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RESOLUTION - Recognizing June 2023 as National Post Traumatic Stress Disorder Month and supporting those with PTSD.

Sponsors: Heather Hall, Kevin McManus, Lee Barnes Jr., Teresa Loar, Ryana Parks-Shaw, Melissa Robinson, Katheryn Shields, Dan Fowler, Quinton Lucas, Kevin O'Neill, Andrea Bough, Eric Bunch

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RESOLUTION NO. 230565

Sponsor: Councilmember Heather Hall

RESOLUTION - Recognizing June 2023 as National Post Traumatic Stress Disorder Month and supporting those with PTSD.

WHEREAS, Out of the seventy percent of adults who will experience trauma throughout their lifetime, 1 of 20 will develop PTSD. PTSD occurs in people after they have experienced a particularly traumatic event such as war, violence, assault, accidents, etc.; and

WHEREAS, PTSD is treatable but the lack of education and development surrounding the subject often leads to victims dealing with their trauma on their own. While statistically men will experience more traumatic events during their lifetime than women, 5.2% of women will develop PTSD compared to the 1.8% of men.

WHEREAS, First responders put their mental health at risk daily, and it affects their susception to PTSD significantly. According to the Substance Abuse and Mental Health Services (“SAMHSA”), roughly 1 in 3 first responders develop PTSD. In comparison, the incidence of PTSD in the general population is 1 in 5 people, PTSD has a strong correlation between depression and suicide and people with PTSD are 3 to 5 times more likely to have depression. Those who have co-occurring PTSD and depression are at a significantly higher risk for suicide or destructive behaviors like alcohol or drug abuse (46.4%); and

WHEREAS, Since its founding in 2017, Caregivers on the Homefront serves families who are caring for the warriors of all military eras and first responders who have been inflicted with the invisible and/or physical wounds of the wars abroad or at home. Providing caregivers with a sense of hope and togetherness, Caregivers on the Homefront advocates to promote awareness and increase education for not only our caregivers, but the communities they live in; and

WHEREAS, The Kansas City Police Department Wellness Unit provides officers with an organization that places the emotional and physical health of its members as a priority. Recognizing that officers perform their best when they are emotionally and physically healthy, the Wellness Unit creates an environment that will provide opportunities for members to develop and maintain their health and wellness; NOW, THEREFORE,

BE IT RESOLVED BY THE COUNCIL OF KANSAS CITY:

That the Mayor and Council hereby recognize June 2023 as National PTSD Month, honor those who have fought PTSD, and encourage those with symptoms of PTSD to seek mental health treatment; and

BE IT FURTHER RESOLVED that this Resolution be spread upon the Minutes of the Council in testimony thereof and that a copy hereof be presented to Marcus Smith from the Wellness Unit of KCPD and Shawn Moore of Caregivers on the Homefront.
