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1 HOUSE JOINT RESOLUTION

2 WHEREAS, Mental health includes emotional, psychological,
3 and social well-being; it affects how people think, feel, and
4 act; it also affects how we handle stress, relate to others,
5 and make choices; and

6 WHEREAS, Mental health disorders are health conditions
7 that are characterized by alterations in thinking, mood, or
8 behavior, or some combination thereof, and are associated with
9 distress or impaired functioning; and

10 WHEREAS, One in six U.S. youth aged six to 17 experience a
11 mental health disorder each year; and

12 WHEREAS, LGBTQ youth experience mental health disorders at
13 a significantly higher rate; and

14 WHEREAS, Bullying can affect one's mental health, both in
15 the short term and later in life; and

16 WHEREAS, Bullying is a prevalent issue among youth ages 12
17 to 18 years old, with 35% and 15% of that age group reporting
18 involvement in traditional bullying and cyberbullying,
19 respectively; and

1 WHEREAS, Suicide is the second leading cause of death
2 among people aged 10 to 34 and the 10th leading cause of death
3 in the United States; and

4 WHEREAS, The University of Illinois' 2018 Illinois Youth
5 Survey found that 58% of 12th grade students used alcohol,
6 tobacco, inhalants, or marijuana in the past year; and

7 WHEREAS, Interactions with their peers is a major
8 component of a student's daily life; school days last for an
9 average of 6.5 hours, and Illinois requires a minimum of 176
10 school attendance days each school year; therefore, students
11 are exposed to their peers for a minimum of 1,144 hours each
12 year; and

13 WHEREAS, Schools are the most effective and efficient
14 places to teach youths to identify, understand, and respond to
15 signs of substance use and mental health disorders in
16 themselves and among their peers; schools can provide
17 meaningful instruction to students on how to help someone who
18 is developing a mental health problem or experiencing a mental
19 health crisis; therefore, be it

20 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
21 HUNDRED SECOND GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, THE
22 SENATE CONCURRING HEREIN, that we urge Illinois schools to

1 provide education for all students in grades six to 12 on how
2 to identify, understand, and respond to signs of addictions
3 and mental illnesses, as well as provide instruction on how to
4 help someone who is developing a mental health problem or
5 experiencing a mental health crisis; and be it further

6 RESOLVED, That we commend the National Council for
7 Behavioral Health and the Illinois Association for Behavioral
8 Health for their work in developing and directing teen Mental
9 Health First Aid training programs for schools; and be it
10 further

11 RESOLVED, That we commend Amos Alonzo Stagg High School,
12 the Paris Union School District, and Clinton High School for
13 participating in the first nationwide pilot programs of teen
14 Mental Health First Aid training for schools; and be it
15 further

16 RESOLVED, That we commend Operation Snowball, the Human
17 Resources Center of Edgar and Clark Counties, and the Heritage
18 Behavioral Health Center for participating in the first
19 nationwide teen Mental Health First Aid instructor trainings;
20 and be it further

21 RESOLVED, That suitable copies of this resolution be
22 presented to the National Council for Behavioral Health, the

1 Illinois Association for Behavioral Health, Amos Alonzo Stagg
2 High School, the Paris Union School District, Clinton High
3 School, Operation Snowball, the Human Resources Center of
4 Edgar and Clark Counties, and the Heritage Behavioral Health
5 Center.