

RESOLUTION NO. 20230518-045

WHEREAS, approximately one in five adults experiences mental illness in the United States; and

WHEREAS, suicide is the 10th leading cause of death overall in the United States; and

WHEREAS, according to the World Health Organization, the Covid-19 pandemic saw a 25 percent increase in the global prevalence of anxiety and depression due to unprecedented stress, social isolation, bereavement and financial worries; and

WHEREAS, the mental health impact of disasters outlasts the physical impact, suggesting today's heightened mental health needs will continue for years to come; and

WHEREAS, studies show many people are not well informed about how to recognize mental health issues in others, how to respond to them, and what services and treatments are available; and

WHEREAS, studies also show the support that people receive from their social networks is an important factor in improving mental health outcomes; and

WHEREAS, Mental Health First Aid (MHFA) is an internationally recognized, evidence-based training that teaches individuals how to identify, understand and respond to signs of mental health challenges, mental health crisis, or substance use challenges among adults; and

WHEREAS, since its development in 2000, MHFA has expanded its reach worldwide, providing training to over 4,000,000 people; and

25 **WHEREAS**, MHFA training has been shown to increase participants'
26 knowledge regarding mental health issues, decrease negative stigmas, and increase
27 supportive behaviors toward individuals with mental health issues; and

28 **WHEREAS**, the City has created and invested in mental health
29 programming, services, and diversion including:

- 30 • Adding a mental health option to 9-1-1 calls (Ordinance No.
31 20190911-001) to ensure individuals experiencing a mental health
32 crisis receive the care they need as quickly as possible.
- 33 • The City continues to closely partner with Integral Care as the local
34 Mental Health and Intellectual and Developmental Disabilities
35 authority to ensure a system of mental health services is available to
36 the community.
- 37 • Developing programming and training for Community Health
38 Workers and Community Health Paramedics to improve community
39 health outcomes by bridging community to resources, including
40 mental health services.

41 **WHEREAS**, the City is a member organization of the Community
42 Advancement Network (CAN), which is embarking on a multi-year initiative to
43 increase the number of Mental Health First Aid certified individuals in our
44 community and has established a short-term goal to train 100 people by June 1,
45 2023; **NOW, THEREFORE**,

46 **BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF AUSTIN:**

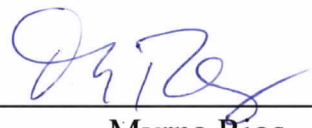
47 City Council supports the efforts of CAN's Mental Health First Aid
48 initiative to increase the number of MHFA certified individuals in our community.

BE IT FURTHER RESOLVED:

The City Manager is directed to coordinate with CAN on establishing and planning to achieve community-wide goals for expanding the number of Mental Health First Aid certified individuals in our community.

BE IT FURTHER RESOLVED:

The City Manager is directed to establish a plan to maximize the number of Mental Health First Aid certified employees within the City, prioritizing, but not limiting to, positions that are community facing, and setting internal goals and strategies to achieve them.

ADOPTED: May 18, 2023 **ATTEST:** 
Myrna Rios
City Clerk