

# Proclamation

## Honoring *Rebecca's Dream*

**WHEREAS**, More than 20 million Americans live with depression and bi-polar disorder; and

**WHEREAS**, Rebecca Cutler, a strong advocate for those suffering from mental illness, lost her own battle with bipolar disorder in 2004; and

**WHEREAS**, The Rebecca's Dream Benefit was established in honor of Rebecca Cutler by her parents and raises funds for those suffering from depression and bipolar disorder and to promote awareness and compassionate understanding of depression and bipolar disorder as real diseases; and

**WHEREAS**, Rebecca's Dream celebrates May's Mental Health Awareness Month through public education, advocacy campaign and a wellness card offering free and discounted classes, treatments, and healthy foods from sixteen local businesses

**WHEREAS**, Rebecca's Dream sponsors four free programs designed to raise awareness and promote mental health in Highland Park. These are the following:

- May 2 at 7:00 p.m. – a film screening of *Infinitely Polar Bear* starring Mark Ruffalo at the Highland Park Library
- May 10 at 7:00 p.m. – *Teens & Transitions*, a panel discussion of what is normal and what is not led by Highland Park High School staff and mental health experts at HPHS
- May 10 at 7:00 p.m. – Yoga and Meditation Class open to current 8<sup>th</sup> grade and HPHS students at HPHS.
- May 23 at 1:00 p.m. – *Middle Years*, a discussion for parents on helping middle-schoolers navigate their social and academic lives at Edgewood Middle School

**NOW, THEREFORE**, I, Nancy R. Rotering, Mayor of the City of Highland Park and the City Council of the City of Highland Park, Lake County, Illinois, do hereby proclaim the Month of May 2016 as

## *Mental Health Awareness Month*

in the City of Highland Park and urge all Highland Park residents to participate in the programs offered by Rebecca's Dream as well as to get the real facts about mental illness and better appreciate what people who suffer from depression or bipolar disorder are experiencing.

**DATED** this 25<sup>th</sup> day of April, 2016.

  
Ghida S. Neukirch, City Clerk

  
Nancy R. Rotering, Mayor

