

Ms. Maria Teresa Rojas, Board Member

SUBJECT: SCHOOL BOARD ENDORSEMENT OF THE MONTH OF MAY 2019 AS MENTAL HEALTH AWARENESS MONTH AND MAY 6, 2019 AS NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY IN MIAMI-DADE COUNTY PUBLIC SCHOOLS (M-DCPS)

COMMITTEE: PERSONNEL, STUDENT, SCHOOL & COMMUNITY SUPPORT

LINK TO STRATEGIC BLUEPRINT: INFORMED, ENGAGED, AND EMPOWERED STAKEHOLDERS

Each year, millions of Americans face the reality of living with a mental health condition. Everyone is affected or impacted by mental illness through friends and family.

Mental Health Awareness Month has been observed in the month of May in the United States since 1949, reaching millions of Americans through the media, local events, screenings, community agencies, local hospitals, schools, and institutions of higher learning. The concept was started in the United States by the National Association for Mental Health. This year's theme will explore topics of animal companionship (including pets and support animals), spirituality, humor, work-life balance, recreation and social connections as ways to boost mental health and general wellness.

Additionally, the National Children's Mental Health Awareness Day, first sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), will be held May 6, 2019 and it seeks to raise consciousness about the importance of children's mental health and to show that positive mental health is essential to a child's healthy development. This year's theme, *Suicide Prevention: Strategies That Work*, will focus on the impact that suicide has on children, youth, young adults, families, and communities.

Miami-Dade County Public Schools joins the mental health community to reaffirm our commitment to building our understanding of mental illness and ensuring those who are struggling to know that they are not alone.

This item has been reviewed and approved by the School Board Attorney's office as to form and legal sufficiency.

ACTION PROPOSED BY

MS. MARIA TERESA ROJAS: That The School Board of Miami-Dade County, Florida, endorse the month of May 2019 as Mental Health Awareness Month and May 6, 2019 as National Children's Mental Health Awareness Day in Miami-Dade County Public Schools.