

RESOLUTION NO.: 2018 - 69

RESOLUTION OF THE MAYOR AND BOROUGH COUNCIL OF THE BOROUGH OF MOUNT ARLINGTON,  
IN THE COUNTY OF MORRIS, STATE OF NEW JERSEY, SUPPORTING THE DESIGNATION OF  
STIGMA-FREE COMMUNITIES

**WHEREAS**, the Morris County Board of Chosen Freeholders, along with the Morris County Department of Human Services, supports the designation of *Stigma-Free Communities* in every municipality; and,

**WHEREAS**, at their April 27, 2016 meeting the Morris County Board of Chosen Freeholders unanimously passed a resolution supporting the designation of Morris County as a Stigma-Free Community; and

**WHEREAS**, Morris County recognizes that one in four Americans has experienced mental illness, including substance use disorders, in a given year according to the National Institute of Mental Health; and

**WHEREAS**, mental health problems are more common than cancer and heart disease combined, affecting children and adults, including more than half of our Iraq and Afghanistan Veterans treated at Veteran's Administration hospitals; and

**WHEREAS**, given the serious nature of this public health problem, we must continue to reach the millions who need help; and

**WHEREAS**, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease; and

**WHEREAS**, *Stigma-Free Communities* aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein residents who have the disease of mental illness feel supported by their community and neighbors and feel free to seek treatment of the disease with fear of stigma; and

**WHEREAS**, promoting awareness that there can be no "health" without mental health will break down barriers and encourage residents of all ages to be mindful of their mental health and ask for help when needed; and

**WHEREAS**, local resources are available to treat the disease of mental illness so no one resident needs to suffer alone or feel hopeless; and

WHEREAS, establishing *Stigma-Free Communities* will raise awareness of resources and encourage residents to engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided.

NOW THEREFORE BE IT RESOLVED, that the Borough of Mount Arlington recognizes the community needs and supports the efforts of the County of Morris in designating the Borough of Mount Arlington as a *Stigma-Free Community*.

This is to certify that the above is a true and correct copy of a resolution adopted by the Borough of Mount Arlington at a meeting held on May 1, 2018.

A handwritten signature in blue ink, appearing to read 'Linda DeSantis', written over a horizontal line.

Linda DeSantis, R.M.C.  
Borough Clerk

Sent Bd. of Freeholders  
5/2/18