

**BOD 2021-2022 –8R**

**Resolution in Support of The Pupil Instruction: Mental Health Education Bill**

**WHEREAS**, Associated Students, Incorporated (ASI) of California State University, East Bay (CSUEB) is the recognized voice of approximately 16,000 students; and

**WHEREAS**, it is the mission of the ASI Board of Directors to advocate and provide responsible and effective leadership for a diverse student population in order to make sound decisions for the betterment of CSUEB students; and

**WHEREAS**, The CSUEB ASI Policy Agenda for 2021-2022 states that “The Director of Wellness and Director of Programming Council will work closely together to ensure that mental health resources and programming are available to students and hold that basic needs, such as food, financial, and housing security, will be a priority.”<sup>1</sup>and

**WHEREAS**, A step in ensuring that mental health resources are available to students is making sure our students and communities are educated on mental health and how that may affect academic performance; and

**WHEREAS**, “Thanks to a new law that went into effect Jan. 1, students will learn about depression, schizophrenia, mood disorders and other serious mental health conditions.”<sup>2</sup>and

**WHEREAS**, “Senate Bill 224 requires all school districts that offer health classes to include mental health as part of the curriculum. The California Department of Education has until Jan. 1, 2023 to incorporate mental health into the state standards, and districts have until Jan. 1, 2024 to begin teaching the new material.”<sup>3</sup>and

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<sup>1</sup>California State University, East Bay. *Policy Agenda*. Retrieved from:

<https://docs.google.com/document/d/1peXAn0YsvQx87qOm7Euyceg4Pj3oRamKMwaYxJ76jro/edit>

<sup>2</sup>Carolyn Jones. *New law on mental health curriculum goes into effect with start of the new year*. Retrieved from:

<https://edsource.org/2022/new-law-on-mental-health-curriculum-goes-into-effect-with-start-of-the-new-year/665417>

<sup>3</sup>Carolyn Jones. *New law on mental health curriculum goes into effect with start of the new year*. Retrieved from:

<https://edsource.org/2022/new-law-on-mental-health-curriculum-goes-into-effect-with-start-of-the-new-year/665417>



**WHEREAS,** The current California health class curriculums in middle and high schools contain information on substance use, nutrition, exercise, etc. With this new addition to the curriculum, serious mental health conditions will be equally as emphasized in these classes; and

**WHEREAS,** Financial needs should not affect the implementation of this new curriculum as, “No additional funding is available through the bill, but the financial impact is expected to be minimal. The California Department of Education will create the new curriculum, and schools that don’t already offer health classes will not be required to add them.”<sup>4</sup>and

**WHEREAS,** “Health classes are not mandatory in California high schools, but about 60% of districts offer a course that includes lessons on nutrition, exercise, substance abuse, sexual health, injury prevention, healthy relationships and other health-related topics.”<sup>5</sup>be it therefore

**RESOLVED,** CSUEB ASI extends our support for The Pupil Instruction: Mental Health Education Bill as this will allow more middle and high school students to be educated on mental health and how they can support themselves as well as their peers who may be struggling with their mental health; and

**RESOLVED,** CSUEB ASI encourages California middle and high schools to create a consistency within the curriculum and ensure it is updated frequently with any new research that may exist on mental health; and

**RESOLVED,** CSUEB ASI encourages CSUEB and other CSUs to reevaluate their curriculums and incorporate mental health classes as a part of the required learning; and

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<sup>4</sup>Carolyn Jones. *New law on mental health curriculum goes into effect with start of the new year*. Retrieved from: <https://edsource.org/2022/new-law-on-mental-health-curriculum-goes-into-effect-with-start-of-the-new-year/665417>

<sup>5</sup>Carolyn Jones. *'Hopefully This Will Change Lives': Mental Health Curriculum Added to California High School Health Classes*. Retrieved from: <https://www.kqed.org/news/11901355/hopefully-this-will-change-lives-mental-health-curriculum-added-to-california-high-school-health-classes>




**RESOLVED**, ASI encourages the California State Student Association to extend their body’s support for the bill, and encourage the rest of the California State University system to follow; and let it be finally

**RESOLVED**, that copies of this resolution be distributed to the Governor Gavin Newsom, Senator Bob Hertzberg, Congressman Brad Hertzberg, Congressman Eric Swalwell, Congressman Ro Khanna, Congresswoman Barbara Lee, Congressman Mark DeSaulnier, Congressman Mike Thompson, Representative Josh Harder, Senator Dianne Feinstein, Senator Alex Padilla, the CSU Board of Trustees, CSU Chancellor, our University President, Vice President for Student Affairs, Coordinator of the Diversity, Diversity and Inclusion Center, Executive Director for International Programs, President of the California State Student Association, Vice President of Legislative Affairs of the California State Student Association, President of the University of California Student Association, digitally to all students, and any other relevant parties.


Authored by: Ashmita Ahluwalia, *Director of Wellness*

Approved On:

ASI President/CEO does hereby [ ] *approves* / [ ] *refuses to approve* this resolution.

  
ANJELICA DE LEON (Mar 2, 2022 13:13 PST)

Anjelica de Leon  
*ASI President/CEO*

  
-- ASIExecVP (Mar 2, 2022 15:39 PST)

Kabir Dhillon  
*ASI Executive Vice President/Chief of Staff*

  
Ashmita Ahluwalia (Mar 3, 2022 22:14 PST)

Ashmita Ahluwalia  
*ASI Director of Wellness*

Approved by: ASI Board of Directors 2021-2022

