



Board Resolution 3319 Mental Health Awareness

Board Meeting
May 18, 2023
Agenda Item No. 9.4

Presented by:

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Health Services

Mental Health Awareness

- May is Mental Health Awareness month and May 11th is National Children's Mental Health Awareness Day
- Children & their families can achieve a better quality of life with effective culturally relevant & responsive resources, treatments and community support within a system of care - including schools!



Research shows

that both physical *and* emotional safety are critical to learning and wellbeing:

- Physical safety is related to higher academic performance, fewer risky behaviors, and lower dropout rates;
- Students who are not worried about their safety care more about their educational experience; and
- Emotions have an impact on learning; they influence our ability to process information.



Recognize and honor students' privacy, needs and boundaries. Safety is established through autonomy.



Identify and promote safe physical spaces in the classroom and on campus where students and staff can go if they need a break, or support.



Affirm individual identities and backgrounds, including pronouns and names, to underscore safety.



Signal safety by placing visual reminders (posters, placards, and known icons) in classrooms, hallways, bathrooms, and other common areas.



Celebrate failure by owning and honoring mistakes to make learning safe.



Know and share resources widely, such as

- The Lifeline (dial 988)
- Crisis Text Line (text "Home" to 741-741)



YOU Can Create Safe Spaces



CDC Youth Risk Behavior Survey (YRBS)

- Nearly 3 in 5 teen girls experienced persistent feelings of sadness or hopelessness in 2021
 - Double that of boys and the highest level reported in a decade
- Percent of students who considered, planned or attempted suicide is the high and has increased over the years
 - The highest rates of suicide attempts are among Black/African-American students
- LGBTQ+ youth were substantially more likely to experience all forms of violence and had worse mental health outcomes than their heterosexual peers

CDC What Works in Schools

- The CDC recommends 3 overarching strategies for improving student wellness
 - Improve mental health supports
 - Provide improved professional development and health education
 - Improve connectedness and create safe and supportive school environments
- Creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending stigma around mental health
- Focus on prevention and early intervention efforts greatly reduces the number of children experiencing serious mental health conditions

Now, Therefore, Be It Resolved

- SCUSD Board of Education recognizes May as Mental Health Awareness Month in honor of raising awareness and reducing the stigma and discrimination associated with mental illness and seeking treatment
- SCUSD is commended for the ongoing work undertaken
 - To address the social emotional needs of our students
 - Raise mental health awareness through activities such as expanding school-based mental and physical health supports to all schools
 - Providing care coordination to mental health and substance use treatment for students, families and staff
 - Providing ongoing professional development on suicide prevention
 - Support and resources for the mental well-being of our students, families and staff

Q & A