

MOTION BY SUPERVISOR ZEV YAROSLAVSKY

September 17, 2013

Mental illness affects one in four Americans every year, and co-occurrence of mental illness and substance abuse is a significant concern that requires integrated mental health treatment. The County of Los Angeles has made a commitment to community-based systems of mental health care for all residents. Mental health is a fundamental component of general health and indispensable to personal well-being, family and interpersonal relationships, and societal interactions.

The Department of Mental Health and National Alliance on Mental Illness (NAMI) have joined the Board of Supervisors in a focused effort to raise awareness of mental health and mental illness by co-hosting the Tenth Annual NAMIWalks 5-K which this year is titled "Changing Minds One Step at a Time" and is to be held at the Third Street Promenade in Santa Monica on Saturday, October 5, 2013. This represents the eighth consecutive year that the County of Los Angeles NAMIWalks has been held at this location, and the 10 year anniversary of NAMIWalks Los Angeles County.

Mental illness should not be an obstacle to a full and meaningful life for persons who live with the illness. NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness. NAMI advocates at all levels to ensure that all persons

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affected by mental illness receive the services that they need and deserve, in a timely fashion.

I, THEREFORE, MOVE that the Board of Supervisors proclaim Saturday, October 5, 2013 as “NAMIWalks for Changing Minds One Step at a Time” throughout the County of Los Angeles and encourage employees and their families to participate in this event.

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