



RECOGNITION OF MAY 2025 AS MENTAL HEALTH AWARENESS MONTH

WHEREAS, mental health is essential to everyone's overall health and well-being, and all Americans experience times of difficulty and stress in their lives; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions, and there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, mental health conditions are real and prevalent in our nation, with 1 in 5 adults experiencing a mental health condition in a given year, and 1 in 6 youth aged 6-17 experiencing a mental health disorder each year; and

WHEREAS, students within the Santa Rosa City Schools district are facing unique challenges due to school consolidations, which can create significant stress, anxiety, uncertainty, and feelings of loss for students, families, and staff alike; and

WHEREAS, the ongoing process of school consolidation may disrupt established social connections, routines, and sense of belonging that are critical to student mental wellness; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen has a responsibility to promote mental well-being and support those who need help; and

WHEREAS, the National Alliance on Mental Illness (NAMI), Mental Health America, and other organizations observe Mental Health Awareness Month in May to increase awareness of the importance of mental health and wellness; and

WHEREAS, the Santa Rosa City Schools recognizes that, especially during periods of significant transition and change, dedicated support for mental health is essential to student success, teacher effectiveness, and community well-being;

NOW, THEREFORE, BE IT RESOLVED that the Santa Rosa City Schools Board of Education hereby declares May 2025 as "Mental Health Awareness Month" in Santa Rosa City Schools and calls upon all staff, students, families, and community members to:

1. Increase awareness and understanding of mental health, mental wellness, and mental health conditions;
2. Show compassion toward those with mental health challenges, particularly students, families, and staff members experiencing transition-related stress due to school consolidations;
3. Recognize that during this period of school consolidation, additional mental health resources and support services will be made available to all members of our school community;
4. Emphasize the importance of creating supportive environments where students, families, and staff feel comfortable discussing mental health concerns related to change and transitions;
5. Actively participate in Mental Health Awareness Month activities organized by our schools and community partners;
6. Promote appropriate and accessible services for all people with mental health conditions, especially our youth; and
7. Support the development of resilience in our students, staff, and families during this time of significant district change.

PASSED AND ADOPTED this _____ day of _____, 2025.

YEAS:

NOES:

ABSENT:

ABSTAIN:

Jeremy De La Torre, Clerk of the Board