

CITY OF LAKE WORTH BEACH

PROCLAMATION

- WHEREAS,** Mental health is essential to everyone's overall health and well-being and everyone experiences times of stress and struggles in their lives. 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 household dysfunction, untreated mental illness, or incarceration of a 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 past few years due to COVID-19, political and social unrest, and the resulting economic crisis, where isolation, sickness, grief, job loss, food instability, and loss of routines has increased the need for mental health services; and
- WHEREAS,** The City of Lake Worth 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, Betty Resch, Mayor of the City of Lake Worth Beach, Florida, by virtue of the authority vested in me and 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 Seal of the City of Lake Worth Beach, Florida, to be affixed this 7th day of May, 2024.

Betty Resch, Mayor

ATTEST:

Melissa Ann Coyne, MMC, City Clerk