



**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION
Resolution 3167**

Agenda Item# 7.2

Meeting Date: September 17, 2020

Subject: Resolution No. 3167: National Suicide Prevention and Recovery 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: Approval of Board Resolution 3167: National Suicide Prevention and Recovery Month.

Background/Rationale: This year, in support of National Suicide Prevention Awareness Week, World Suicide Prevention Day and National Recovery Month, all held in September, we are encouraging a special focus on the intersection between suicide prevention, alcohol and drug use and efforts that foster resilience and recovery for our students and our community.

Financial Considerations: None

LCAP Goal(s): Safe, Emotionally Healthy and Engaged Students; Family and Community Empowerment

Documents Attached:

1.Suicide Prevention Board Resolution No. 3167

<p>Estimated Time of Presentation: 10 minutes Submitted by: Victoria Flores, Student Support & Health Services Approved by: Jorge A. Aguilar, Superintendent</p>

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

RESOLUTION NO. 3167

“NATIONAL SUICIDE PREVENTION AND RECOVERY MONTH”

WHEREAS, the week of September 6-12, 2020 is National Suicide Prevention Week, and September 2020 is National Recovery Month, when millions of people around the world join their voices to share a message of hope and healing; and

WHEREAS, these observances are united in raising awareness that prevention is possible; treatment is effective; and people do recover; and

WHEREAS, in these challenging times messages of hope and healing are more needed than ever; and

WHEREAS, a recent youth survey by Sacramento citiesRISE found that 65% of youth reported not knowing where to get help even if they were willing to seek it out; and

WHEREAS, the recent California Healthy Kids Survey of SCUSD students indicated that on average 1 in 5 students has considered suicide in the past 12 months; and

WHEREAS, a recent study in the American Medical Association journal JAMA Network Open found that with the COVID-19 pandemic and social distancing, nearly a quarter of people in the United States are experiencing symptoms of depression, three times as much as before the pandemic; and

WHEREAS, Sacramento residents should be able to easily access high quality and culturally relevant prevention, support, rehabilitation, and treatment services that lead to recovery and a healthy lifestyle; and

WHEREAS, every day in Sacramento people enter treatment into behavioral health services and community supports and begin the road to wellness and recovery; and

WHEREAS, resiliency begins early in life within families, day cares, and schools, and can be strengthened and reinforced throughout the life span; and

WHEREAS, recovery and wellness encompass the whole individual, including mind, body, spirit, culture and community; and

WHEREAS, Striving for Zero, California's Strategic Plan for Suicide Prevention urges all Californians to play a role in suicide prevention and promoting health and wellness; and

WHEREAS, the benefits of preventing and overcoming mental health challenges, suicide attempts and loss, and substance abuse are significant and valuable to individuals, families, and our community at large; and

WHEREAS, it is essential that we educate our community about suicide, mental health and substance abuse problems and the ways they affect all people in the community; and

WHEREAS, we must encourage friends, family, co-workers, and providers to recognize the signs of a problem, and guide those in need to appropriate services and supports - as friends and social media are key sources of information for young people; and

WHEREAS, the SCUSD Student Support & Health Services team is dedicated to promoting and providing suicide prevention awareness, education and interventions designed to build resiliency, create safety, and find hope.

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education proclaims the month of September 2020 is Suicide Prevention and Recovery Month: "Finding Hope, Building Resiliency, Supporting Recovery."

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 17th day of September, 2020, by the following vote:

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

Jessie Ryan
President of the Board of Education

ATTESTED TO:

Jorge A. Aguilar
Secretary of the Board of Education