



## **RECOGNITION OF MAY 2026 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**, schools across California are facing significant financial pressures that threaten the availability of mental health services and supports for students at a time when youth mental health needs continue to grow; and

**WHEREAS**, despite these fiscal challenges, Santa Rosa City Schools remains committed to prioritizing student mental health and wellness as fundamental to academic success and overall student well-being; and

**WHEREAS**, community partnerships and collaborative service delivery models have proven to be essential strategies for sustaining comprehensive mental health support systems when school resources are constrained; and

**WHEREAS**, Santa Rosa City Schools has cultivated strong partnerships with community-based organizations, county agencies, healthcare providers, and other service providers to expand access to mental health services for students and families; and

**WHEREAS**, the Community Schools approach emphasizes integrated student supports and community partnerships as core strategies for addressing student needs holistically and efficiently; and

**WHEREAS**, with effective treatment and community support, 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**, Santa Rosa City Schools recognizes that collaboration with families, community organizations, and service providers strengthens our collective capacity to support student mental health, particularly during times of fiscal constraint;

**NOW, THEREFORE, BE IT RESOLVED** that the Santa Rosa City Schools Board of Education hereby declares May 2026 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 and reduce stigma around seeking help;
3. Recognize and support the critical role that community partnerships play in ensuring students have access to comprehensive mental health services;
4. Strengthen collaboration between schools, families, healthcare providers, community organizations, and other service partners to create a coordinated system of support for student mental wellness;
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, through both school-based and community-based resources;
7. Support innovative and collaborative approaches to mental health service delivery that maximize resources and expand access for all students; and
8. Acknowledge and appreciate the community partners, agencies, and organizations whose collaboration with Santa Rosa City Schools helps ensure that students continue to receive vital mental health supports despite fiscal challenges.
- 9.

**PASSED AND ADOPTED** this \_\_\_\_\_ day of \_\_\_\_\_, 2026.

YEAS:

NOES:

ABSENT:

ABSTAIN:

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Sarah Jenkins, Clerk of the Board