



RESOLUTION NO. 2021-09
VENTURA COUNTY COMMUNITY COLLEGE DISTRICT
BOARD OF TRUSTEES

RESOLUTION IN SUPPORT OF DEPRESSION AND MENTAL HEALTH SCREENING MONTH

WHEREAS, the California Community Colleges, the largest system of higher education in the country with more than 2.1 million students at 116 colleges, serves the most diverse student population of any system of higher education in the state; and

WHEREAS, October is Depression and Mental Health Screening Month and October 10 is National Depression Screening Day and World Mental Health Day; and

WHEREAS, more than 15 million American adults experience depression annually with many of these cases going unreported; and

WHEREAS, behavioral health disorders, including depression, schizophrenia, panic disorders, and obsessive-compulsive disorders can impact anyone, regardless of their age, gender, race, ethnicity, religion or economic status; and

WHEREAS, depression can stem from a variety of events and experiences, including, but not limited to trauma or abuse, illness, substance abuse, loss of a loved one, sudden changes or social isolation; and

WHEREAS, one in four community college students in California has a diagnosable mental health condition; and

WHEREAS, student mental health is a critical predictor of the success of these students, and

WHEREAS, mental health can negatively affect a students' family life, personal happiness, acceptance of civic responsibility and completion of their education; and

WHEREAS, the California Community College Chancellor's Office has leveraged funds from the Mental Health Services Act (Proposition 63) to support expanded access to mental health services for nearly a decade; and

WHEREAS, there is still a considerable gap between the demand for mental health services and the ability to meet this demand; and

WHEREAS, Ventura County Community College District colleges provide mental health services to address the needs of depression and other mental health challenges at no cost to students; and

WHEREAS, Ventura County Community College District full-time and part-time employees have access to mental health services through their employee benefit plans; and

WHEREAS, an environment of acceptance of the reality, prevalence and effects of mental illness in the classroom, office, home and community is critical to the development of supportive approaches toward those who suffer from depression and other forms of mental illness; and

WHEREAS, the shared beliefs, values and experiences of any group can result in diverse worldviews and can significantly impact how someone perceives and understands mental health- related symptoms. Thus, mental health must be personalized to a person's identity, culture and experiences to improve treatment outcomes; and

WHEREAS, youth and adults can recover from mental illness and lead full, productive lives in the community; and

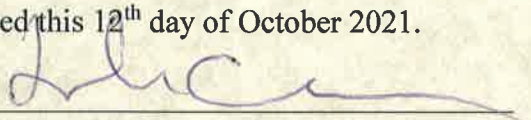
WHEREAS, a focus on prevention and intervention efforts could help greatly reduce the number of students experiencing depression and other mental health conditions; and

WHEREAS, each college, community college district, elected official, business, government agency, health care provider, organization and citizen shares the burden of mental health issues and has a responsibility to promote mental wellness and support prevention effort.

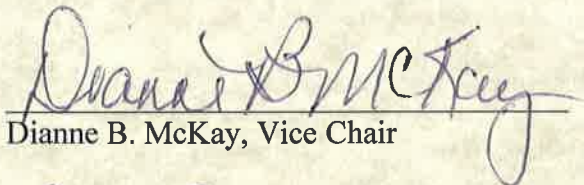
NOW, THEREFORE IT BE RESOLVED that the Board of Trustees of the Ventura County Community College District hereby urges the continuation of providing mental health services through the District's colleges which are culturally competent in addressing students' unique needs.

LET IT BE FURTHER RESOLVED THAT the Board of Trustees, during Depression and Mental Health Screening Month and year round, is committed to fostering a culture that seeks to accept and understand the impact of depression and other forms of mental illness on students, faculty, employees and administrators and their wellbeing and support California Community Colleges and federal, state and local health agencies in reducing the societal stigma of depression and mental illness.

Adopted this 12th day of October 2021.



Joshua Chancer, Board Chair



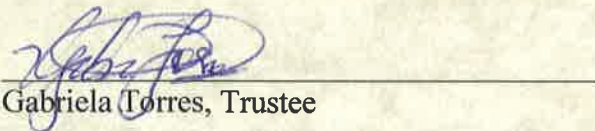
Dianne B. McKay, Vice Chair



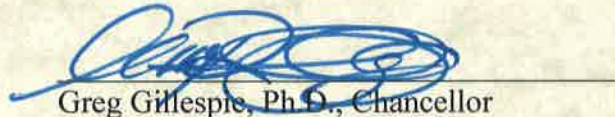
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