

RESOLUTION #20/21-28
IN SUPPORT OF
NATIONAL MENTAL HEALTH MONTH

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

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

WHEREAS, mental illnesses are real and prevalent in our District and in our Nation; and

WHEREAS, addressing the complex mental health needs of children, youth, and families today is fundamental to the future of Conejo Valley Unified School District and our community; and

WHEREAS, there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and

WHEREAS, prevention is an effective way to reduce the burden of mental illnesses; and

WHEREAS, with early identification and effective treatment, those individuals with mental illnesses can recover and lead full, productive lives; and

WHEREAS, the need for comprehensive, coordinated mental health services for children, youth, and families places a critical responsibility upon Conejo Valley Unified School District, and

WHEREAS, each school, government agency, healthcare provider, organization and resident in our community shares the burden of mental illnesses and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, BE IT RESOLVED that the Governing Board of Conejo Valley Unified School District, does hereby recognize May 2021 as National Mental Health Month and encourages students, staff and parents to increase their awareness and understanding of mental health, the steps our students, staff and families can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses.



Karen Sylvester, Clerk, Board of Education



Mark W. McLaughlin, Ed.D., Superintendent
and Secretary to the Board