The Community Mental Wellness & Resilience Act
Sponsors: Representatives Paul Tonko (D-NY) and Brian Fitzpatrick (R-PA), and Senator Edward Markey (D-MA)
118th Congress

Mental health problems are at epidemic levels

- According to Mental Health America, in 2022 almost 20 percent of adults, or nearly 50 million Americans, experienced a diagnosed mental illness and 5 percent had a severe mental illness
- 2022 Centers for Disease Control and Prevention (CDC) survey found that 37 percent of students at U.S. high schools reported poor mental health, including stress, anxiety, and depression
- A poll by the American Psychiatric Association last year found that percent of adults with children under 18 said they are concerned about the mental state of their children
- Community traumas are increasing. This happens when an overwhelmingly stressful event or series of events, such as wildfires, hurricanes or floods, traumatize entire neighborhoods, towns, or cities

Billion $$$ disasters make matters worse

- In 2021 more that 40 percent of Americans lived in a County impacted by a major natural disaster
- Disasters can traumatize more than 40 percent of those who are directly impacted, 10 to 20 percent of disaster response workers, as well as those not directly affected but know someone who is or view the events from afar
- Consequently, the number of people who experience a mental health problem as a result of a natural disaster often outweigh those with physical injuries by 40 to 1

Congress must act to promote mental wellness!

H.R. 3073, The Community Mental Wellness and Resilience Act will:

- Establish a competitive grant program at the CDC to create, operate, or expand community-based programs that use a public health approach to build mental wellness and resilience
- These programs will work to enhance the capacity of all residents for mental wellness and resilience to prevent and heal mental health problems generated by disasters and toxic stresses
  - Incorporates a set-aside to help address rural mental health disparities
- Community initiatives will build their own developmental and culturally appropriate strategies to enhance and sustain population-level mental wellness and resilience, with specific attention to high-risk individuals

We must act now to expand our approach to preventing and healing mental health problems!