

# COSUMNES COMMUNITY SERVICES DISTRICT

## PROCLAMATION

### NATIONAL MENTAL HEALTH AWARENESS MONTH, MAY 2022

**WHEREAS**, the Cosumnes Community Services District is guided by the principles of safety and mitigating risk, including the mental health and wellbeing of all its personnel and individuals in the diverse community we serve; and

**WHEREAS**, mental health involves our emotional, psychological, and social well-being; therefore, it is crucial for the community to obtain knowledge that mental health affects the way we think, feel, and act; and

**WHEREAS**, prior to the COVID-19 pandemic, millions of Americans were experiencing stress, trauma, anxiety, and heightened levels of depression; then the pandemic exacerbated those conditions, creating an unprecedented mental health crisis across our country; and

**WHEREAS**, communities of color, frontline workers, health care workers, and individuals with eating disorders have been disproportionately impacted, and the rate of depression across the country has more than tripled within the last three years; and

**WHEREAS**, one in five firefighters struggle with behavioral health issues throughout the course of their careers and less than half of Americans struggling with mental illness receive the treatment they need; and

**WHEREAS**, the Cosumnes Community Services District is committed to strengthening and sustaining the delivery of mental health care through employee assistance programs, a peer support program, and health insurance; and

**WHEREAS**, the Cosumnes Community Services District's parks and recreation services, aquatic-related activities, and youth sports are illustrations of how it supports a healthy active community that aids in improving the mental and emotional health of all residents; and

**WHEREAS**, the Cosumnes Community Services encourages the community to help bring awareness and education to collectively ensure that all children and adults experiencing mental health challenges are treated with the compassion, respect, dignity, and understanding they deserve.

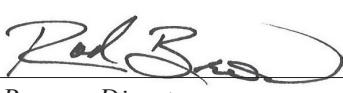
**NOW, THEREFORE**, the Cosumnes Community Services District Board of Directors does hereby proclaim the month of May 2022, as:

### NATIONAL MENTAL HEALTH AWARENESS MONTH

**DONE AND PROCLAIMED** this 18th day of May 2022, in Elk Grove, California.

  
Jaclyn Moreno, President

  
Gil Albani, Vice President

  
Rod Brewer, Director



  
Jim Luttrell, Director

  
Orlando Fuentes, Director

**ATTEST:**   
Joshua Green, General Manager / CEO