



[Home](#) / [Council Documents](#)

570-2024

Proclamation

Proclaim June 2024 to be PTSD Awareness Month

Placed on File

Whereas, the City of Portland proudly recognizes June 2024 as National Post Traumatic Stress Disorder (PTSD) Awareness Month, dedicating our efforts to enhancing education, increasing awareness, and reducing the stigma associated with PTSD;

Whereas, PTSD can develop from experiencing or witnessing a range of traumatic events, such as military combat, abuse, terrorism, accidents, and natural disasters, impacting the body's hormonal and autonomic nervous systems and manifesting symptoms like flashbacks, insomnia, anxiety, and disturbances in relationships; and

Whereas, approximately 8 million adults in the United States, including members of our own community and City employees, are affected by PTSD annually, which can sometimes present with confusing and unrecognized symptoms linked to past trauma; and

Whereas, the manifestation of trauma varies greatly and can be shaped by one's identity, developmental stage, life experiences, and cultural, familial, and social environments; and

Whereas, it is crucial to promote PTSD awareness to eliminate stigma and to support those affected in seeking timely and effective treatment, as understanding, compassion, and inclusivity are vital for their care and recovery; and

Whereas, the City is committed to implementing trauma-informed practices across our policies and processes to create safe, welcoming environments that support those experiencing trauma; and

Whereas, we are dedicated to educating our staff about PTSD and trauma-informed care, encouraging the use of resources, personal strengths, and community support to foster resilience and aid recovery; and

Whereas, recovery from PTSD is achievable with persistence and appropriate support, highlighting the resilience of those affected, who can lead fulfilling lives despite severe adversities; and

Introduced by

[Mayor Ted Wheeler](#)

Bureau

[Human Resources; Office of Community & Civic Life](#)

Contact

Tyesha McCool-Riley
Mental Health Program
Specialist

✉ Tyesha.McCool-Riley@portlandoregon.gov

📞 [503-823-1893](tel:503-823-1893)

Requested Agenda Type

Time Certain

Date and Time Information

Requested Council Date	June 26, 2024
Requested Start Time	10:25 am
Time Requested	20 minutes

Whereas, we all must prioritize our mental health and wellness, and utilize the City or community resources available for holistic self-care, embodying the spirit of unity and compassion as expressed by Nelson Mandela: “Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.”

Now, therefore, I, Ted Wheeler, Mayor of the City of Portland, Oregon, the “City of Roses,” do hereby proclaim June 2024 to be

PTSD Awareness Month

In Portland and encourage all Portlanders to observe and engage in this important awareness campaign.

Documents and Exhibits

 [Proclamation](https://www.portland.gov/sites/default/files/council-documents/2024/ptsd-awareness-month-proclamation-2024-final.pdf) 127.32 KB
(<https://www.portland.gov/sites/default/files/council-documents/2024/ptsd-awareness-month-proclamation-2024-final.pdf>)

Document History

Item 570 Time Certain in [June 26, 2024 Council Agenda](https://www.portland.gov/council/agenda/2024/6/26)
(<https://www.portland.gov/council/agenda/2024/6/26>)

City Council

Placed on File

Whereas

Whereas, the City of Portland proudly recognizes June 2024 as National Post Traumatic Stress Disorder (PTSD) Awareness Month, dedicating our efforts to enhancing education, increasing awareness, and reducing the stigma associated with PTSD;

Whereas, PTSD can develop from experiencing or witnessing a range of traumatic events, such as military combat, abuse, terrorism, accidents, and natural disasters, impacting the body's hormonal and autonomic nervous systems and manifesting symptoms like flashbacks, insomnia, anxiety, and disturbances in relationships; and

Whereas, approximately 8 million adults in the United States, including members of our own community and City employees, are affected by PTSD annually, which can sometimes present with confusing and unrecognized symptoms linked to past trauma; and

Whereas, the manifestation of trauma varies greatly and can be shaped by one's identity, developmental stage, life experiences, and cultural, familial, and social environments; and

Whereas, it is crucial to promote PTSD awareness to eliminate stigma and to support those affected in seeking timely and effective treatment, as understanding, compassion, and inclusivity are vital for their care and recovery; and

Whereas, the City is committed to implementing trauma-informed practices across our policies and processes to create safe, welcoming environments that support those experiencing trauma; and

Whereas, we are dedicated to educating our staff about PTSD and trauma-informed care, encouraging the use of resources, personal strengths, and community support to foster resilience and aid recovery; and

Whereas, recovery from PTSD is achievable with persistence and appropriate support, highlighting the resilience of those affected, who can lead fulfilling lives despite severe adversities; and

Whereas, we all must prioritize our mental health and wellness, and utilize the City or community resources available for holistic self-care, embodying the spirit of unity and compassion as expressed by Nelson Mandela: “Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.”

Now, therefore, I, Ted Wheeler, Mayor of the City of Portland, Oregon, the “City of Roses,” do hereby proclaim June 2024 to be

PTSD Awareness Month

in Portland and encourage all Portlanders to observe and engage in this important awareness campaign.