

RESOLUTION TO SUPPORT PARENT AND CAREGIVER MENTAL HEALTH AND WELLNESS

**SANTA CLARA COUNTY BOARD OF EDUCATION
RESOLUTION NO. 2451-2**

WHEREAS, parenting and caregiving to children can be both a source of enormous joy and a source of stress as parents and caregivers strive to meet the needs of their children; and

WHEREAS, in August 2024, United States Surgeon General Vivek Murthy, issued [an advisory](#) on the mental health and well-being of parents; and

WHEREAS, advisories call attention to urgent public health issues, in this case, the importance of parental stress, mental health, and well-being, the stressors unique to parenting, and the bidirectional relationship between parental mental health and child outcomes; and

WHEREAS, there are nearly [63 million parents](#) living with approximately [73 million children](#) under the age of 18 in the United States; and

WHEREAS, according to [a report](#) by the American Psychological Association, 48 percent of parents say that most days their stress is completely overwhelming, compared to 26 percent of other adults; and

WHEREAS, parental stressors can include the stressors that are common to many individuals such as financial hardship, health concerns, community violence, and climate change, as well as the stressors that are specific to caregiving; and

WHEREAS, parents indicate that worries over their children's health and mental health, potential substance use, safety including from firearm-related injuries, bullying, kidnapping, abuse, or traffic injuries, and technology use all contribute to parental stress; and

WHEREAS, [evidence suggests](#) the increased time demands of employment and child caregiving have reduced protective factors such as the quality time parents spend with their partners, sleep, and leisure time; and

WHEREAS, the Surgeon General's advisory calls on communities to care for caregivers, too. Communities can do this by collectively supporting the development of children, talking openly about the challenges of parenting, and fostering a culture of connection to counteract isolation; and

WHEREAS, anyone struggling with mental health concerns can get help by [calling, texting, or chatting 988](#) for free, confidential, and compassionate support; and

WHEREAS, [First 5 Santa Clara County](#) and their partners support parents and caregivers with young children through a range of services including family resource centers, home visiting programs, and more; and

WHEREAS, the Santa Clara County Office of Education (SCCOE) operates [EnrollSantaClara.org](#) and [ChildcareSCC.org](#) to help parents find high-quality, affordable childcare and other supports; and

WHEREAS, the SCCOE operates wellness centers at schools throughout the county, which provide mental health and wellness services to students and families through outreach, workshops, and assistance in connecting families to eligible resources in the community; and

WHEREAS, the SCCOE and the Santa Clara County Board of Education (SCCBOE) remains committed to the mental, physical, and social well-being of young people and their families; now

THEREFORE, BE IT RESOLVED, that the Santa Clara County Board of Education and County Superintendent of Schools encourage communities to share and promote resources that support the mental health and well-being of parents and caregivers, as well as their children.

PASSED AND ADOPTED by the Santa Clara County Board of Education at a meeting held on November 6, 2024, by the following vote:

AYES: President Berta, Vice President Rocha, Trustees Chon, Di Salvo, Lari, Mah and Sreekrishnan

NOES: none

ABSTAIN: none

ABSENT: none



Maimona Afzal Berta, President
Santa Clara County Board of Education



Charles Hinman, Ed.D.
Interim County Superintendent of Schools