

# | Agenda Item | cover sheet

for consideration by the Apex Town Council

Item Type: REGULAR MEETING AGENDA

Meeting Date: April 14, 2026

## Item Details

Presenter(s): Councilmember Sue Mu (sponsor)

Department(s): Governing Body

### Requested Motions

Discussion and possible motion to adopt a resolution establishing the non-standing Peak Resilience and Wellbeing Task Force.

### Approval Recommended?

Yes

### Item Details

The proposed resolution establishes the Peak Resilience and Wellbeing Task Force in the Town of Apex as a strategic, community-driven response to the growing need for behavioral health awareness, prevention, and access to care. This initiative is informed by both statewide and local data demonstrating the scale and urgency of behavioral health challenges. In North Carolina, more than one in five adults report experiencing a behavioral health condition each year, while suicide remains one of the leading causes of death among youth ages 10 to 18. Locally, the 2022 and 2025 Wake County Community Health Needs Assessments consistently identified behavioral and mental health as top priorities, underscoring a persistent and unmet need across the community.

The resolution further highlights the significant barriers many residents face when seeking care. These include the high cost of services, lack of or complexity in insurance coverage, extended wait times, and a shortage of providers—particularly those who reflect the cultural and linguistic diversity of the community. Language access challenges and the ongoing impact of stigma also contribute to delays in treatment and discourage individuals from seeking help. Approximately one in five residents report encountering such barriers, indicating that a substantial portion of the population is not receiving the support they need. The resolution emphasizes that early identification, education, and community-based prevention strategies are critical to improving outcomes, reducing crises, and strengthening long-term community resilience.

In response to these challenges, Councilmember Mu in collaboration with the entire Apex Town Council, proposes the creation of a non-standing task force composed of eighteen members representing a broad range of professional expertise and lived experiences, along with additional community volunteers. The Task Force will operate through June 30, 2028, unless extended or formalized into a standing advisory body. Its core purpose is to promote behavioral health awareness, reduce stigma, support early intervention, and improve access to information, services, and resources for Apex residents. The Task Force is also charged with fostering collaboration among local government, healthcare providers, schools, nonprofit organizations, and other stakeholders to ensure a coordinated and effective approach.

The Task Force will undertake a range of activities to achieve these goals, including organizing workshops and educational events, developing and distributing culturally responsive materials, and building partnerships across sectors. It will work to identify gaps in services and recommend strategies to address systemic barriers such as affordability, provider availability, and language access. A strong emphasis is placed on youth and family engagement, recognizing the importance of early support and prevention. Additionally, the Task Force will provide regular updates and submit annual reports to the Town Council outlining its activities, key challenges, partnerships, and recommendations for policy, funding, and program improvements.

Governance provisions outlined in the resolution ensure accountability and transparency. Members will adhere to established ethical standards, conflict of interest policies, and defined responsibilities consistent with the Town's advisory board framework. The Task Force will select its own leadership, establish a regular meeting schedule, and maintain communication with the Town Clerk and Town Council. Provisions are also included to allow for the appointment of alternate members to maintain continuity and ensure representation reflective of the community.

Overall, the resolution creates a structured and collaborative framework for addressing behavioral health at the local level. By prioritizing awareness, prevention, early intervention, and equitable access to care, the Peak Resilience and Wellbeing Task Force is intended to strengthen community connections, improve health outcomes, and enhance the overall wellbeing and resilience of Apex residents.

#### Attachments

- RA1-A1: Proposed Resolution Establishing the Peak Resilience and Wellbeing Task Force
- RA1-A2: Proposed Member List - Resolution Establishing the Peak Resilience and Wellbeing Task Force
- RA1-A3: Proposed Member Category Examples - Resolution Establishing the Peak Resilience and Wellbeing Task Force

