



SANTA CRUZ
COUNTY OFFICE OF
EDUCATION
DR. FARIS SABBAH • SUPERINTENDENT OF SCHOOLS

Santa Cruz County Board of Education • 400 Encinal Street, Santa Cruz, CA 95060 • Tel (831) 466-5900 • www.santacruzcoe.org

Mr. Ed Acosta • Mr. Edward Estrada • Mr. Greg Larson • Ms. Sue Roth
Mr. Abel Sanchez • Mr. Bruce Van Allen • Ms. Rachel Williams

Student Trustee: Natalie Hofkins and Ruben Marcus

RESOLUTION #25-15
IN RECOGNITION OF MENTAL HEALTH AWARENESS MONTH

WHEREAS, families have been deeply affected by traumatic events, and children are likely facing increased stress due to the changes, fear, and uncertainty caused by illness, isolation, impending homelessness, and job and healthcare loss; and

WHEREAS, mental health conditions are a leading cause of disability in the United States and affect millions of children, adolescents, and adults in California; and

WHEREAS, mental illness includes such conditions as schizophrenia, depression, anxiety and post-traumatic stress disorders; and

WHEREAS, the Centers for Disease Control and Prevention reports that more than 20 percent of youth have a diagnosed mental health disorder in the United States; and

WHEREAS, the average age of early signs of mental illness is 14, when most students are entering high school; and

WHEREAS, an estimated 60 percent of students with emotional, behavioral, and mental health disorders do not graduate from high school, according to the U.S. Department of Education; and

WHEREAS, National Survey of Drug Use and Health data shows mental health diagnoses, suicide rates, non-suicidal self-injury such as cutting, and emergency room visits for students experiencing mental health issues are all on the rise; and

WHEREAS, researchers from the University of Montreal found that students with untreated mental illness are more likely to be chronically absent, more disruptive in class, have lower academic achievement, and ultimately drop out; and

WHEREAS, the University of Maryland's Center for School Mental Health (CSMH) has found that educating staff, students, and parents on the signs and symptoms of mental illness is key to both early intervention and dismantling the stigma surrounding mental health; and

WHEREAS, the CSMH reports that students are more likely to follow through with mental health services in school settings, and bringing mental health services onto campus enables easier communication among providers, parents and teachers; and

WHEREAS, schools that implement comprehensive mental health systems see improved academic performance, fewer special education placements, decreased disciplinary actions and higher graduation rates; and

WHEREAS, the California Department of Education also recognizes the first full week of May as *Screen-Free Week* (May 5 to 11, 2025), to support teen mental health and encourage more creative play, human connections, and engagement with the natural world; and

WHEREAS, spreading awareness of the importance of mental health can help people realize the many ways in which mental illness impacts them and those around them, and can provide the opportunity to learn about available services; and

WHEREAS, recent changes in federal policy, funding, and staffing are increasing economic uncertainty and social conflict, potentially triggering or exacerbating mental illness conditions in youth and adults; and

NOW, THEREFORE BE IT RESOLVED, the Santa Cruz County Board of Education proudly proclaims the month of May as Mental Health Awareness Month, in recognition of any student or Santa Cruz County Office of Education staff member challenged by mental illness. The Santa Cruz County Office of Education stands ready to support you.

PASSED AND ADOPTED by the Santa Cruz County Board of Education, County of Santa Cruz, State of California, this 17th day of April 2025, by the following vote:

AYES:	Acosta, Estrada, Larson, Roth, Sanchez, Van Allen
NAYS:	None
ABSENT:	None
ABSTAIN:	Williams

Abel Sanchez, Board President
Santa Cruz County Board of Education

Dr. Faris M. Sabbah, Secretary
Santa Cruz County Superintendent of Schools