

**MOUNTAIN VIEW LOS ALTOS HIGH SCHOOL DISTRICT
BOARD OF TRUSTEES**

**RESOLUTION NO. 21-35: DESIGNATING THE MONTH OF
MAY, 2021 AS NATIONAL MENTAL HEALTH MONTH**

WHEREAS, May 2021 has been designated National Mental Health Awareness month in the United States since 1949 by the Mental Health America organization; and

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

WHEREAS, a focus on prevention and early intervention efforts could greatly reduce the number of children 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, addressing the complex mental health needs of our children, youth, and families places upon our community a critical responsibility; and

WHEREAS, it is appropriate that time should be set apart each year for the direction of our thoughts toward our children's mental health and well-being; and

WHEREAS, Mountain View Los Altos High School District acknowledges that addressing the mental health needs of our students contributes to social, emotional, and academic development.

WHEREAS, parents, family members, and students have made invaluable contributions through their commitment, caring, and advocacy to important advances in education, and treatment for individuals with mental health concerns; and

WHEREAS, students and staff voice are critical in designing prevention and intervention strategies; and

WHEREAS, the Mountain View Los Altos High School District reviews its pledge to continually assess and improve the range of educational services provided to meet the varying needs for our students with mental health concerns; and

WHEREAS, the Mountain View Los Altos High School District recognizes that educating our students with mental health concerns from toddlerhood through graduation requires commitment to meaningful collaboration with families and community members; and

NOW, THEREFORE, BE IT RESOLVED, that the Board of Education of the Mountain View Los Altos High School District recommits our educational community to increasing awareness and understanding of mental health, the steps our children, youth and adults can take to protect their mental health, and the need for appropriate and accessible services for all people, especially youth with mental health conditions, and approves the designation of May 1-31, 2021, as National Mental Health Month.

Adopted this 10th day of May, 2021, by the following vote:

AYES: _____

NOES: _____

ABSTAIN: _____

ABSENT: _____

Dr. Nellie Meyer, Superintendent