

Offered by City Councilor Julia Mejia



**CITY OF BOSTON
IN CITY COUNCIL**

IN THE YEAR TWO THOUSAND TWENTY-SIX

**ORDER FOR A HEARING TO AUDIT MENTAL HEALTH
CURRICULUM AND SERVICES IN BOSTON PUBLIC SCHOOLS**

WHEREAS, In 2021, the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry (AACAP) and Children's Hospital Association declared a national emergency in children's mental health, citing the serious toll of the COVID-19 pandemic on top of existing challenges; *and*

WHEREAS, According to the Health of Boston From 2015 to 2021, Boston's youth increasingly reported feelings of persistent sadness, and adults increasingly reported feelings of persistent sadness or anxiety; *and*

WHEREAS, Despite such high prevalence, according to Active Minds 67% of people 18-24 with anxiety or depression don't seek treatment, and suicide remains one of the top five major causes of death for children and young adults aged 12-19 according to the CDC; *and*

WHEREAS, Boston Public Schools currently houses a Department of Behavioral Health Services (BHS), which employs a number of school psychologists and social workers, describes their services as providing direct individual student services like counseling and assessment, in addition to serving on the district crisis team, responsible for supporting school communities following large impact crises; *and*

WHEREAS, Due to the work of dedicated advocates across the city, Boston has recently made the push to secure a nurse in every school and to provide adequate access to social services and school psychologist, but these are services that are often provided outside of the classroom and are not incorporated into the general curriculum; *and*

WHEREAS, While schools across the country and in Boston emphasize the teaching of physical health, nutritional health, and sexual health, very few have substantively incorporated mental health as a part of their curriculum; *and*

WHEREAS, A poll conducted by the National Alliance on Mental Illness found that 87% of respondents support mental health education in schools, and 70% support mental health days for students; *and*

WHEREAS, In California, Senate Bill No. 224 requires each school district, county office of education, state special school, and charter school that offers one or more courses in health education to pupils in middle school or high school to include in those courses instruction in mental health that meets the requirements of the bill, as specified.; *and*

WHEREAS, In March 2024, the City of Boston announced an investment of \$21 million in federal funding to address urgent behavioral health needs within Boston Public Schools, including expanding the number of behavioral health specialists, strengthening district policies and systems, and building a more diverse workforce equipped to support Boston's students;; *and*

WHEREAS, The Boston City Council and Boston Public Schools has an obligation to ensure that our students are nurtured, cared for, and set up for success in all aspects of health, including mental health; **NOW THEREFORE BE IT**

ORDERED: That the appropriate committee of the Boston City Council holds a hearing regarding the establishment of a mental health curriculum in Boston Public Schools. Representatives from the City of Boston, Boston Public Schools, Boston Public Health Commission, the Boston Teachers Union, BEJA, New Generations and Associates, youth leaders, members of the public, and any other interested parties shall be invited and are encouraged to attend.

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