

**EL DORADO COUNTY BOARD OF EDUCATION**

RESOLUTION NO. 2019-08

**Proclamation in Recognition of Self-Wellness Week  
October 14-18, 2019**

**WHEREAS**, the National Institute of Mental Health states that 1 in 5 youth ages 13–18 live with a mental health condition, and the United States Department of Health and Human Services reports that struggles with mental health often start early in an individual’s life, with an estimated half of all such issues related to mental health beginning by the age of 14; and,

**WHEREAS**, over the past two years of research and outreach, the El Dorado County Youth Commission has dedicated their time and efforts to supporting the mental health awareness and needs of their peers; and,

**WHEREAS**, research and information compiled by the El Dorado County Youth Commission has indicated that the promotion of individual wellness and conscious addressal of the various issues surrounding mental health can be highly beneficial for an individual’s outlook and behavior, including the behavior and general well-being of youth in this community; and,

**WHEREAS**, the findings of the Youth Commission thus demonstrate that the need for students to embrace wellness, reach out for help when they require it, and work together to break the stigma surrounding the discussion of mental health is evident; and,

**WHEREAS**, the El Dorado County Youth Commission works to raise awareness about mental health, introduce wellness resources, and encourage the promotion of wellness in a positive and relatable way to all El Dorado County youth; and,

**WHEREAS**, bringing awareness to such a valuable topic by way of a recognized Self-Wellness Week, to take effect between the 14th and 18th days of October 2019, is intended to raise awareness of the importance of self-wellness by providing wellness resources and encouraging proactive and intentional behaviors supporting wellness for all El Dorado County students.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of El Dorado and the El Dorado County Board of Education hereby proclaim October 14-18, 2019 as Self-Wellness Week.

*I hereby certify the foregoing to be a full, true, and correct copy of a resolution duly adopted by the El Dorado County Board of Education at a regular meeting of said board held at Placerville, California, on October 1, 2019.*

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Heidi Weiland, President  
El Dorado County Board of Education

ATTEST:

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Dr. Ed Manansala, Secretary and Executive Officer  
El Dorado County Board of Education