

April 15, 2025

APPROVED: DD:br

Board Meeting – April 15, 2025

Item VI. Consent Calendar Recommendations

H. Adoption of Board Resolution No. 60 to Recognize National Mental Health Awareness Month, May 2025

The Superintendent recommends that the County Board adopt Resolution No. 60 as part of the regular County Board meeting on April 15, 2025; and further declares May 2025 as Mental Health Awareness Month to increase public understanding of the importance of mental illness and to promote early identification and treatment of mental illness; and encourage education communities to help raise awareness of mental health and the need to protect students' mental health and wellbeing.

Resolution No. 60 is attached.

**Next Steps:**

- LACOE Communications to send out updates to Los Angeles County LEAs to encourage districts, schools and community organizations to observe this month by raising awareness about the importance of mental health with appropriate programs, activities and resources.
- LACOE's Mental Health and School Counseling (MHSC) Unit supports and recognizes the importance of building awareness around mental health, addressing mental health stigma and literacy and preparing school staff to intervene to support students with mental health challenges. During the month of May, the MHSC unit will share mental health awareness resources, toolkits and training opportunities through the LACOE website, newsletters and social media platforms. In addition, the LACOE School Mental Health Program and the Wellbeing and Support Services Internship Program will promote mental health awareness on LACOE and partner LEA campuses through a variety of activities directed towards students, staff and parents.
- LACOE's Community Schools Initiative Division will also work to improve mental wellness and reduce stigma on partner campuses during the month of May through mental health awareness activities and presentations, mental health career exploration presentations, mental health fairs that connect students to community resources and wellness promotion activities for school staff.
- The Los Angeles County Office of Education's Employee Assistance Service for Education (EASE) program will recognize May as National Mental Health Month by offering dedicated mental health support, resources and awareness materials specifically tailored for teachers and all school employees. EASE will provide school staff with access to confidential counseling, stress management tools and mental wellness webinars designed to promote educator well-being and reduce stigma around seeking help, reinforcing the importance of prioritizing educator mental health in educational environments.

## **BOARD RESOLUTION**

No. 60: 2024-25

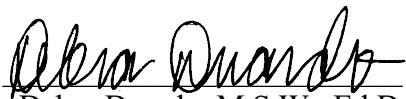
### **National Mental Health Month, May 2025**

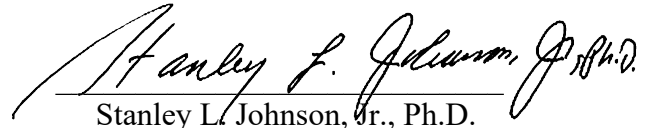
- WHEREAS,** more than 20 percent of youth have a diagnosed mental health disorder in the United States and suicide rates, non-suicidal self-injury such as cutting and emergency room visits for students experiencing mental health issues are all on the rise; and
- WHEREAS,** students with untreated mental illness are more likely to be chronically absent, more disruptive in class, have lower academic achievement and ultimately drop out; and
- WHEREAS,** an estimated 60 percent of students with emotional, behavioral and mental health disorders do not graduate from high school; and
- WHEREAS,** teachers in the U.S. are 40% more likely to experience symptoms of anxiety in comparison with healthcare workers; and
- WHEREAS,** mental health is essential to everyone's overall health and well-being; and
- WHEREAS,** a focus on promotion, prevention and early intervention could greatly reduce the number of children and adults experiencing serious mental health conditions; and
- WHEREAS,** children, youth and adults can recover from mental illness and lead full, productive lives in the community; and
- WHEREAS,** 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,** every person and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and
- WHEREAS,** LACOE joins the national movement to raise awareness about mental health, fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families; and

**WHEREAS,** a key LACOE priority is the physical and mental wellbeing of employees and students. LACOE's Chief of Wellbeing and Support Services oversees programs that focus on student and employee mental health including the LACOE Employee Assistance Services for Education (EASE) program which provides counseling for school employees and the LACOE Mental Health and School Counseling Unit which provides direct services, technical assistance and training for schools in support of student mental health; and

**NOW, THEREFORE, BE IT RESOLVED** that the Los Angeles County Board of Education and the Los Angeles County Office of Education Superintendent declare May 2025 as Mental Health Awareness Month to increase public understanding of the importance of mental health, to promote early identification and treatment of mental illness and encourage education communities to help raise awareness of mental health and the need to protect employee and student mental health and wellbeing.

**ADOPTED** this 15th day of April 2025, by the Los Angeles County Board of Education in Downey, California.

  
Debra Duardo, M.S.W., Ed.D.  
Superintendent

  
Stanley L. Johnson, Jr., Ph.D.  
Board President