



## CITY OF BOSTON IN CITY COUNCIL

### RESOLUTION RECOGNIZING JUNE 27 AS NATIONAL PTSD AWARENESS DAY

**WHEREAS:** According to a 2020 survey, since the 9/11 attack, 83% of all US veterans, as well as men and women on active duty, have experienced some form of PTSD as a result of their military service. PTSD patients can experience symptoms including hypervigilance, mood swings, avoidance, and recurring and involuntary flashbacks of said trauma; *and*

**WHEREAS:** PTSD can be caused by several factors. It is most notably caused by being thrust into a combat situation that adds an overwhelming amount of stress to an already stressful situation, which may include actions during war, politics around the world, location of combat, and the type of enemy faced. Moreover, in addition to being in a highly stressful environment, a large number of veterans have reportedly experienced sexual assault as well as sexual harassment when in active duty. 23% of women have reported sexual assault; 55% of women and 38% of men have experienced sexual harassment; *and*

**WHEREAS:** Although sexual trauma is more commonly experienced in women in the armed forces, over half of all survivors of sexual trauma are in fact men as they make up more than four-fifths of the military; *and*

**WHEREAS:** Historically, PTSD has been recorded from as far back as 50BC by a war soldier who was haunted by PTSD-like flashbacks and these symptoms have since been consistently mentioned with different labels because of its unfamiliarity. The Civil War in the 1800s, WWI, and the Vietnam War have left many with PTSD, which resulted in various rudimentary treatments being attempted. It was not until the 1950s that group therapy and other more modern treatments were introduced; *and*

**WHEREAS:** In 1980, PTSD was officially acknowledged in the Diagnostic and Statistical Manual for Mental Disorders (DSM). National PTSD Awareness Day was recognized on June 27th in 2010 in honor of a North Dakota National Guard member who had committed suicide after two tours of duty in Iraq, and in 2014, the month of June was recognized as PTSD Awareness Month; *and*

**WHEREAS:** We must recognize the experiences that US veterans face and acknowledge the impact of PTSD, as well as recognize that many people around the world - from veterans to civilians - suffer from this condition. One of the main purposes of PTSD Awareness Month is to raise awareness and advocate for those who suffer from it, so that we can educate ourselves and others in order to provide additional support and resources for those in need; *and*

#### **NOW THEREFORE BE IT ORDERED:**

That the Boston City Council recognizes June 27th as PTSD Awareness Day and affirms its support for veterans and all those suffering from PTSD, as well as honors our veterans and their service and sacrifices they have made for our country.