



PROCLAMATION DECLARING

May, 2021

“MENTAL HEALTH AWARENESS MONTH”

SUMMIT COUNTY, UTAH

WHEREAS, the COVID-19 pandemic has created national challenges related to mental health, with nearly 45% of adults in the United States reporting that their mental health has worsened since the start of the pandemic response in March 2020 ([Panchal et al., 2021](#)); and

WHEREAS, because of the COVID-19 pandemic, one in three adults now reports symptoms of anxiety or depressive disorder ([Panchal et al., 2021](#));

WHEREAS, many Americans are experiencing mental health challenges that they have never experienced before and are not equipped with the knowledge of how to navigate the complex mental health system; and

WHEREAS, according to 2019 U.S. Census Bureau estimates, the population of Summit County has reached just over 42,000 citizens ([U.S. Census, 2019](#)). The National Alliance on Mental Illness states that one in five adults in the United States will experience mental illness in a given year ([Mental Health By the Numbers, 2020](#)). The Kem C. Gardner Policy Institute and the Utah Hospital Association confirm that one in five Utahns will experience a mental illness and yet there is still a stigma associated with mental illness and its treatment ([Kem C. Gardner Policy Institute and the Utah Hospital Association, 2019](#)). Extrapolating by population for the Summit County community, this means that about 8,000 of our residents could be suffering from a mental health condition at any given time; and

WHEREAS, this does not include the significant ripple effect on their families and friends. The impact of mental illness reaches families, neighborhoods, schools, the workplaces; and

WHEREAS, when asked 76% of Summit County survey respondents are unlikely to personally ask for help with a mental illness ([Attitudes & Access Survey, CONNECT Summit County, 2020](#)), and;

WHEREAS, an important part of educating the community and erasing stigma is raising awareness around the fact that mental health services are inclusive of other services besides a therapist or a medication prescriber. Mental health services include services and supports that help individuals with mental illness recover holistically, inclusive of their social, vocational, and community contributions; and

WHEREAS, mental health services support not only the individuals who live with a mental illness, but also are beneficial to their families, friends, and the community at large by decreasing homelessness, hospitalizations, and criminalization of the mentally ill – all of which are a significant emotional, mental, and financial cost to our community; and

WHEREAS, CONNECT Summit County, with the support of many other community organizations, is continuing to normalize the conversation surrounding mental health; and

WHEREAS, May has been recognized as national Mental Health Awareness Month since 1949.

NOW THEREFORE, be it resolved the County Council, Summit County, Utah, does hereby recognize

- (1) May 2021 as Mental Health Awareness Month in Summit County; and
- (2) the people of Summit County are encouraged to come together to recognize mental health is universal and applies to everyone; and
- (3) acknowledge that it is ok to ask for help; and
- (4) encourage individuals to take care of their mental health, by recognizing when they need help and seek support.

APPROVED AND ADOPTED this 5th day of May, 2021, BY THE SUMMIT COUNTY COUNCIL

Glenn Wright, Chair

Christopher F. Robinson, Vice Chair

Doug Clyde

Roger Armstrong

Malena Stevens