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Board Matter

July 19, 2022

Mr. Chairman – I am pleased to announce that my office, in partnership with the ConnerStrong Foundation and Celebrate Fairfax will kick off the first annual You're Not Alone 5k Run at the Kingstowne Shopping Center on September 24th from 7:30 am – 10:30 am.

This event, which will take place during National Suicide Prevention Month, is designed to bring together local community-based resources focused on wellness, mental health, and suicide prevention.

It is well understood that there are certain basic needs that can particularly impact an individual's mental health—homelessness, unemployment, hunger—and this event is

designed to increase awareness about resources available in our community that specifically address these needs.

Net proceeds raised through the 5k will go to two key nonprofits in the Franconia District, Koinonia & United Community, which provide various services and programs including addressing food insecurity for over 22,000 residents in my district.

We are also asking each participant and observer to bring a canned good or other non-perishable food item to the event, which will help re-stock the food banks at both organizations.

The ConnerStrong Foundation works to bring awareness to mental health issues and suicide prevention and to change the discussion about mental health, particularly with our teens and young adults. They also provide funds to bring the Sources of Strength program, a national recognized suicide prevention program, to schools in and around the Northern Virginia/Charlottesville area.

Mr. Chairman, given the County's long standing and deep commitment to supporting the same values, I move that:

The County Executive direct the appropriate staff from the Community Services Board (CSB) to liaise with its appropriate affiliates and partners to increase awareness of the event and ensure that the full offering of CSB resources relative to mental health services in the County are fully represented.

I further move that the Office of Public Affairs publicize the event.

Thank you, Mr. Chairman, and as I know that yourself and County Executive Hill are runners, I look forward to seeing you at the finish line.