

S22 1.01. Observing Mental Health Month in May at Contra Costa College; Recommending that District Recognize May as Mental Health Month

Whereas,¹

1 in 5 adults in America experiences a mental illness.

Nearly 1 in 25 (10 million) adults in American live with a serious mental illness.

1.1% of American adults live with schizophrenia.

2.6% of American adults live with bipolar disorder.

6.9% of American adults live with major depressive disorder.

18.1% of American adults live with anxiety disorders.

Whereas,

Approximately 10.2 million adults have co-occurring mental health and addiction disorders.

Depression is the leading cause of disability worldwide.

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

Whereas,

Nearly 60% of American adults with a mental illness surveyed hadn't received mental health services in the previous year.

African American & Hispanic Americans used mental health services at about ½ the rate of whites in the previous year, and Asian Americans at about 1/3 the rate.²

Whereas,

Greater institutional awareness and understanding of mental illness can improve the experience of those who suffer from a mental health condition.

Effective institutional messaging can help remove the stigma of mental health conditions, thus encouraging people with mental conditions to seek help.

Providing some basic support can help people with mental illness cope with their anxiety and feel more accepted and valued for their talents and contributions.

Resolved,

That the CCC AS endorse and recommend that the CCCC observe Mental Health month during the month of May.

That the CCC ASC work with college leadership to:

Provide training that increases awareness of mental health and best practices for reducing their incidence.

¹All facts accessed from <https://www.nami.org/nami/media/nami-media/infographics/generalmhfacts.pdf> on March 24, 2022

Provide training that increases ability to recognize signs of mental stress and respond in supportive ways.

Give the college community opportunities to share their mental health journeys in appropriate forums to destigmatize mental health conditions.

Give the college community opportunities to participate in decisions about workplace factors that affect mental health.

Monitor the effect of supervisors on worker well-being, especially when supervisors change.

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