

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

Whereas,<sup>1</sup>

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 10<sup>th</sup> 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.<sup>2</sup>

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:

Build communication practices including trust, empathy, honesty, and openness that contribute to a healthy work environment for all staff.

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

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

Foster the development of social-support networks in the workplace through activities that build strong connections.

Foster awareness of self-care practices that can be implemented in and outside the workplace.

Encourage administrators, faculty, and classified professionals to share their mental health journeys through videos, storytelling, and support groups that end mental health stigma.

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

Monitor the effect of supervisory styles on staff well-being, especially during challenging or uncertain times.

DRAFT