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Board Matter

**Request to Designate May 2022 as Mental Health Awareness Month and
Youth Mental Health Awareness Month**

Members of the Board,

The COVID-19 pandemic has caused disruptions to work, education, cancellations of extracurricular activities, lost family income, health concerns and long-term illnesses, and deaths of loved ones. These factors have created traumas and stressors impacting many adults, youth, and children. In the U.S., 17% of the youth experience a mental health disorder, 1 in 5 adults experience mental illness, and 1 in 20 adults experience serious mental illness that interferes with or limits major life activities. May is a time to understand mental health, recognize signs and symptoms, and obtain professional help.

The Fairfax-Falls Church Community Services Board (CSB) was established to provide community health services for individuals with mental health issues and to promote awareness of positive mental health, well-being, and development for all citizens in Fairfax County. In FY 2021, over 6,300 residents were served by CSB Emergency Services. Overall, residents received more than 6,600 crisis intervention and related services, including over 1,300 mobile crisis services in the community.

Therefore, I move without objection that the Board designate May 2022 as Mental Health Awareness Month and Youth Mental Health Awareness Month in Fairfax County and present a proclamation to the Fairfax-Falls Church Community Services Board outside the Board room.