



**Yolo County Board of Education and  
Yolo County Superintendent of Schools**

**Resolution #23-24/42: Mental Health Awareness Month - May 2023**

**WHEREAS**, mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, since 1949, May has officially been recognized as Mental Health Awareness Month; and

**WHEREAS**, early intervention efforts could greatly reduce the number of people experiencing serious mental health conditions; and

**WHEREAS**, the impacts of the COVID-19 pandemic caused considerable strain in the mental health system and with youth in particular; and

**WHEREAS**, 16% of youth reported suffering from at least one major depressive episode in the past year, according to the Mental Health America report from 2023; and

**WHEREAS**, a focus on prevention and early intervention efforts could greatly reduce the number of children experiencing serious mental health conditions; and

**WHEREAS**, there is strong research that humor, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; and

**WHEREAS**, there is a need to improve public awareness of mental illness and to strengthen local and national awareness of brain diseases, so that all those with mental illness may receive adequate and appropriate treatment that will result in their becoming fully functioning members of society; and

**WHEREAS**, in Yolo County, there are key initiatives to address and improve mental health services for school-age youth, such as the K-12 School Partnership Program, a collaborative effort between Yolo County Health and Human Services Agency and the Yolo County Office of Education.

**NOW THEREFORE, BE IT RESOLVED**, that the Yolo County Board of Education and Yolo County Superintendent of Schools proclaims the month of May 2024 as "Mental Health Awareness Month" and requests school districts, government agencies and the wider community recommit to increasing awareness and understanding of mental health.

**PASSED AND ADOPTED** by the Yolo County Board of Education and the Yolo County Superintendent of Schools at a meeting held on April 9, 2024.

**AYES:** Esquivel, Moreno, Yip, Zendejas

**NOES:** None

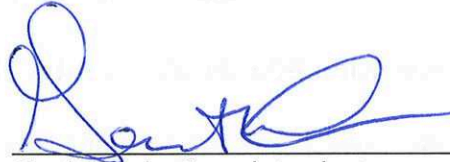
**ABSENT:** Salud-Ambriz

**ABSTAIN:** None



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Shelton Yip, President  
Yolo County Board of Education



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Garth Lewis, Superintendent  
Yolo County Office of Education