



February 4, 2021

Dear Members of the School Board and Superintendent Reid:

The Northshore Council PTSA is deeply concerned with the far reaching effects that mental illness can have on our students and families. Every child deserves the opportunity to grow into a happy and healthy adult, which includes mental, physical and overall well-being. We believe that educating our community about mental health, providing access to early intervention and support for struggling children and youth, as well as working to eliminate the stigma surrounding mental illness, are important pieces in the success of the whole child.

The National PTA has two resolutions that specifically address the mental health needs of children and youth. The first is targeted to advocacy surrounding the availability and awareness of mental health programs and services. The second is about mental health awareness. National PTA also has made a position statement on the importance of early identification and interventions for children with mental health needs. Washington State PTA recently added advocating for an increase in mental health staffing in schools to its Top 5 Legislative priorities for the next two years.

Today, we are asking you to continue to make mental health a priority in our schools. Please keep mental health as an integral part of all of your conversations. We ask that you continue to take actions to increase mental health awareness, to provide tools and resources, and to support families BEFORE they are in crisis.

Please reach out to us, as a community partner, to help communicate the work that is being done in our schools and suggest ways in which we can help.

Thank you for your time,

Northshore Council PTSA 6.10 Board of Directors

Resources:

National PTA: [Resolution on Mental Health Programs and Services \(pta.org\)](https://www.pta.org/advocacy/mental-health)

Washington State PTA: [Advocacy \(wastatepta.org\)](https://www.wastatepta.org/advocacy)