

Mental Health Awareness Month - May 2023

WHEREAS, In 1949, May was established as Mental Health Awareness Month; and

WHEREAS, Mental Health Awareness Month is an opportunity to fight stigma and raise awareness about the vital role mental health plays in overall health and well-being; and

WHEREAS, Millions of Americans, including children and adolescents, courageously live with mental health challenges and mental health disabilities in the face of profound cultural stigma and barriers to support; and

WHEREAS, The state of youth mental health in the United States has declined so significantly in recent years that the United States Surgeon General issued an urgent call to action in a Youth Mental Health Advisory published in December 2021, detailing data, concerns, and preventive strategies; and

WHEREAS, In its 2022 annual report, The Wisconsin Office of Children's Mental Health noted that 52% of Wisconsin youth reported experiencing anxiety; 34% feel sad or hopeless every day; 22% reported engaging in self harm; and 18% seriously considered attempting suicide; and

WHEREAS, There is a significant shortage of mental health providers in Wisconsin, which creates barriers to both adults and children accessing timely and sufficient therapies and supports. Nearly half of Wisconsin youth with diagnosed mental health challenges such as depression or anxiety receive no treatment; 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, Communities and schools share in the responsibility to create safe spaces for students and staff, to strengthen mental health resources, and to develop and implement an integrated plan to support the mental health of community members.

NOW THEREFORE BE IT RESOLVED, the Board of Education of the Glendale-River Hills School District proudly proclaims the month of May as

Mental Health Awareness Month, in recognition and support of of any student or staff member living with mental health challenges or mental health disabilities; and

THEREFORE BE IT FURTHER RESOLVED, that we reject the stigma that tells us any human being is less than enough because of mental health challenges or mental health disabilities, or that seeking help and support for those challenges is weakness.

THEREFORE BE IT FURTHER RESOLVED, that we acknowledge the inherent value of each person in our community, regardless of diagnoses, labels, and challenges, and we recognize that each person in our community is worthy of acceptance, support, connection, and opportunity; and

THEREFORE BE IT FURTHER RESOLVED, that we declare our commitment to building systems and resources that will enable our students and staff to be resilient, to adapt successfully to academic and social challenges, and to thrive.

Adopted this 17th day of the month of May in 2023.

Danielle Bailey

Andrew Franklin

Board President (print name)

Board Clerk (print name)

Danielle Bailey

Danielle Bailey (May 18, 2023 08:00 CDT)

Board President Signature

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Andrew L. Franklin (May 23, 2023 14:00 CDT)

Board Clerk Signature