

RESOLUTION NO. 25/23-24

IN SUPPORT OF MENTAL HEALTH AWARENESS MONTH, MAY, 2024

WHEREAS, May has been designated National Mental Health Awareness Month in the United States since 1949 by the Mental Health America organization; and

WHEREAS, families have been deeply affected by the pandemic, and children are likely facing increased stress due to the changes, fear and uncertainty caused by illness, isolation, impending homelessness, and job and healthcare loss at rates never before seen; and

WHEREAS, children and families are dealing with the long overdue societal reckoning with police violence against African Americans, a spike in anti-Asian hate crimes, significantly higher-than-average death rates linked to COVID-19 among Latino communities, and the mistreatment and stigmatization of the LGBTQ+ community in society; and

WHEREAS, the Centers for Disease Control and Prevention reports that 13-20% percent of youth ages 13-18 have a diagnosed mental health disorder in the United States; and

WHEREAS, the average age of early signs of mental illness is 14, when most students are entering high school; and

WHEREAS, an estimated 60 percent of students with emotional, behavioral and mental health disorders do not graduate from high school, according to the U.S. Department of Education; and

WHEREAS, the number of children ages 6-12 who visited children's hospitals for suicidal thoughts or self-harm has more than doubled since 2016, according to the Children's Hospital Association; and

WHEREAS, children, youth, and adults can recover from mental illness and lead full, productive lives at school and in the community; and

WHEREAS, addressing the complex mental health needs of our children, youth and families placed upon our community and school is a critical responsibility; and

WHEREAS, schools that implement comprehensive mental health systems see improved academic performance, fewer special education placements, decreased disciplinary actions and higher graduation rates; and

WHEREAS, spreading awareness of the importance of mental health can help people realize the many ways in which mental illness impacts them and those around them, and can provide the opportunity to learn about available services; and

WHEREAS, it is the desire and vision of the Board of Education to have students, employees and families in San Ramon Valley Unified School District share a belief that an appropriate time should be set apart every day for the direction of our thoughts specifically toward our children's mental health and wellbeing; and

WHEREAS, San Ramon Valley Unified School District, through its unique approach to serving children and adolescents, is committed to caring for the mental health needs of children, youth, and families in

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our community; and

WHEREAS, San Ramon Valley Unified School District renews its pledge to continually assess and improve the range of educational services provided by our schools and the district’s employed mental health professionals to meet the varying needs of our students with mental health concerns; and

WHEREAS, San Ramon Valley Unified School District fully acknowledges that educating our students with mental health concerns from toddlerhood through graduation requires commitment to meaningful collaboration with families, community members and local health care professionals.

NOW, THEREFORE, BE IT RESOLVED that the Board of Education of San Ramon Valley Unified School District declares that the District will dedicate agency and expertise to intentionally commit to:

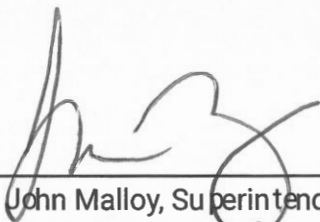
- 1) Increasing awareness and understanding of mental health for our entire educational community.
- 2) Helping our children, youth and adults be aware of the steps they can take to protect their mental health.
- 3) Providing appropriate and accessible services for all people, especially children and youth with mental health conditions.

BE IT FURTHER RESOLVED that the San Ramon Valley Unified School District proudly proclaims the month of May as Mental Health Awareness Month for this year, and subsequent years in the future.

PASSED AND ADOPTED by the following called vote this 15th day of August 2023.

BUDGET IMPLICATION: None

AYES: Hurd, Bratt, Clark, Ordway, vanZee
NOES: None
ABSENT: None
ABSTAINED: None



Dr. John Malloy, Superintendent and Secretary to
the Governing Board of San Ramon Valley Unified
School District