



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.2

Meeting Date: September 21, 2023

Subject: Approve Resolution No. 3345 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 3345 National Suicide Prevention and Recovery Month

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

Financial Considerations: None

LCAP Goal(s): Goal 3: Integrated Supports; Goal 4: Culture & climate- dismantling systems

Documents Attached:

1. Suicide Prevention Board Resolution 3345

Estimated Time of Presentation: 5 minutes

Submitted by: Jacqueline Garner, Student Support & Health Services

Approved by: Lisa Allen, Interim Superintendent

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

RESOLUTION NO. 3345

“NATIONAL SUICIDE PREVENTION AND RECOVERY MONTH”

WHEREAS, the week of September 10-16, 2023 is National Suicide Prevention Week, and September 2023 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 can and do recover to live healthy, fulfilling lives; and

WHEREAS, according to the Centers for Disease Control, one person dies by suicide every 11.7 minutes, resulting in nearly 45,000 deaths each year in the United States; and

WHEREAS, Suicide was the second leading cause of death for people ages 10-14 and 20-34 and

WHEREAS, suicide is a preventable national, state, and local public health problem; and

WHEREAS, strategies to prevent suicide include teaching students coping, problem solving, and help-seeking skills including support social-emotional learning programs, providing caregiver support and training to improve family relationships, and support resiliency building through education programs; and

WHEREAS, providing a safe and nurturing school environment ensures both the physical, psychological, and emotional safety of students and staff and minimizes suicidal ideation; and

WHEREAS, we must encourage friends, family, co-workers, and providers to recognize the signs of a problem, warning signs of suicide, 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 most recent 2023 California Healthy Kids Survey of SCUSD students indicated that 38% of SCUSD students reported feeling chronic sadness and 17% reported seriously considering suicide in the past 12 months; 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, 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, 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; and

WHEREAS, SCUSD has taken a number of steps to support our students, staff and families mental health and well-being, including adopting an evidenced-based suicide prevention training program (Kognito) that all staff complete annually; providing all SCUSD community access to Care Solace, a resource that provides navigation and linkage to community-based mental health and substance abuse treatment; and significantly expanding school-based mental health support staffing to all schools in order to increase access to early identification and intervention.

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education proclaims the month of September 2023 is Suicide Prevention and Recovery Month.

BE IT FURNTER RESOLVED, that Sacramento City Unified School District Board of Education encourages all members of our school community to actively participate in Suicide Prevention Month Initiatives and join us in our commitment to promoting mental health and preventing suicide.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 21st day of September, 2023, by the following vote:

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

Lisa Allen
Secretary of the Board of Education

Chinua Rhodes
President of Board of Education