



## Legislation Text

File #: 18-567, Version: 1

Adopt and present a resolution recognizing September 2018 as Recovery Month in Solano County (Supervisor Thomson)

Published Notice Required? Yes \_\_\_\_\_ No X

Public Hearing Required? Yes \_\_\_\_\_ No X

### **DEPARTMENTAL RECOMMENDATION:**

The Department of Health and Social Services (H&SS) recommends the Board adopt and present a resolution recognizing September 2018 as Recovery Month in Solano County.

### **SUMMARY/DISCUSSION:**

Mental and substance use disorders affect all communities nationwide, but with commitment and support, people with these disorders can achieve healthy lifestyles and lead rewarding lives in recovery. By seeking help, people who experience mental and substance use disorders can embark on a new path toward improved health and overall wellness. Now in its 29th year, National Recovery Month is promoted through the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, and the White House Office of National Drug Control Policy. The focus of National Recovery Month this September is to celebrate the journey to recovery with the theme "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community." Recovery Month spreads the message that behavioral health is essential to health and one's overall wellness, and that prevention works, treatment is effective, and people recover.

The impact of mental and substance use disorders is apparent in our local community; substance use and mental illnesses are major public health concerns affecting people of every age, race, and ethnic background. National data trends tell us that:

- Illicit drug use has been increasing: an estimated 20.1 million Americans aged 12 or older have a substance use disorder.
- Very few people receive treatment: an estimated 8.1% of the adult population had a diagnosable substance or alcohol use disorder yet only 10% of those individuals received any form of treatment in 2014.
- Substance use and mental health conditions often occur simultaneously: Among those who experienced a substance use disorder, 50.5%, or 10.2 million adults, had a co-occurring mental illness.
- Mental Health is more common than we think: approximately 1 in 5 adults in the U.S. (43.8 million), or 18.5% of adults, experience mental illness in a given year
  - 1 in 25 adults in the U.S. (9.8 million), or 4.0% of adults experiences a serious mental illness like schizophrenia, depression, and bipolar in a given year
  - 18.1% of adults in the U.S. experience an anxiety disorder such as posttraumatic stress disorder.
- Substance Use and Mental Health affect health and functioning:
  - An estimated 46% of homeless adults live with severe mental illness and/or substance use disorders.

- Suicide is the 10th leading cause of death in the U.S. and more than 90% of children who die by suicide have a mental health condition.
- There is a steady increase in related costs of mental illness and substance use. The United States spent an estimated \$201 billion on mental health disorders like anxiety and depression in 2013 making it the costliest medical condition in the country after heart conditions and cancer. Serious mental illnesses result in approximately \$193 billion in lost earnings per year. The abuse of tobacco, alcohol, and illicit drugs has a loss of more than \$740 billion annually in costs related to crime, lost work productivity and healthcare.

This year's theme "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community" highlights how the value of integrated care, strong community, sense of purpose and leadership contribute to effective treatments that sustain recovery from substance abuse and mental health disorders. Preventing and overcoming mental and substance use disorders is essential to achieving healthy lifestyles, both physically and emotionally. We must encourage relatives and friends of people with mental and substance use disorders to implement preventive measures, recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services.

#### **FINANCIAL IMPACT:**

The cost of preparing the staff report and resolution is included in the Department's FY2018/19 Approved Budget. The costs associated with preparation and purchase of the resolution materials are included in the Board's FY2018/19 Approved Budget.

#### **ALTERNATIVES:**

The Board could choose not to adopt this resolution. This is not recommended because this is an opportunity to positively impact our county through the increased awareness of a public health concern and treatment options. Through Recovery Month, people become more aware and able to recognize the signs of mental and substance use disorders, which can lead more people into needed treatment. Managing the effects of these conditions can help people achieve healthy lifestyles, both physically and emotionally.

#### **OTHER AGENCY INVOLVEMENT:**

Health and Social Services Behavioral Health Division is working with their community partners, the Mental Health and Substance Abuse Advisory Boards, and the Solano Prevention and Recovery Alliance to promote National Recovery Month.

#### **CAO RECOMMENDATION:**

**APPROVE DEPARTMENTAL RECOMMENDATION**