

## 2017-K633

Assembly Resolution No. 633

BY: M. of A. Simotas

MEMORIALIZING Governor Andrew M. Cuomo to proclaim  
June 2017, as Post-Traumatic Stress Disorder  
Awareness Month in the State of New York

WHEREAS, June has been nationally recognized as Post-Traumatic  
Stress Disorder (PTSD) Awareness Month since 2014; and

WHEREAS, PTSD is an anxiety disorder that can develop in response to  
experiencing or witnessing a dangerous or life-threatening event; and

WHEREAS, PTSD symptoms can be acute or long-term and include  
hyper-vigilance, panic attacks, intrusive memories, flashbacks,  
nightmares, insomnia, avoidance, dissociation, hopelessness, and intense  
feelings of guilt and shame; and

WHEREAS, According to the National Center for PTSD, an estimated  
eight million people experience PTSD in a given year and 7-8% of the  
population will develop the condition at some point in their lives; and

WHEREAS, PTSD frequently affects members of the military along with  
victims of child abuse, intimate partner violence, and physical or  
sexual assault; and

WHEREAS, Rates of PTSD are more than twice as high for women, with

one out of every 10 American women expected to be diagnosed within her lifetime; and

WHEREAS, 94% of female rape victims experience symptoms of PTSD in the weeks following the assault, and the lifetime prevalence among survivors is estimated at 50%; and

WHEREAS, Over 20% of veterans who served in Iraq and Afghanistan and 30% of those who served in Vietnam have suffered from PTSD, and symptoms have been increasingly emerging in the nation's surviving World War II veterans; and

WHEREAS, PTSD commonly develops in response to military sexual trauma, an issue affecting over one if four female veterans; and

WHEREAS, LGBTQ youth and racial and ethnic minorities are at greater risk of developing PTSD and face unique barriers to recovery due to high rates of victimization, chronic social stress, discrimination, and lack of culturally competent mental health resources; and

WHEREAS, The National Institute of Health reports that less than half of all people with PTSD received treatment over a 12-month period, with 42% of those undergoing treatment receiving minimally adequate care; and

WHEREAS, Without proper treatment, the physical, cognitive, and emotional effects of PTSD can have debilitating impacts on an individual's daily functioning, relationships, education, and career,

leading to higher rates of depression, substance abuse, homelessness, and suicide; and

WHEREAS, Increasing education and public awareness is crucial to combatting stigma, expanding access to care, and encouraging all New Yorkers struggling with PTSD to seek the help and support necessary to alleviate symptoms, improve quality of life, and heal from past traumas; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim June 2017, as Post-Traumatic Stress Disorder Awareness Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.