

ST. TAMMANY PARISH COUNCIL

RESOLUTION

RESOLUTION COUNCIL SERIES NO: C-6748

COUNCIL SPONSOR: MR. SMITH

PROVIDED BY: COUNCIL STAFF

RESOLUTION TO DECLARE THE SECOND SATURDAY IN JUNE AS
“GET OUTSIDE DAY” IN SUPPORT OF THE MENTAL HEALTH OF
CITIZENS AND MILITARY VETERANS.

WHEREAS mental health is a top priority at the federal, state and local government level;

WHEREAS mental health issues affect different groups, in particular, our vulnerable military veterans;

WHEREAS countless military veterans return home suffering from post-traumatic stress disorder, traumatic brain injury, anxiety, and depression;

WHEREAS the onset of certain mental health conditions has increased substance abuse and decreased social interaction;

WHEREAS military veterans have disproportionately high rates of suicide;

WHEREAS studies show that exposure to nature has a positive and therapeutic impact on mental health and the psychological conditions that are related to suicides;

WHEREAS the enjoyment of a single day outside can lead to increased mobility and renewed therapy for psychological impediments and corresponds to a decrease in suicides;

WHEREAS the Louisiana Naval War Memorial Commission in conjunction with the Military Veterans Advocacy agree to sponsor "Get Outside Day" at the USS Kidd Veterans Museum.

WHEREAS currently there is a Resolution pending before the United States Congress to take such actions as are necessary to improve the mental health of military veterans by supporting exposure to nature with the designation of "Get Outside Day":

NOW, THEREFORE, BE IT RESOLVED:

That St. Tammany Parish Government hereby recognizes the positive benefits to mental health and, particularly, to the mental health of our military veterans which results from exposure to the outdoors. As such, St. Tammany Parish Government declares the second Saturday in June 2023 as “Get Outside Day” and encourages all citizens and military veterans to spend time outdoors.

THIS RESOLUTION HAVING BEEN SUBMITTED TO A VOTE, THE VOTE THEREON WAS AS FOLLOWS:

MOVED FOR ADOPTION BY: SECONDED BY:

YEAS:

NAYS:

ABSTAIN:

ABSENT:

THIS RESOLUTION WAS DECLARED DULY ADOPTED ON THE 4TH DAY OF MAY, 2023 AT A REGULAR MEETING OF THE PARISH COUNCIL, A QUORUM OF THE MEMBERS BEING PRESENT AND VOTING.

JACOB "JAKE" A. AIREY, COUNCIL CHAIRMAN

ATTEST:

KATRINA L. BUCKLEY, COUNCIL CLERK