Month May 2024

Whereas, mental health is fundamental to the overall health and wellbeing of all City of Hailey residents and visitors, as it results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity; and

Whereas, we are all impacted by mental health, and one-in-five adults and one-in-four children experience a mental health condition each year; and

Whereas, the COVID-19 Pandemic in 2020 has exacerbated feelings of mental distress;

Whereas, severe mental illnesses are more common than cancer, diabetes and heart diseases, with mental health treatments accounting for 21% of all inpatient hospitalizations on any given day; and

Whereas, suicide is the 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90% of people who die by suicide had shown symptoms of a mental health condition;

Whereas, stigma and the resulting discrimination is the a primary obstacle to early identification and effective treatment of individuals with emotional distress and their ability to recover and lead full, productive lives; and

Whereas, the judicial system has become the default placement of custodial care for people with serious mental illnesses, making up 44% of the population in local jails, and 70% amongst youth within the juvenile justice system; and

Whereas, Adverse Childhood Experiences (ACEs) such as abuse, neglect, serious household dysfunction, or other events that cause trauma in children can have lifelong impacts on physical and mental health; and

Whereas, Idahoans have been found to experience four or more ACEs at a higher rate than much of the broader United States; and

Whereas, positive childhood experiences such as forming strong relationships with a trusted adult, experiencing a sense of belonging, and building coping skills to deal with stress in a healthy way have been proven to counter the impact of ACEs; and

Whereas, those experiences promote Health Outcomes from Positive Experiences (HOPE); and

Whereas, we now know that resilient communities can improve the chances that children will experience connection, safe places to live, learn and play, and have opportunities to engage with others. These key experiences go a long way to reducing the lifelong effects of ACEs; and

Whereas, we come together with every citizen and community to help end the silence and stigma that for too long has made people feel isolated, alone, and has discouraged people from seeking help; and

Whereas, through public education and working together to raise awareness, we can help improve the lives of individuals and families affected by mental illness, thereby creating a more resilient City;

Whereas, each business, school, government agency, healthcare provider, organization, and citizen shares the responsibility to promote mental wellness, recognize the signs of mental distress, increase prevention efforts, advocate for access to effective treatment for mental illness, and support individuals and families suffering from mental health challenges;

NOW, THEREFORE BE IT RESOLVED, I, Martha Burke, Mayor of Hailey, Idaho, do hereby proclaim the month of May 2024 as Mental Health Awareness Month in Hailey, Idaho to shine a light on mental health challenges and fight stigma, provide support, educate the public and advocate for equitable access to care.

###

Martha Burke, Mayor

May 13, 2024