

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

WHEREAS, everyone experiences times of stress and struggles in their lives, especially in the last year due to the pandemic, social and racial injustice; and

WHEREAS, one in four adults and one in five youth ages 13-18 experience serious mental illness; and

WHEREAS, 60 percent of adults and 50 percent of youth do not receive the treatment necessary for their mental health needs due to limited or no knowledge of the need, barriers to care, or fear and shame; and

WHEREAS, research recognizes that adverse childhood experiences (ACEs), which include, but are not limited to physical, emotional and sexual abuse, physical and emotional neglect, household dysfunction, untreated mental illness, or incarceration of a household member, domestic violence, and separation or divorce involving household members, are traumatic experiences that can have a profound effect on a child’s developing brain and body and can result in poor physical and mental health during childhood and adulthood; and

WHEREAS, community understanding and available supports and services can greatly impact a person’s ability to handle their stress and struggle and move forward; and

WHEREAS, promoting mental health and wellness leads to higher overall productivity, better educational outcomes, lower crime rates, stronger economies, lower health care costs, improved family life, improved quality of life and increased lifespan; and

WHEREAS, studies show that the effects of ACEs are felt by people regardless of race, ethnicity, religion, gender, sexual orientation, or socio-economic status; and

WHEREAS, each business, school, government agency, healthcare provider, faith-based organization, non-profit agency and citizen shares accountability for the community’s mental health needs and has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, the importance of attending to mental health has become even more pronounced in the last few years due to COVID-19, political and social unrest, and the resulting economic crisis. Isolation, sickness, grief and loss, home instability, change of routines, and community trauma have increased the need for mental health services.

WHEREAS, the City of Delray Beach, recognizes the impact of awareness and education, access to services and acceptance of the importance of mental health and well-being to a person’s overall success and supports the implementation of trauma informed approaches throughout the systems of care.

NOW, THEREFORE, I, THOMAS F. CARNEY, JR., Mayor of the City of Delray Beach, Florida, on behalf of the City Commission do hereby proclaim May 2024 as:

MENTAL HEALTH AWARENESS AND TRAUMA INFORMED CARE MONTH

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Delray Beach, Florida, to be affixed this 7th day of May 2024.

THOMAS F. CARNEY, JR.
MAYOR