



# County Commissioners of Charles County

## PROCLAMATION 2022-45

### Post-Traumatic Stress Disorder (PTSD) Awareness Month

**WHEREAS**, Posttraumatic Stress Disorder (PTSD) is a mental health condition that 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 12 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 men and women 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 men and women in the Armed Forces is significantly pronounced, given that they are often exposed to highly traumatic events for weeks, months, and even years; and

**WHEREAS**, between 50 to 60 percent of service members will develop PTSD, while others may not develop symptoms until years later; and

**WHEREAS**, despite its treatability, 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; and

**WHEREAS**, all citizens suffering from PTSD deserve our consideration, and those who are affected by PTSD from wounds received while protecting our freedom, deserve our respect and special honor.

**NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND**, do hereby proclaim June 2022 as **Post-Traumatic Stress Disorder Awareness Month** in Charles County and encourage people to reach out to their fellow residents to provide support and remove the stigma associated with this disorder.



COUNTY COMMISSIONERS OF  
CHARLES COUNTY, MARYLAND

Reuben B. Collins, II, Esq., *President*

Bobby Rucci, *Vice President*  
District 4

Gilbert O. Bowling, III  
District 1

Thomasina O. Coates, M.S.  
District 2

Amanda M. Stewart, M.Ed.  
District 3

Attest:

Carol A. DeSoto, Clerk to the Board of Commissioners