

RESOLUTION DECLARING MAY AS MENTAL HEALTH MONTH

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, mental health conditions are real and prevalent in our nation, with one in five adults experiencing mental illness each year; and

WHEREAS, children and youth also face mental health challenges, with one in six children aged 6-17 experiencing a mental health disorder each year; and

WHEREAS, the COVID-19 pandemic has had a profound impact on the mental health of students and families, causing increased stress, anxiety, isolation, and trauma; and

WHEREAS, the pandemic has highlighted and exacerbated existing mental health disparities, disproportionately affecting communities of color, low-income families, and other vulnerable populations; and

WHEREAS, stigma and misunderstanding often prevent individuals from seeking help and support for mental health concerns; and

WHEREAS, Santa Rosa City Schools is committed to raising awareness about mental health, providing support and resources for students, staff, and families, and fostering a school environment that promotes mental wellness; and

WHEREAS, schools play a crucial role in identifying and supporting students with mental health needs, particularly in the aftermath of the pandemic, and connecting them with appropriate services; and

WHEREAS, May has been designated as Mental Health Month to increase public awareness and reduce the stigma associated with mental illness;

NOW, THEREFORE, BE IT RESOLVED that the Board of Education of Santa Rosa City Schools hereby declares May 2024 as Mental Health Month and encourages all students, staff, families, and community members to learn more about mental health, support one another, and seek help when needed.

BE IT FURTHER RESOLVED that Santa Rosa City Schools will continue to prioritize mental health education, early intervention, and access to support services to promote the well-being of all students and staff, especially in light of the challenges posed by the COVID-19 pandemic.

PASSED AND ADOPTED by the Governing Board of the Santa Rosa City Schools District on the 8th day of May 2024.

Roxanne McNally, Clerk of the Board

Date