



County of Santa Barbara

RESOLUTION NO. 26-158

RESOLUTION JULY IS BIPOC MENTAL HEALTH MONTH

WHEREAS, the month of July is recognized as BIPOC (Black, Indigenous, and People of Color) Mental Health Month in Santa Barbara County and across the nation, providing an opportunity to raise awareness and focus on the unique strengths, experiences, and challenges that BIPOC communities face related to mental health and well-being; and

WHEREAS, according to national data from the National Institute of Mental Health, approximately 56 percent of White adults with a mental illness receive mental health treatment, compared with approximately 40 percent of Hispanic/Latino adults, 38 percent of Black adults, and 36 percent of Asian adults, highlighting persistent disparities in access to mental health services; and

WHEREAS, systemic inequities, discrimination, historical trauma, and disparities in the social determinants of health can contribute to increased mental health challenges and barriers to accessing care for many BIPOC individuals and communities; and

WHEREAS, BIPOC communities possess tremendous resilience, cultural strengths, traditions, and community connections that foster hope, healing, and recovery, and July provides an opportunity to reduce stigma, uplift cultural strengths, honor healing traditions, and recognize how resilience is shaped by lived experience;

WHEREAS, BIPOC communities possess tremendous resilience, cultural strengths, traditions, and community connections that foster hope, healing, and recovery, and July provides an opportunity to reduce stigma, uplift cultural strengths, honor healing traditions, and recognize how resilience is shaped by lived experience;

NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED that the Board of Supervisors of the County of Santa Barbara does hereby acknowledge July as BIPOC Mental Health Month.

PASSED AND ADOPTED, by the Board of Supervisors of the County of Santa Barbara, State of California, this 7th day of July, 2026 by a unanimous vote of all members present.



Mona Niyasato
ATTEST: Clerk of the Board

[Signature]
Supervisor - 1st District

[Signature]
Supervisor - 2nd District

Jon Hartman
Supervisor - 3rd District

Bob Hill
Supervisor - 4th District

[Signature]
Supervisor - 5th District

