

RESOLUTION
THE BOARD OF SUPERVISORS
MARIN COUNTY

PROCLAIMING
SUICIDE PREVENTION AND RECOVERY MONTH IN MARIN COUNTY
SEPTEMBER 2020

WHEREAS, September is recognized across the United States as Suicide Prevention and Recovery Month and provides the opportunity to educate our community about warning signs and how best to help those reaching for a new day; and

WHEREAS, preventing suicide and substance use disorders are critical public health issues that requires the efforts of many, from individual friends, families, neighbors, and co-workers, to government agencies and community organizations from a wide range of public and private sectors; and

WHEREAS, Striving for Zero, California's Strategic Plan for Suicide Prevention, urges all Californians to play a role in suicide prevention and promoting health and wellness; and

WHEREAS, all community members—no matter their background or life circumstances—can play a role in suicide prevention and promoting recovery by knowing the signs, finding the words, reaching out to someone they are concerned about, referring them to help, and following up; and

WHEREAS, recovery and wellness encompass the whole individual, including mind, body, spirit, and community; and

WHEREAS, every day in Marin County people enter treatment into behavioral health services and community supports and begin the road to wellness and recovery; and

WHEREAS, the benefits of preventing and overcoming mental health challenges, suicide attempts and loss, and substance use disorders are significant and valuable to individuals, families, and our community at large; and

WHEREAS, it is essential that we educate residents about suicide, mental health and substance use disorders and the ways they affect all people in the community; and

WHEREAS, social connectedness is a primary protective factor for suicide prevention and substance use disorders. Making just one connection puts the strength of family and community behind someone in need who is experiencing suicidality, and helps to promote health, and wellness; and

WHEREAS, in these challenging times, messages of hope and healing are more needed than ever; and

WHEREAS, suicide prevention, mental health, and substance use prevention requires a comprehensive, multi-level approach; and

WHEREAS, the Covid-19 pandemic calls for the intensification of efforts to address issues of equity in health access; and

WHEREAS, to address suicide prevention and substance use issues, Marin County recognizes social determinants of health, such as socioeconomic status, education, housing, employment, social support, and pursues steps to transform racial and socioeconomic bias and prejudice within our mental health, treatment and recovery systems, as necessary to build a safe, healthy and whole community for all; and

WHEREAS, the Marin County Suicide Prevention Collaborative, led by Marin County Behavioral Health and Recovery Services, with support from Marin County Health and Human Services, Marin County Office of Education and other partners, are implementing a comprehensive county-wide strategic plan that addresses persistent risk factors and strengthens protective factors.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of the County of Marin hereby proclaims the month of September 2020 as "Suicide Prevention and Recovery Month" in Marin County.

PASSED AND ADOPTED at a regular meeting of the Board of Supervisors of the County of Marin held this 15th day of September 2020.

KATIE RICE – SUPERVISOR, DISTRICT 2 - PRESIDENT

