



Dear School and Community Leaders,

We are asking for you to take action to recognize California Student Mental Health Week on May 10-14, 2021.

Children and youth mental health issues are real, widespread, and treatable. Latest studies indicate that one in five students have mental health issues and adverse childhood experiences have been shown to have lasting harmful impacts if not addressed. Tragically, suicide remains the second leading cause of death for adolescents. Researchers have found that the rate of mental health disorders in children and youth have steadily increased over the past two decades. One recent study linked the effects of the pandemic to a 91% increase in adolescent mental health crises.

[ACR 68 \(O'Donnell\) Student Mental Health Week](#) sets aside May 10-14, 2021 to bring awareness to our children's and youth's mental health needs. The California Association of School Counselors (CASC) encourages you, as organizational leaders, to take decisive action. We have provided a wealth of materials and ideas for you to utilize including professional development, instructional material, sample social media posts, along with school marque suggestions and media announcement ideas. We are hosting a webinar series for school-based mental health professionals along with a special webinar specifically for caregivers and parents. We are also asking for you to have your board of directors proclaim May 10-14, 2021 as *Student Mental Health Week*. Please rally your circle of influence to use this week as a focal point to teach, talk, and learn about children and adolescent mental health. Below we have included resource and registration links.

Six free workshops. Limited space. Register early.

- Not All Wounds are Visible: Race-Based Trauma and Equity-Centered Trauma-Informed Practices. Monday, May 10, 2021, 4:00-5:30 PM [Register](#)
- Disrupting the Effects of Trauma: School-based Mental Health Supports for K-12 Students. Tuesday, May 11, 2021, 4:00-4:30 PM [Register](#)
- Voices of Students: ACLU Youth Liberty Squad students exploring their thoughts and experiences on mental health in the era of Covid. Wednesday, May 12, 2021, 4:00-5:30 PM [Register](#)
- Wellness Wednesday! Wednesday, May 12, 2021, 6:00 PM [Register](#)
- Virtual Workshop for Caregivers/Parents: Understanding and Responding to your Child's Mental Health Needs in the Time of Covid. Thursday, May 13, 2021, 4:00-5:30 PM [Register](#)
- Trust is the Antidote: Creating welcoming school atmospheres that allow healing and learning to happen naturally. Friday, May 14, 2021, 4:00-5:30 PM [Register](#)

Event and Promotional Materials

- Sample support letter for [ACR 68](#) (O'Donnell) Student Mental Health Week [Click Here](#)
- Sample proclamation - [Click Here](#)
- Sample public service announcement - [Click Here](#)
- Sample social media posts - [Click Here](#)

- Sample marquee announcements - [Click Here](#)
- Toolbox including instructional and professional development material - [Click Here](#)
- CASC 4-minute video, [Finding Pathways, Healing Hearts](#) highlighting mental health support.
- Reopening Schools and Mental Health Considerations - [Click Here](#)

Please contact CASC if we can help in your efforts at executivedirector@schoolcounselor-ca.org