

Resolution

MONTEREY COUNTY BOARD OF EDUCATION

RESOLUTION NUMBER 22-23-38

Recognizing May as

MENTAL HEALTH AWARENESS MONTH

WHEREAS, the Monterey County Board of Education recognizes May as **Mental Health Awareness Month** to highlight the importance of mental health and the impact it has on the well-being and academic achievement of students; and

WHEREAS, COVID-19 has impacted our lives for several years, causing anxiety, grief, stress, a myriad of losses, and has exacerbated an already growing crisis in youth mental health, which can include anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), and behavioral disorders; and

WHEREAS, mental health is an important part of children's overall health and well-being and affects how they think, feel and act, and early diagnosis and prompt services for children and their families can make an impactful difference; and

WHEREAS, the Center for Disease Control and Prevention (CDC) estimates as many as 1 out of 5 children experience a mental disorder in a given year, costing individuals, families, and society an estimated \$247 billion per year on treatment and management of childhood mental disorders; and

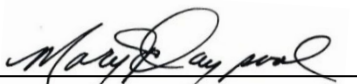
WHEREAS, schools are overwhelmed with struggling students that have fallen behind and who are struggling with mental health and developmental concerns, exhibiting a lack of social skills and more aggressive behaviors, all of which have created significant challenges for educators and administrators; and


WHEREAS, the Monterey County Board of Education recognizes that early identification and evidence-based prevention and intervention strategies are critical to improving children's mental health, especially among adolescents, and that it is important to expand school-based health services that focus on promoting wellness, preventing mental health problems, and providing effective services and treatment; and


WHEREAS, students with mental health and wellness concerns are more likely to be chronically absent, more disruptive in class, have lower academic achievement, and drop out of school, and the Monterey County Board of Education encourages the education of staff, students, and parents on the signs of mental illness to help with early intervention and removing the stigma surrounding emotional health:

NOW, THEREFORE, BE IT RESOLVED that the Monterey County Board of Education does hereby adopt Resolution Number 22-23-38 to recognize the month of May as **Mental Health Awareness Month** to help spread awareness of the importance of mental health and to encourage the community to learn about available services.

**Passed and Adopted on the
Twelfth Day of April 2023**



Mary Claypool, President


John McPherson, Vice President


Janet Wohlgenuth, Member



Sandra Ocampo, Member




Annette Yee Steck, Member


Heather Owen, Member


Jaime Fernandez, Member


Dr. Deneen Guss, County Superintendent