

The Board of Supervisors of Contra Costa County, California

**In the matter of: Acknowledgement of Asian
American & Pacific Islanders (AAPI) Mental Health
Awareness Week -- May 26th – 31st, 2024.**

Resolution No. 2024-193

WHEREAS, the County of Contra Costa declares May 26 - 31, 2024, as Asian American Pacific Islanders Mental Health Awareness Week; and nationally nearly 14% of the AAPI community is reported to live with a mental health condition and face obstacles to effective treatment such as stigma and language barriers; and

WHEREAS, in Contra Costa County, 20.2% population is AAPI and the second largest racial group in the county; and

WHEREAS, people from the AAPI communities, especially those who recently immigrated to the US, are less likely to seek mental health support than the general population. AAPI have the lowest help-seeking rate in all racial/ethnic groups. Nationally, only 23.3% AAPI adults with a mental illness receiving treatment, while only 5% in the Contra Costa County receiving treatment; and

WHEREAS, AAPI teens suffer from mental health conditions. Asian American males, in grades 9-12, were 30% more likely to consider attempting suicide compared to non-Hispanic white male students; and

WHEREAS, a lack of understanding about mental illness and stigma associated with mental health issues can lead to denial or neglect of mental health problems, especially among first-generation AAPI immigrants. Discussing mental health concerns is considered taboo in many Asian cultures; and

WHEREAS, language barriers make it difficult for Asian Americans to access mental health services. Overall, 32.6% of AAPI Americans are not fluent in English. The disparity between the high demand and poor availability of linguistically and culturally appropriate mental health service providers is a significant gap in accessing treatment; and

WHEREAS, a lack of awareness of the resources and services that are available, as well as the stigma surrounding mental health issues, are the largest deterrents in seeking professional help; and

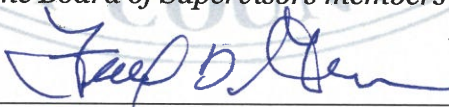
WHEREAS, in an effort to better reflect and celebrate the diverse populations and in alignment with our committed services for diversity and inclusion, **honor and acknowledge all cultural and ethnic communities**, we advance our goal to create an environment where all residents of Contra Costa County feel a sense of safety and belonging. We strive to become culturally honoring mental health providers embracing faith-based/spiritual practices to ensure we explore all resources and tools that will enhance mental health wellness in the AAPI community; and

WHEREAS, NAMI Contra Costa is invited to present on the Artist's Reception for "Sister & Brother Mental Health Exploration Scenes Art Show of MK Wong" in EI Cerrito City Hall on May 16th to celebrate AAPI Heritage Month and promote Mental Health awareness for AAPI community; and

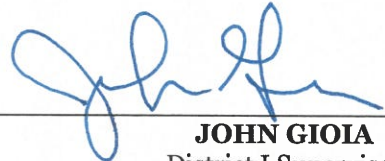
WHEREAS, NAMI Contra Costa AAPI Department will hold the 5th Annual Mental Health Awareness Virtual Presentation on May 26th and invite all participants; and

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby proclaims May 26 - 31, 2024 as Acknowledgement of AAPI Mental Health Awareness Week and encourages everyone to participate in this historical step towards healing.

PASSED by a unanimous vote of the Board of Supervisors members present this 4th day of June 2024.



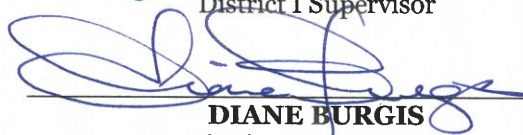
FEDERAL D. GLOVER
Chair,
District V Supervisor



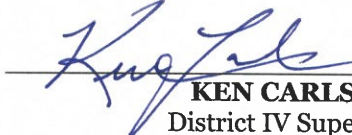
JOHN GIOIA
District I Supervisor



CANDACE ANDERSEN
District II Supervisor



DIANE BURGIS
District III Supervisor



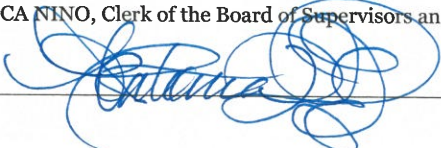
KEN CARLSON
District IV Supervisor



I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown:

ATTESTED: June 4, 2024

MONICA NINO, Clerk of the Board of Supervisors and County Administrator



By _____, Deputy