



# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

**Recommendation:**

Approve Resolution No. 3405: Recognition of May is Mental Health Awareness Month

**Background/Rationale:**

as National Children's Mental Health Awareness Day dedicated to raising awareness of youth, their families and all community members who experience emotional, behavioral and mental health issues. Districts and students, parents, teachers, staff and health care providers, resources for providing students, family based mental health staff with state support and resources for the important role of parents, families, staff and community.

**Financial Considerations:** None

**LCAP Goal:** Safe, Emotionally Healthy, and Engaged Students

**Documents Attached:**

- 1. Resolution No. 3405

**Presentation time:** 5 minutes

**Submitted by:** Elizabeth Sterba, Director, Student Support Services  
& Jacqueline Garner, Executive Director of Student  
Support & Health Services

**Approved by:** Lisa Allen, Superintendent

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

**RESOLUTION NO. 3405  
“Recognition of May is Mental Health Awareness Month”**

**WHEREAS**, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Sacramento City Unified School District; and

**WHEREAS**, according to the National Alliance on Mental Illness (NAMI), 17% of youth ages six through 17, and 22% of adults will experience a mental health disorder; and

**WHEREAS**, the 2022-23 California Healthy Kids Survey (CHKS) of Sacramento City Unified 7th, 9th, and 11th graders showed that 37% reported feeling chronically sad or hopeless, and 17% had seriously considered suicide in the past twelve months; and

**WHEREAS**, evidence shows that unrecognized and/or untreated trauma or mental health issues may lead to low school attendance, academic concerns, family conflicts, substance abuse, and even suicide attempts or death by suicide; and

**WHEREAS**, with proper support and treatment children, youth, and adults can recover from mental illness and lead full, productive lives in the community; and

**WHEREAS**, public awareness of the importance of mental health and well-being and reducing the stigma associated with mental health struggles allows community members of all ages to find acceptance and understanding in their communities; and

**WHEREAS**, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

**NOW, THEREFORE BE IT RESOLVED** that the Sacramento City Unified School District Board of Education does hereby recognize May 2024 as Mental Health Month; and

**BE IT FURTHER RESOLVED** that the Sacramento City Unified School District Board of

**PASSED AND ADOPTED** by the Sacramento City Unified School District Board of Education on this 2nd day of May, 2024, by the following vote:

AYES: \_\_\_\_\_

NOES: \_\_\_\_\_

ABSTAIN: \_\_\_\_\_

ABSENT: \_\_\_\_\_

ATTESTED TO:

\_\_\_\_\_  
Lisa Allen  
Secretary of the Board of Education

\_\_\_\_\_  
Lavinia Grace Phillips  
President of the Board of Education