

AMENDED IN SENATE APRIL 1, 2013

**SENATE BILL**

**No. 330**

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**Introduced by Senator Padilla**

February 19, 2013

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An act to ~~amend~~ *add* Section ~~51911~~ of *51900.5* to the Education Code, relating to pupil instruction.

LEGISLATIVE COUNSEL'S DIGEST

SB 330, as amended, Padilla. Comprehensive health education plans: ~~approval.~~ *mental health instruction.*

Existing law requires the State Department of Education to prepare and distribute to school districts guidelines for the preparation of comprehensive health education plans, and requires approval of district plans to be made in accordance with rules and regulations adopted by the State Board of Education.

~~This bill would make a nonsubstantive change to the provision relating to approval of district plans.~~

*This bill would require, during the next revision of the publication "Health Framework for California Public Schools," the state board and the Instructional Quality Commission to create a distinct category on mental health instruction, as described, so that pupils are knowledgeable about all aspects of mental health. The bill would require the department to convene stakeholders in the mental health and educational fields, as provided, to provide input for the development of the mental health instruction in the comprehensive health education plans. The bill would require the department to review information and programs from other states and countries. Commencing with the 2013–14 school year, the bill would authorize a school district to provide to pupils in any grades mental health instruction.*

Vote: majority. Appropriation: no. Fiscal committee: ~~no~~-yes.  
 State-mandated local program: no.

*The people of the State of California do enact as follows:*

- 1     *SECTION 1. The Legislature finds and declares all of the*  
 2 *following:*  
 3     *(a) Mental health is critical to overall health, well-being, and*  
 4 *academic success.*  
 5     *(b) Mental health challenges affect all age groups, races,*  
 6 *ethnicities, and socioeconomic classes.*  
 7     *(c) Millions of Californians, including at least one in five youths,*  
 8 *live with mental health challenges. Millions more are affected by*  
 9 *the mental health challenges of someone else, such as a close*  
 10 *friend or family member.*  
 11     *(d) Mental health education is one of the best ways to increase*  
 12 *awareness and the seeking of help and to reduce the stigma*  
 13 *associated with mental health challenges. The public education*  
 14 *system is the most efficient and effective setting for providing this*  
 15 *education to all children and youth. Therefore, it is the intent of*  
 16 *the Legislature to ensure that all California kindergarten and*  
 17 *grades 1 to 12, inclusive, students have the opportunity to benefit*  
 18 *from a comprehensive mental health education curriculum.*  
 19     *SEC. 2. Section 51900.5 is added to the Education Code, to*  
 20 *read:*  
 21     *51900.5. (a) During the next revision of the publication*  
 22 *“Health Framework for California Public Schools,” the state*  
 23 *board and the Instructional Quality Commission shall create a*  
 24 *distinct category on mental health instruction so pupils are*  
 25 *knowledgeable about all aspects of mental health.*  
 26     *(b) As used in this section, “mental health instruction” shall*  
 27 *include, but not be limited to, all of the following:*  
 28     *(1) Reasonably designed and age-appropriate instruction on*  
 29 *the overarching themes and core principles of mental health,*  
 30 *including, but not limited to, defining common mental health*  
 31 *challenges such as depression, suicidal thoughts and behaviors,*  
 32 *schizophrenia, bipolar disorder, eating disorders, and anxiety,*  
 33 *including post-traumatic stress disorder, and elucidating the*  
 34 *services and supports that effectively help individuals manage*  
 35 *these mental health challenges.*

1 (2) *Promoting mental health wellness, which includes positive*  
2 *development, social connectedness and supportive relationships,*  
3 *resiliency, which is the ability to bounce back despite adversity,*  
4 *problem solving skills, coping skills, self-esteem, and a positive*  
5 *school and home environment in which pupils feel comfortable.*

6 (3) *Ability to identify warning signs of common mental health*  
7 *problems in order to promote awareness and early intervention*  
8 *so pupils know to take action before a situation turns into a crisis.*  
9 *This should include instruction on both of the following:*

10 (A) *How to appropriately seek and find assistance from mental*  
11 *health professionals and services within the school district and in*  
12 *the community for themselves or others.*

13 (B) *Appropriate evidence-based research and practices that*  
14 *are proven to help overcome mental health challenges.*

15 (4) *The connection and importance of mental health to overall*  
16 *health and academic success as well as to cooccurring conditions,*  
17 *such as chronic physical conditions and chemical dependence and*  
18 *substance abuse.*

19 (5) *Awareness and appreciation about the prevalence of mental*  
20 *health challenges across all populations, races, ethnicities, and*  
21 *socioeconomic statuses, including the impact of culture on the*  
22 *experience and treatment of mental health challenges.*

23 (6) *Stigma surrounding mental health challenges and what can*  
24 *be done to overcome stigma, increase awareness, and promote*  
25 *acceptance. This should include, to the extent possible, classroom*  
26 *presentations of narratives by peers and other individuals who*  
27 *have experienced mental health challenges, and how they coped*  
28 *with their situations, including how they sought help and*  
29 *acceptance.*

30 (c) *The department shall convene stakeholders in the mental*  
31 *health and educational fields, including, but not limited to,*  
32 *stakeholders from culturally, racially, and ethnically diverse*  
33 *communities, all mental health professions, teachers, parents,*  
34 *those involved in promoting mental wellness, and those living with*  
35 *a mental health challenge and their families, to provide input for*  
36 *the development of the mental health instruction in the*  
37 *comprehensive health education plans. The department shall review*  
38 *information and programs from other states and countries.*

1     *(d) Commencing with the 2013–14 school year, a school district*  
2     *may provide pupils in any grades mental health instruction as*  
3     *described in this section.*

4     ~~SECTION 1. Section 51911 of the Education Code is amended~~  
5     ~~to read:~~

6     ~~51911. Approval of district plans shall be made in accordance~~  
7     ~~with rules and regulations adopted by the state board.~~