



**DATE:** March 5, 2025  
**TO:** Board of Education  
**FROM:** Mrs. Kerstin Kramer, Superintendent Chief Learning Officer  
**SUBJECT:** First Read of Proposed Revision to Board Policy 5141.5 Mental Health  
**PRESENTED BY:** Dr. Annamarie Cohen, Executive Director of Student Services

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**ACTION REQUESTED**

First Read of Proposed Revision to Board Policy 5141.5 Mental Health

**BACKGROUND INFORMATION**

Policy updated to expand the first philosophical paragraph and reflect the U.S. Surgeon General's NEW GUIDANCE regarding the importance of social connection and the impact of social media on health and well-being. Policy also updated to reflect NEW LAW (SB 14, 2021) which requires the California Department of Education (CDE) to recommend best practices and identify training programs to address student behavioral and mental health, including common psychiatric conditions and substance use disorders, safely deescalating crisis situations involving students with a behavioral health disorder, linking students with referrals, and providing instruction on how to maintain student privacy and confidentiality. Policy also updated to reflect that districts are required to notify students and parents/guardians twice a year about how to access mental health services, NEW LAW (AB 748, 2022) which requires each school site serving students in any of grades 6-12 to create a mental health poster, and NEW LAW (AB 167, 2021) which requires CDE to develop guidelines for the use of telehealth technology in schools.

**RESOURCES REQUIRED:** N/A

**PREPARED BY:** Becca Wing, Administrative Assistant, for Dr. Annamarie Cohen, Executive Director of Student Services