

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

**RESOLUTION NO. 22/23-42: DESIGNATING THE MONTH OF
MAY 2023 AS NATIONAL MENTAL HEALTH MONTH**

WHEREAS, May 2023 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 we recognize the impact the recent pandemic had on student socialization and mental health; and

WHEREAS, a focus on prevention, early assessment, and intervention efforts supported by community partnerships, could greatly reduce the number of children experiencing serious mental health conditions; 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, the Mountain View Los Altos High School District recognizes that educating our students with mental health concerns requires a 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, 2023, as National Mental Health Month.

Adopted this 24th day of April, 2023, by the following vote:

AYES: _____
NOES: _____
ABSTAIN: _____
ABSENT: _____

Dr. Nellie Meyer, Superintendent