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**Title:** Recognizing June 2022 as National Post Traumatic Stress Disorder Month and standing with PTSD survivors.

**Sponsors:** Heather Hall

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RESOLUTION NO. 220485

Recognizing June 2022 as National Post Traumatic Stress Disorder Month and standing with PTSD survivors.

WHEREAS, seventy percent of adults have experienced at least one traumatic event in their lifetime and twenty of those who do, will develop PTSD. PTSD occurs in people after they have experienced a particularly traumatic event like war, violence, assault, accidents, etc. Many people recover from PTSD after a few days, weeks, or months. Yet, for others, the recovery road might mean one year, five years, or never; and

WHEREAS, PTSD is treatable but the lack of knowledge surrounding PTSD and the societal stigma surrounding seeking mental health help can cause many to ignore the signs and symptoms and suffer through it alone, 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. PTSD in women often presents with more severe symptoms; and

WHEREAS, the minds of youth are increasingly susceptible to the impacts of trauma. Approximately 5% of children ages 13 to 18 suffer from some form of PTSD. The impact of child traumatic stress can last well beyond childhood. In fact, research has shown that child trauma survivors may experience learning problems, increased use of health and mental health services, increase involvement with the child welfare and juvenile justice systems, and long-term health problems.

WHEREAS, Kansas City’s first responders are the first to arrive on the scene of many critical incidents and will often experience threatening situations on the job. Kansas City’s police, fire, and EMS specialists put their lives and mental health at risk every day when they serve our citizens. According to 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. PTSD victims 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%); NOW, THEREFORE,

BE IT RESOLVED BY THE COUNCIL OF KANSAS CITY:

That the Mayor and Council hereby recognize June 2022 as National PTSD Month, honor those that have fought PTSD, and encouraging 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 Children's Mercy Hospital, the Kansas City Police Department, and the Kansas City Fire Department.

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