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ACR-167 Student Mental Health Awareness Week in California. (2023-2024)

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Assembly Concurrent Resolution No. 167

CHAPTER 70

Relative to Student Mental Health Awareness Week in California.

[Filed with Secretary of State May 30, 2024.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 167, Juan Carrillo. Student Mental Health Awareness Week in California.

This measure would recognize May 6, 2024, to May 10, 2024, inclusive, as Student Mental Health Awareness Week in California.

Fiscal Committee: no

WHEREAS, Childhood and adolescence are critical times for physical and mental development; and

WHEREAS, Mental health affects how children and adolescents think, feel, and act; and

WHEREAS, The development of sound mental health is important for overall health and well-being throughout a person's lifespan; and

WHEREAS, Mental health issues among children and youth can seriously change how children learn, behave, and handle their emotions throughout their lives; and

WHEREAS, Today's students are exposed to the pervasive influence of social media, which has the potential to induce negative psychological consequences such as heightened social anxiety and increased feelings of loneliness; and

WHEREAS, According to the federal Centers for Disease Control and Prevention, more than 42 percent of high school students experience persistent feelings of sadness or hopelessness, a 50-percent increase over the past decade; and

WHEREAS, Schools are ideally situated to provide services and programs that aim to improve students' feelings of connectedness within the school environment; and

WHEREAS, The more mental health services are embedded in schools, the lower the threshold for access and the better the student outcomes; and

WHEREAS, Improving student mental health begins with focused efforts to create safe and secure learning environments that promote respect, inclusion, and kindness and reduce mental health stigma; and

WHEREAS, The early identification and treatment of mental and behavioral health issues are critical for a healthy student body and school community; and

WHEREAS, Comprehensive and coordinated mental and behavioral health services for students in school are critical parts of an overall education plan; and

WHEREAS, School counselors, social workers, psychologists, and school nurses are essential to a well-balanced school-based mental, behavioral, and physical health workforce; and

WHEREAS, School-based mental health professionals, including school counselors, school social workers, and school psychologists, are instrumental in identifying and treating students, offering a range of services; and

WHEREAS, Mental health programs in schools should also include student education and outreach to families; and

WHEREAS, Addressing the mental health needs of homeless and foster youth can contribute to breaking the cycle of adversity, fostering resilience, and empowering these students to achieve their full potential; and

WHEREAS, Addressing the mental health of teachers and other staff members improves services to students and contributes to school cultures that are more empathic, understanding and supportive; and

WHEREAS, Support for all students who have experienced trauma resulting from racial injustice should be a part of the overall service plan and approach by schools to promote equity and healing; and

WHEREAS, By elevating the importance of mental and behavioral health in schools and by providing our children and youth with resources, we can dispel the stigma that surrounds mental health and cultivate a supportive and compassionate culture in our schools and communities; and

WHEREAS, It is important to set aside a week that recognizes the mental health of students in order to support the needs and well-being of students in California; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature hereby recognizes May 6, 2024, to May 10, 2024, inclusive, as Student Mental Health Awareness Week in California; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.