

AMENDED IN SENATE MAY 28, 2013

AMENDED IN SENATE MAY 8, 2013

AMENDED IN SENATE APRIL 1, 2013

**SENATE BILL**

**No. 330**

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**Introduced by Senator Padilla  
(Coauthor: Senator Beall)**

February 19, 2013

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An act to add Section 51900.5 to the Education Code, relating to pupil instruction.

LEGISLATIVE COUNSEL'S DIGEST

SB 330, as amended, Padilla. Pupil instruction: health framework: 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. Existing law also establishes the Instructional Quality Commission and requires the commission to, among other things, recommend curriculum frameworks to the state board.

This bill would require, during the next revision of the publication "Health Framework for California Public Schools," the commission to develop, and recommend for adoption by the state board, a distinct category on mental health instruction, as described, to educate pupils 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 health framework. 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: 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 friend  
10 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 grades  
17 1 to 12, inclusive, pupils have the opportunity to benefit from a  
18 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” (health  
23 framework), the Instructional Quality Commission shall develop,  
24 and recommend for adoption by the state board, a distinct category  
25 on mental health instruction to educate pupils about all aspects of  
26 mental health.

27 (b) As used in this section, “mental health instruction” shall  
28 include, but not be limited to, all of the following:

29 (1) Reasonably designed and age-appropriate instruction on the  
30 overarching themes and core principles of mental health.

1 (2) Defining common mental health challenges such as  
2 depression, suicidal thoughts and behaviors, schizophrenia, bipolar  
3 disorder, eating disorders, and anxiety, including post-traumatic  
4 stress disorder.

5 (3) Elucidating the services and supports that effectively help  
6 individuals manage mental health challenges.

7 (4) Promoting mental health wellness, which includes positive  
8 development, social connectedness and supportive relationships,  
9 resiliency, problem solving skills, coping skills, self-esteem, and  
10 a positive school and home environment in which pupils feel  
11 comfortable.

12 (5) Ability to identify warning signs of common mental health  
13 problems in order to promote awareness and early intervention so  
14 pupils know to take action before a situation turns into a crisis.  
15 This should include instruction on both of the following:

16 (A) How to appropriately seek and find assistance from mental  
17 health professionals and services within the school district and in  
18 the community for themselves or others.

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

21 (6) The connection and importance of mental health to overall  
22 health and academic success as well as to cooccurring conditions,  
23 such as chronic physical conditions and chemical dependence and  
24 substance abuse.

25 (7) Awareness and appreciation about the prevalence of mental  
26 health challenges across all populations, races, ethnicities, and  
27 socioeconomic statuses, including the impact of culture on the  
28 experience and treatment of mental health challenges.

29 (8) Stigma surrounding mental health challenges and what can  
30 be done to overcome stigma, increase awareness, and promote  
31 acceptance. This should include, to the extent possible, classroom  
32 presentations of narratives by peers and other individuals who  
33 have experienced mental health challenges, and how they coped  
34 with their situations, including how they sought help and  
35 acceptance.

36 (c) The department shall convene stakeholders in the mental  
37 health and educational fields, including, but not limited to,  
38 stakeholders from culturally, racially, and ethnically diverse  
39 communities, representatives from all mental health professions,  
40 teachers, parents, those involved in promoting mental wellness,

1 and those living with a mental health challenge and their families,  
2 to provide input for the development of the mental health  
3 instruction in the health framework. The department shall review  
4 information and programs from other states and countries.

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

8 (e) *This section does not require or authorize the Instructional*  
9 *Quality Commission to recommend new health education content*  
10 *standards.*