

Ms. Maria Teresa Rojas, Board Member

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SUBJECT: SCHOOL BOARD ENDORSEMENT OF THE MONTH OF MAY 2018 AS MENTAL HEALTH AWARENESS MONTH AND MAY 10, 2018 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 is Fitness for Mind and for Body.

Additionally, each year on May 10th, the National Children's Mental Health Awareness Day, first sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), 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, *Partnering for Health and Hope Following Trauma*, focuses on the importance of an integrated health approach to supporting children, youth, and young adults with serious emotional disturbances who have experienced trauma.

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 2018 as Mental Health Awareness Month and May 10, 2018 as National Children's Mental Health Awareness Day in Miami-Dade County Public Schools.