

Assembly Concurrent Resolution

No. 29

Introduced by Assembly Member Quirk-Silva

(Coauthors: Assembly Members Addis, Aguiar-Curry, Alanis, Alvarez, Bains, Bauer-Kahan, Bennett, Berman, Boerner, Bonta, Bryan, Calderon, Wendy Carrillo, Chen, Connolly, Megan Dahle, Davies, Dixon, Essayli, Flora, Mike Fong, Vince Fong, Friedman, Gabriel, Gallagher, Garcia, Gipson, Grayson, Haney, Holden, Hoover, Irwin, Jackson, Jones-Sawyer, Kalra, Lackey, Low, Lowenthal, Maienschein, Mathis, McKinnor, Muratsuchi, Stephanie Nguyen, Pacheco, Papan, Jim Patterson, Joe Patterson, Pellerin, Petrie-Norris, Ramos, Rendon, Reyes, Luz Rivas, Robert Rivas, Rodriguez, Blanca Rubio, Sanchez, Santiago, Schiavo, Soria, Ta, Ting, Valencia, Villapudua, Waldron, Wallis, Weber, Wicks, Wilson, Wood, and Zbur)

March 2, 2023

Assembly Concurrent Resolution No. 29—Relative to Student Mental Health Awareness Week in California.

LEGISLATIVE COUNSEL'S DIGEST

ACR 29, as introduced, Quirk-Silva. Student Mental Health Awareness Week in California.

This measure would recognize May 8, 2023, to May 12, 2023, inclusive, as Student Mental Health Awareness Week in California.

Fiscal committee: no.

- 1 WHEREAS, Mental health is an important part of a child's
- 2 overall health and well-being. Mental health includes children's

1 mental, emotional, and behavioral well-being, and mental health
2 affects how children think, feel, and act; and

3 WHEREAS, Mental health issues among children can seriously
4 change how children learn, behave, or handle their emotions,
5 causing distress and problems in getting through the day; and

6 WHEREAS, Additionally, the use of social media by students
7 can result in social anxiety or depression and may result in a
8 tendency to spend more time online and reduce students' real
9 face-to-face interactions with other people; and

10 WHEREAS, More than 42 percent of high school students
11 experienced persistent feelings of sadness or hopelessness in 2021,
12 a 50-percent increase since 2011; and

13 WHEREAS, In 2021, research shows 51 percent of students
14 were reported to be overwhelmed by virtual learning and 31 percent
15 of students experienced the loss of a loved one; and

16 WHEREAS, Currently, roughly one-fifth of students, or 22
17 percent, felt they might be traumatized and would not be the same
18 because of the pandemic, and 45 percent of students reported
19 feeling depressed; and

20 WHEREAS, The early identification and treatment of mental
21 health and behavioral issues are critical components for a healthy
22 student body and school community; and

23 WHEREAS, The role of school counselors, social workers, and
24 psychologists in serving children and youth in schools has an
25 opportunity to address student mental and behavioral health early
26 and effectively; and

27 WHEREAS, Students often struggle with mental health and
28 behavioral issues, and school counselors help to identify the
29 warning signs from students; and

30 WHEREAS, School counselors also offer a range of services
31 to help reduce mental health stigma; and

32 WHEREAS, Students are provided with services and programs
33 by school counselors that aim to improve students' feelings of
34 connectedness within the school environment; and

35 WHEREAS, Support for all students regarding trauma caused
36 by racial injustice is often addressed by school counselors who are
37 also in a position to promote equity and healing; and

38 WHEREAS, The need for comprehensive and coordinated
39 mental and behavioral health services for students in school is a
40 critical part of an overall education plan; and

1 WHEREAS, It is important to set aside a week that recognizes
2 the mental health of students in order to support the needs and
3 well-being of students in California; now, therefore, be it

4 *Resolved by the Assembly of the State of California, the Senate*
5 *thereof concurring*, That the Legislature hereby recognizes May
6 8, 2023, to May 12, 2023, inclusive, as Student Mental Health
7 Awareness Week in California; and be it further

8 *Resolved*, That the Chief Clerk of the Assembly transmit copies
9 of this resolution to the author for appropriate distribution.

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REVISIONS:

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Heading—Line 2.

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