



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.4

Meeting Date: May 2, 2024

Subject: Approve Resolution 3405: 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 Department

Recommendation:

Approve Resolution No. 3405: Recognition of May is Mental Health Awareness Month

Background/Rationale:

May has been designated as Mental Health Awareness Month and May 9 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 support the whole child and address the social and emotional needs of our students, raise mental health awareness through activities such as the expansion and sustaining of school-based mental health supports to every school, providing students, families/caregivers, and staff with care coordination, resources 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: None

LCAP Goal: Safe, Emotionally Healthy, and Engaged Students

Documents Attached:

1. Resolution No. 3405

Presentation time: 5 minutes

Submitted by: Elizabeth Sterba, Director, Student Support Services
& Jacqueline Garner, Executive Director of Student
Support & Health Services

Approved by: Lisa Allen, Superintendent

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

**RESOLUTION NO. 3405
“Recognition of May is Mental Health Awareness Month”**

WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Sacramento City Unified School District; and

WHEREAS, according to the National Alliance on Mental Illness (NAMI), 17% of youth ages six through 17, and 22% of adults will experience a mental health disorder; and

WHEREAS, the 2022-23 California Healthy Kids Survey (CHKS) of Sacramento City Unified 7th, 9th, and 11th graders showed that 37% reported feeling chronically sad or hopeless, and 17% had seriously considered suicide in the past twelve months; and

WHEREAS, evidence shows that unrecognized and/or untreated trauma or 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, with proper support and treatment children, youth, and adults can recover from mental illness and lead full, productive lives in the community; 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

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

NOW, THEREFORE BE IT RESOLVED that the Sacramento City Unified School District Board of Education does hereby recognize May 2024 as Mental Health Month; and

BE IT FURTHER RESOLVED that the Sacramento City Unified School District Board of Education commends the work of addressing the social and emotional needs of our students and raising mental health awareness by maintaining school-based mental health support staff in every school; and for the ongoing efforts undertaken to:

- establish a new Student Mental Wellness Council to increase student voice and leadership around student mental and behavioral wellness in our SCUSD community;
- challenge stigma by speaking respectfully and inclusively about mental health;
- seek help if they are struggling with their mental health and encourage others to do the same; and
- create safe and supportive environments for open conversations about mental health.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 2nd day of May, 2024, by the following vote:

AYES: _____

NOES: _____

ABSTAIN: _____

ABSENT: _____

ATTESTED TO:

Lisa Allen
Secretary of the Board of Education

Lavinia Grace Phillips
President of the Board of Education