

Board Meeting – April 21, 2026

Item VI. Consent Calendar Recommendations

I. Adoption of Board Resolution No. 66 to Recognize May as National Mental Health Awareness Month.

The Superintendent recommends that the County Board adopt Resolution No. 66 as part of the regular County Board meeting on April 21, 2026; and further declares May 2026 as National Mental Health Awareness Month to encourage education communities to promote mental health and the development of comprehensive school mental health systems designed to support the needs of all students, families and school communities.

Resolution No. 66 is attached.

Next Steps:

- LACOE Public Affairs and Communications (PAC) will update the LACOE Mental Health Awareness Month webpage and social media accounts to raise awareness about the importance of mental health and to provide related activities and resources.
- LACOE's Mental Health and School Counseling (MHSC) unit will support Local Education Agencies (LEAs) in promoting mental health awareness and developing and sustaining comprehensive school mental health systems by providing school mental health resources, offering and promoting professional development opportunities for LEA leaders and staff, and supporting LEAs in adopting and implementing the California Children and Youth Behavioral Health Initiative (CYBHI) Fee Schedule Program through the Los Angeles County Billing Consortium. These resources, professional development opportunities, and Fee Schedule Program supports will be shared through LACOE webpages, newsletters and social media platforms.
- LACOE MHSC unit and the Community Schools Initiative Division will work to improve mental wellness and reduce stigma on LACOE and partner campuses during the month of May by guiding student-led mental health initiatives, facilitating mental health career exploration presentations and mental health literacy workshops, implementing wellness promotion activities for students and staff, and organizing mental health fairs that connect families to community resources.
- LACOE's Employee Assistance Service for Education (EASE) will recognize May as Mental Health Awareness Month by offering resources and awareness materials specifically tailored for teachers and all school employees through the Connect with EASE newsletter. EASE will also continue to 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. 66: 2025-26

Recognize May as Mental Health Awareness Month

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

WHEREAS, research conducted by Massachusetts General Hospital and the world's largest school-based mental health program, *Habilidades para la Vida* [Skills for Life], found mental health was a significant predictor of future academic performance; and

WHEREAS, the Centers for Disease Control and Prevention reports that more than 20% of youth have a diagnosed mental health disorder in the United States; and

WHEREAS, the National Survey of Drug Use and Health Data shows mental health diagnoses, 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, of the Los Angeles County students who completed the California Healthy Kids Survey (2024 and 2025), 39% reported that they experienced loneliness; and

WHEREAS, the American Educational Research Association (AERA) found that teachers in the U.S. are 40% more likely to experience symptoms of anxiety in comparison with healthcare workers; and

WHEREAS, children, youth and adults can manage and/or recover from mental illness and lead full, productive lives in the community; and

WHEREAS, relationships with adults and peers at school, home and in the community provide youth with a sense of connectedness, which can protect adolescents from poor mental health and other risks like drug use and violence; and

WHEREAS, schools play a vital role in promoting social-emotional well-being through comprehensive and multi-tiered systems of school mental health support and partnerships with families and community providers; and

WHEREAS, the University of Maryland's Center for School Mental Health (CSMH) has found that educating staff, students and parents in the signs and symptoms of mental illness is key to both early intervention and dismantling the stigma surrounding mental health; and

WHEREAS, the CSMH reports that schools that implement comprehensive mental health systems see improved academic performance, fewer special education placements, decreased disciplinary actions and higher graduation rates; and

WHEREAS, students are more likely to participate in mental health services in school settings and bringing mental health services onto campus enables easier communication among providers, parents and teachers; and

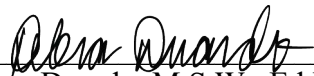
WHEREAS, promoting culturally responsive, equitable, and trauma-informed practices ensures that all students, particularly those from historically underserved and marginalized communities, have access to the mental health supports they need; and

WHEREAS, LACOE recognizes that learning happens best when both students and the adults who serve them feel safe, valued and supported and schools are physically and emotionally safe spaces where mental health is prioritized and the home-to-school connection is strong, and

WHEREAS, LACOE joins the national movement 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.

NOW, THEREFORE, BE IT RESOLVED that the Los Angeles County Board of Education and the Los Angeles County Office of Education Superintendent declare May 2026 as National Mental Health Awareness Month in recognition of any Los Angeles County student or LEA staff member challenged by mental illness. The Los Angeles County Office of Education stands ready to support you.

ADOPTED this 21st day of April 2026, by the Los Angeles County Board of Education in Downey, California.



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



James Cross
Board President