

August 19, 2025

APPROVED: DD:br

Board Meeting – August 19, 2025

Item VI. Consent Calendar Recommendations

D. Adoption of Board Resolution No. 5 to Recognize September 2025 as National Suicide Prevention Month

The Superintendent recommends that the County Board adopt Resolution No. 5 as part of the regular County Board meeting on August 19, 2025; and further recognized the month of September 2025 as National Suicide Prevention Month and encourages communities to observe this month with appropriate programs and activities that raise awareness of suicide prevention and reduce mental health stigma.

Resolution No. 5 follows on the next page.

Next Steps:

LACOE Communications to send updates to Los Angeles County LEAs, urging districts, schools and community organizations to observe National Suicide Prevention Month by engaging in programs, activities and initiatives aimed at raising awareness about suicide prevention and mental health resources.

LACOE's Mental Health and School Counseling (MHSC) Unit will:

- offer Comprehensive Suicide Prevention, Intervention and Postvention training for LEA leaders and school crisis team members during the month of September. Trainees will receive the LACOE Suicide Prevention, Intervention and Postvention Model Operational Guide during this training and will have the opportunity to practice protocol implementation.
- provide professional development opportunities, information and resources related to suicide prevention in September and throughout the school year, supporting efforts to address mental health challenges, reduce stigma and provide suicide prevention education across the county. This will include Psychological First Aid TEACH, Motivational Interviewing, FOCUS Resilience Curricula, Erika's Lighthouse Suicide Prevention workshops, Blues Program depression intervention group curricula, Managing and Adapting Practice (MAP) and Seeking Safety treatment programs and more.
- participate in planning, co-leading and facilitating professional

development offered through the Los Angeles County Suicide Prevention Network Education Workgroup.

- lead a range of suicide prevention activities and workshops at their assigned sites (LACHSA, IPoly, Renaissance PAU and Los Padrinos) during the month of September to raise student awareness about mental health, to reduce mental health stigma and to encourage help seeking behavior.
- facilitate specialized training in suicide intervention and postvention to LACOE school crisis response team members.

LACOE's Employee Assistance Services in Education (EASE) Program will:

- feature the topic of suicide prevention in the September EASE Newsletter (Connect with EASE), reaching over 79 EASE member districts and their employees, and will include curated resources, mental health information and a downloadable awareness toolkit.
- offer virtual wellness breaks throughout the month of September to provide staff with a space to reset, recharge and receive supportive strategies from EASE facilitators.
- host a monthly well-being workshop focused on self-care, stress reduction and suicide prevention awareness, open to all school district employees.
- share materials highlighting the supportive services available through EASE, including confidential counseling for employees and family members, mobile crisis response, consultation for school leadership and intervention and postvention support.
- promote the EASE 24/7 Support Line, which provides immediate, confidential and unlimited counseling and support services to all employees of EASE member school districts, ensuring access to professional help at any time, day or night.

BOARD RESOLUTION

No. 5: 2025-26

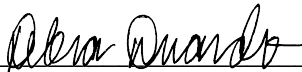
Recognizing September 2025 as National Suicide Prevention Month

- WHEREAS,** suicide is a leading cause of death in the United States, ranking 10th overall and the second leading cause of death among individuals aged 10 to 34; and
- WHEREAS,** according to the Centers for Disease Control and Prevention (CDC), one person dies by suicide every 11 minutes in the United States, resulting in approximately 48,000 deaths annually; and
- WHEREAS,** between 2011 and 2021, deaths by suicide among adolescents aged 12 to 17 increased by 47.7%, while among transitional-aged youth 18 to 25, the increase was 39%; and
- WHEREAS,** California saw a slight decline in suicide rates overall between years 2019-2021, the rates for some groups of youth increased (e.g., youth who are Black and Hispanic); and
- WHEREAS,** it is estimated that there are approximately 1,400,000 suicide attempts each year in the United States; and
- WHEREAS,** more than half of individuals who die by suicide did not have a known mental health condition at the time of their death; and
- WHEREAS,** suicide is influenced by a wide range of factors, including challenges related to relationships, substance use, physical health and financial, legal and housing difficulties, with or without a diagnosed mental health condition, as outlined by the CDC; and
- WHEREAS,** the stigma surrounding mental health and suicide often prevents at-risk individuals from seeking help, further hindering prevention efforts and compounding the trauma for survivors of suicide loss and individuals with lived experiences of suicidality; and
- WHEREAS,** September 10th is recognized globally as World Suicide Prevention Day, supported by the World Health Organization (WHO), making September an appropriate month for the designation of "National Suicide Prevention Month"; and
- WHEREAS,** LACOE is committed to enhancing ongoing efforts to increase awareness of suicide prevention and mental health advocacy by providing training and prioritizing the mental health and well-being of students, families and staff; and

WHEREAS, LACOE's Chief of Wellbeing and Support Services oversees programs dedicated to enhancing student mental health and LACOE has expanded its Employee Assistance Services for Education (EASE) program, which provides counseling and support for school employees; and

NOW, THEREFORE, BE IT RESOLVED, that the Los Angeles County Board of Education and the Los Angeles County Office of Education Superintendent declare September 2025 as National Suicide Prevention Month to increase public understanding of the importance of mental health, promote early identification and intervention and encourage education communities to actively engage in suicide prevention and mental health support; and encourage educational communities to foster environments that protect students' mental health and wellbeing.

ADOPTED this 19th day of August 2025, by the Los Angeles County Board of Education in Downey, California.



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



James Cross
Board President