



Board of Education

National Mental Health Awareness Month

RESOLUTION NO. 20-21/36

Mental Health Awareness Month - May 2021

WHEREAS, in order to increase a greater understanding of Mental Health challenges facing students and families, Lynwood Unified School District joins the nation in raising awareness of Mental Health issues and services; and

WHEREAS, mental health conditions are a leading cause of disability in the United States and affect millions of children, adolescents and adults. 1 out of 6 youth, ages 6 to 17 experience Mental Health challenges each year; and

WHEREAS, youth mental health is worsening, 9.7% (2.3 million) of youth in the United States have severe major depression; and

WHEREAS, 13.84% of youth in the United States ages 12-17 report suffering from at least one major depressive episode in the last year; and

WHEREAS, 13.71% of youth ages 12-17 in California have experienced at least one major depressive episode in the past year 2021; and

WHEREAS, the number of youth experiencing a major depressive episode has increased by 206,000 from last year's dataset; and

WHEREAS, the number of youth experiencing severe major depressive episodes increased by 126,000 from last year's dataset; and

WHEREAS, 8.7% of youth in California have experienced a severe major depressive episode; and

WHEREAS, the proportion of youth ages 11-17 throughout the COVID-19 pandemic have been more likely than any other age group to score for moderate to severe mental health symptoms; and

WHEREAS, in September 2020, over 50% of 11-17 year olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks; and

WHEREAS, from January 2020 to September 2020, 77,470 youth reported experiencing frequent suicidal ideation; and

WHEREAS, the annual prevalence of serious thoughts of suicide by high school students is 18.8%; and

WHEREAS, suicide is the 2nd leading cause of death among youth ages 10-18; and

WHEREAS, 60% of youth with depression do not receive mental health treatment; and

WHEREAS, 1 in 3 are going without mental health services; and

WHEREAS, 50% of all lifetime mental illness begins by age 14; and

WHEREAS, studies show that the stigma surrounding Mental Health is the greatest barrier to individuals accessing recovery services and receiving treatment; and

WHEREAS, sharing information about Mental Health can reduce the barriers and stigma associated with individuals seeking Mental Health Services; and

WHEREAS, high school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma about mental illness and its impact on students and families; and

WHEREAS, prevention and early intervention are essential to helping people avoid serious mental illness. The majority of individuals who receive treatment early, recover and are able to effectively lead fulfilling productive lives; and

WHEREAS, Lynwood Unified School District's Health Collaborative, through its unique approach to serving students and families, is effectively addressing the mental health needs of the Lynwood community;

WHEREAS, Lynwood Unified School District provides a variety of resources and services including: Individual and whole family mental health therapy, on-campus counseling and student-led clubs, parent workshops, staff professional development, and the LUSD Mental Health Collaborative consisting of approximately 40 licensed agencies and service providers.

NOW, THEREFORE BE IT RESOLVED, that we, the Governing Board of the Lynwood Unified School District, on behalf of the students within our schools and the community we serve, proclaim the month of May 2021 as Mental Health Awareness Month, with this year's theme of "Tools 2 Thrive."

BE IT FINALLY RESOLVED, that the Lynwood Unified School District encourages students, staff and administration to observe Mental Health Awareness Month by engaging in activities and events that promote identification and treatment of mental health illnesses.

Passed and adopted by the Governing Board of the Lynwood Unified School District on April 22, 2021.

Maria G. Lopez – Board President

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