

# PROCLAMATION

OFFICE OF THE MAYOR  
CITY OF BEAVERTON

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- WHEREAS,** Posttraumatic Stress Disorder (PTSD) can occur after a person experiences trauma including, but not limited to the stress of combat, rape, sexual assault, child abuse, bombings, accidents and natural disasters, and affects approximately 8 million adults in the United States annually; and
- WHEREAS,** PTSD is associated with chemical changes in the body's hormonal system and autonomic nervous system, and is characterized by symptoms including flashbacks, nightmares, insomnia, avoidance, hypervigilance, anxiety, and depression; and
- WHEREAS,** the brave people of the United States Armed Forces who proudly serve the nation and risk their lives to protect our freedom deserve the investment of every possible resource to ensure their lasting physical, mental, and emotional well-being; and
- WHEREAS,** combat-related PTSD stress among our service members in the Armed Forces and among first responders is significantly pronounced given that they are often exposed to highly traumatic events for weeks, months, and even years; and
- WHEREAS,** between 10 and 30 percent of service members will develop PTSD within a year of leaving combat, while others may not develop symptoms until years later; and
- WHEREAS,** many cases of PTSD remain undiagnosed and untreated due to a lack of awareness of this condition and the persistent stigma associated with mental health conditions; and
- WHEREAS,** raising awareness of this condition is necessary to remove the stigma and to encourage those suffering to seek proper and timely treatment that may save their lives;

**NOW, THEREFORE,** I, Lacey Beaty, Mayor of the City of Beaverton do hereby proclaim June, 2021 as:

## ***PTSD Awareness Month***

in the City of Beaverton and urge the community to be aware of issues related to PTSD.



Lacey Beaty  
Mayor