

CITY OF
PORTLAND

Whereas

Whereas, the U.S. Congress in 1949 established the month of May as Mental Health Month;

Whereas, as individuals and as a community, we all share an interest in achieving and maintaining optimum mental health;

Whereas, mental illnesses affect one in four people annually and can affect persons of any age, gender, race, religion, or income;

Whereas, serious mental illnesses are the number one reason for hospital admissions nationwide—more than cancer, diabetes and heart disease;

Whereas, the World Health Organization has reported that four of the 10 leading causes of disability in the U.S. and other developed countries are mental disorders;

Whereas, by the year 2020, mental depression illnesses will be the leading cause of disability in the world for women and children;

Whereas, the U.S. Surgeon General reports that 10 percent of all children and adolescents in the United States suffer from serious emotional and mental disorders that cause functional impairment in their day-to-day lives at home and in school;

Whereas, mental health problems can be socially painful for children and adolescents, who can feel rejected, isolated and shamed, resulting in a loss of self-esteem;



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Whereas, misunderstanding about mental illnesses continue to persist and our culture often imposes stigma on ordinary people who must deal with extraordinary challenges;

Whereas, serious mental illnesses have been proven to be highly treatable and scientific research producing breakthroughs in the understanding of mental illnesses, resulting in more effective treatments that allow people to reclaim full and productive lives;

Whereas, between 70 and 90 percent of individuals suffering from a mental illness have a significant reduction of symptoms and improved quality of life through the new treatments and supports;

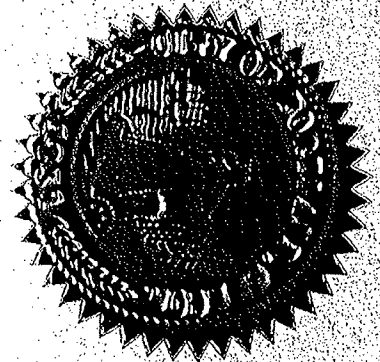
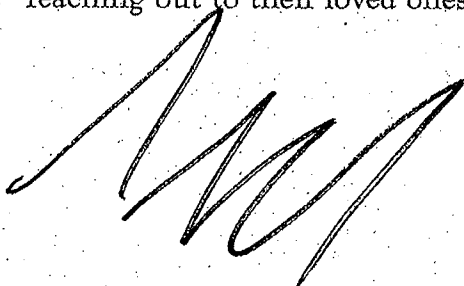
Whereas, education can help parents, friends and community members to recognize mental health problems when they occur in children, adolescents, friends and family;

Whereas, family and community support can be very helpful to people experiencing mental illness;

Now, therefore, I, Sam Adams, Mayor of the City of Portland, Oregon, the "City of Roses," do hereby proclaim the month of May, 2010 to be

Mental Health Month

in Portland and encourage all residents to observe this month by educating themselves and reaching out to their loved ones and neighbors who may be in need.



649

Mental Health Month
(Proclamation introduced by Commissioner Fritz)

MAY 12 2010

PLACED ON FILE

MAY 07 2010

Filed _____

LaVonne Griffin-Valade
Auditor of the City of Portland

By *Susan Peterson*
Deputy

| COMMISSIONERS VOTED AS FOLLOWS: | | |
|------------------------------------|------|------|
| | YEAS | NAYS |
| 1. Fritz | | |
| 2. Fish | | |
| 3. Saltzman | | |
| 4. Leonard | | |
| Adams | | |