



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item # 9.4

Meeting Date: May 18, 2023

Subject: Approve Resolution 3319: Recognition of May is Mental Health Awareness Month

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: _____)
- Conference/Action
- Action
- Public Hearing

Division: Student Support & Health Services

Recommendation:

Approve Resolution No. 3319: Recognition of May is Mental Health Awareness Month

Background/Rationale:

May has been designated as Mental Health Awareness Month and May 11 is designated as National Children's Mental Health Awareness Day dedicated to raising awareness of youth, their families and all community members who experience emotional, behavioral and mental health challenges.

Sacramento City Unified School District continues to address the social and emotional needs of our students, raise mental health awareness through activities such as expanding school-based mental and physical health supports to every school, providing staff, students and families/caregivers care coordination resource for accessing community-based mental health and substance use treatment, providing ongoing professional development on suicide prevention and support and resources for the mental well-being of our students, families, staff and community.

Financial Considerations: CARES/ESSER funding for staff expansion already dedicated through the Budget Development process.

LCAP Goal: Safe, Emotionally Healthy, and Engaged Students

Documents Attached:

1. Resolution No. 3319

Estimated Time of Presentation: 5 minutes

Submitted by: Victoria Flores, Executive Director Student Support
& Health Services

Approved by: Jorge A. Aguilar, Superintendent

**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION**

RESOLUTION NO. 3319

“Recognition of May is Mental Health Awareness Month”

WHEREAS, May has been designated as Mental Health Awareness Month and May 11 was observed as National Children's Mental Health Awareness Day dedicated to raising awareness of youth, their families and all community members who experience emotional, behavioral and mental health challenges; and

WHEREAS, children and youth experiencing mental, emotional and behavioral health needs and their families can achieve a better quality of life with effective culturally relevant and responsive resources, treatments and community support within a system of care; and

WHEREAS, the Centers for Disease Control (CDC) Youth Risk Behavior Survey (YRBS) indicated the following:

- nearly 3 in 5 U.S. teen girls experienced persistent feeling of sadness or hopelessness in 2021 - double that of boys and the highest levels reported in a decade, and;
- The percentage of students who had considered, planned, and/or attempted suicide is high and has increased over the years—with rates of suicide attempts highest among Black students
- LGBTQ+ youth were substantially more likely to have experienced all forms of violence and had worse mental health outcomes than their heterosexual peers, and;
- While all teens reported increasing mental health challenges, experiences of violence, and suicidal thoughts and behaviors, CDC’s new data indicate females and LGBTQ+ students fared worse than their male or heterosexual peers in 2021, and;

WHEREAS, we recognize that untreated or unrecognized mental health issues may lead to low school attendance, academic concerns, family conflicts, substance abuse, and even suicide attempts or death by suicide; and

WHEREAS, a focus on prevention and early intervention efforts greatly reduces the number of children experiencing serious mental health conditions; and

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

WHEREAS, addressing the complex mental health needs of our children, youth, and families places upon our community and school district critical responsibility to support and respond; and

WHEREAS, the [Centers for Disease Control \(CDC\) What Works in Schools](#) recommends three overarching strategies for improving student wellness; 1) improve mental health supports, (2) provide improved professional development and health education and (3) improve connectedness and create safe and supportive school environment; and

WHEREAS, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

WHEREAS, public awareness of the importance of mental health and well-being and reducing the stigma associated with mental health struggles allows community members of all ages to find acceptance and understanding in their communities; and

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education recognizes May as Mental Health Awareness Month in honor of raising awareness and reducing the stigma and discrimination associated with mental illness and seeking treatment.

BE IT FURTHER RESOLVED that Sacramento City Unified School District is commended for the ongoing work undertaken to address the social and emotional needs of our students, raise mental health awareness through activities such as expanding school-based mental and physical health supports to every school, providing staff, students and families/caregivers care coordination resource for accessing community-based mental health and substance use treatment, providing ongoing professional development on suicide prevention and support and resources for the mental well-being of our students, families, staff and community.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 18th day of May, 2023, by the following vote:

AYES: _____
NOES: _____
ABSTAIN: _____
ABSENT: _____

ATTESTED TO:

Jorge A. Aguilar
Secretary of the Board of Education

Chinua Rhodes
President of the Board of Education