



**TOWN OF APEX TOWN COUNCIL
RESOLUTION ESTABLISHING THE
PEAK RESILIENCE AND WELLBEING TASK FORCE
RES-2026-_____**

WHEREAS, behavioral health is a fundamental component of overall health and wellbeing, affecting individuals, families, schools, workplaces, and the broader community; and,

WHEREAS, data from North Carolina indicate that more than one in five adults experienced a behavioral health condition within the past year, reflecting a significant and ongoing public health concern; and,

WHEREAS, suicide is currently the second leading cause of death among youth ages 10 to 18, underscoring the urgent need for early intervention, prevention strategies, and accessible support systems for young people; and,

WHEREAS, the Wake County Community Health Needs Assessments conducted in 2022 and 2025 both identified behavioral/mental health as a top priority, demonstrating a persistent and unmet need across our community; and,

WHEREAS, the 2025 assessment further revealed that residents continue to encounter substantial barriers to accessing behavioral health care, including high costs, lack of insurance coverage or insurance complexity, long wait times for services, limited availability of providers—particularly those reflecting the diversity of the community—language access challenges, and the ongoing impact of stigma; and,

WHEREAS, approximately one in five survey respondents reported experiencing barriers to obtaining needed behavioral health care, indicating that a significant portion of the population is not receiving timely or adequate support; and,

WHEREAS, stigma and lack of awareness surrounding mental health conditions often prevent individuals from seeking help, delay treatment, and contribute to worsening outcomes; and,

WHEREAS, early identification of behavioral health challenges, combined with education and community-based prevention efforts, has been shown to improve outcomes, reduce crisis situations, and strengthen long-term resilience; and,

WHEREAS, coordinated, community-wide approaches that involve public agencies, healthcare providers, schools, nonprofit organizations, and residents are essential to addressing systemic gaps and improving access to care; and,

WHEREAS, increasing public understanding of behavioral health, normalizing help-seeking behavior, and providing clear pathways to care can create a more supportive and connected community; and,

WHEREAS, North Carolina (N.C.) law, including N.C. General Statutes § 122C-115, authorizes the appropriation of public funds to support mental health, thereby enabling local governments to contribute to initiatives that enhance the health

and resilience of the community;

WHEREAS, there is a demonstrated need for a structured, collaborative body in the Town of Apex to guide local efforts focused on behavioral health awareness, prevention, early intervention, and equitable access to services.

NOW, THEREFORE BE IT RESOLVED, by the Town Council of the Town of Apex, the establishment of a non-standing resident Task Force called the “Peak Resilience and Wellbeing Task Force” to support residents through education, prevention, and early intervention initiatives and resources related to behavioral health and wellbeing.

BE IT FURTHER RESOLVED, that the non-standing Peak Resilience and Wellbeing Task Force shall have the following composition and regulations:

- 1) shall be active until June 30, 2028, unless this resolution is modified to extend the term of the Task Force or an ordinance is adopted to establish a standing Advisory Board.
- 2) shall consist of eighteen (18) official members and a host of other volunteers, as outlined in Attachment A, representing diverse expertise and community perspectives.
- 3) The Taskforce purpose shall be to promote behavioral health awareness and reduce stigma within the community, support the early identification of mental health challenges, and improve access to information, resources, and services. The Taskforce will also work to strengthen coordination among local agencies, organizations, and stakeholders, while providing informed recommendations to enhance community-based mental health outcomes
- 4) Task Force members shall have the following duties and responsibilities:
 - a. Organize and host regular workshops and educational events on topics including recognizing warning signs, understanding treatment options, reducing stigma, and accessing care;
 - b. Develop and distribute accessible, culturally responsive educational materials;
 - c. Partner with county departments, schools, healthcare providers, and community organizations;
 - d. Identify gaps in services and recommend strategies to address barriers such as cost, language access, and provider availability;
 - e. Promote youth and family engagement in mental health awareness initiatives; and,
 - f. Submit periodic reports and recommendations to the Apex Town Council.
- 5) Task Force members shall abide by the following sections of the Resident Advisory Board Administrative Policy:
 - a. Code of Ethics,
 - b. Conflicts of Interests, and

- c. Member Responsibilities.
- 6) Task Force members shall have the authority to select their Chair and Vice-Chair for the duration of the Task Force.
- 7) Task Force members shall adopt a regular meeting schedule which shall be filed with the Town Clerk.
- 8) Task Force members are required to submit an annual report to the Apex Town Council summarizing:
 - a. Activities and programs conducted over the previous period.
 - b. Identified challenges and barriers.
 - c. List of partner agencies and nature of relationship.
 - d. Recommendations for policy, funding, and programmatic improvements.

BE IT FURTHER RESOLVED, that the Town Clerk, in consultation with the Town Council Task Force Representative, has the authority to appoint alternate members to the Peak Resilience and Wellbeing Task Force if any of the primary members resign or do not fulfil their responsibilities on the Task Force. Individuals selected as alternates shall represent differing points of view and experiences, and shall be reflective of the community demographics.

BE IT FURTHER RESOLVED, the Town Clerk is hereby requested to notify the governing body for the Town of Apex of any membership and leadership changes on the Peak Resilience and Wellbeing Task Force.

ADOPTED, this the _____ day of _____ 2026.

TOWN OF APEX

Jacques K. Gilbert
Mayor

Attest:

Allen Coleman, CMC
Town Clerk