

City of Boynton Beach

Proclamation

WHEREAS, mental health is essential to everyone's overall health and well-being, and everyone experiences times of stress and struggles in their lives, and one in four adults and one in five youth ages 13-18 experiences serious mental illness and;

WHEREAS, 60 percent of adults and 50 percent of youth do not receive the treatment necessary for their mental health needs due to limited or no knowledge of the need, barriers to care, or fear and shame, and;

WHEREAS, research recognizes that adverse childhood experiences (ACEs), which include, but are not limited to physical, emotional and sexual abuse, physical and emotional neglect, household dysfunction, untreated mental illness, or incarceration of a household member, domestic violence, micro-aggressions and separation or divorce involving household members, are traumatic experiences that can have a profound effect on a child's developing brain and body and can result in poor physical and mental health during childhood and adulthood, and;

WHEREAS, we acknowledge the impact of racial trauma on our community, which refers to the stressful effects and emotional pain of one's direct and generational experience with racism and discrimination, and its negative impact on physical, mental and socioemotional health across their lifespan, and;

WHEREAS, promoting mental health and wellness leads to higher overall productivity, better educational outcomes, lower crime rates, stronger economies, lower health care costs, improved family life, improved quality of life and increased lifespan, and

WHEREAS, the City of Boynton Beach, recognizes the work of the Boynton Beach Mental Health Committee impacting awareness and education, access to services and acceptance of the importance of mental health and well-being to a person's overall success and supports the implementation of trauma informed approaches throughout the systems of care.

NOW THEREFORE, I, Steven B. Grant, Mayor of the City of Boynton Beach, Florida, do hereby proclaim the month of May of Two Thousand Twenty-One as:

MENTAL HEALTH AWARENESS AND TRAUMA INFORMED CARE MONTH

IN WITNESS WHEREOF, I have hereunto set my hand and cause the Seal of the City of Boynton Beach, Florida, to be affixed at Boynton Beach Florida, the 4th day of May Two Thousand Twenty-One.

Steven B. Grant, Mayor

ATTEST:

Crystal Gibson, MMC
City Clerk