



MEMORANDUM OF SUPPORT

SUPPORT SCHOOL-BASED MENTAL HEALTH FOR CHILDREN

The Governor announced support for school-based mental health clinics for “any school that wants to offer one.” We applaud this concept, and fully support school-based mental health services. We also support:

- establishment of youth mental health advisory boards;
- increased support for Youth Mental Health First Aid training programs;
- continued funding for expansion of mental health professionals in school buildings;
- expansion of Infant Toddler Mental Health Consultations; and
- the Stop Addictive Feeds Exploitation for Kids Act, and the NY Child Data Protection Act.

In Fall 2023, NYS PTA issued its second Mental Health Survey for parents, families and educators. More than 2,000 responded (up from 1,000 in 2022), and were asked which youth mental health issues were most important in facing our students today. The results showed alarming trends.

- Anxiety – 87.6% of respondents felt anxiety was the most important mental health issue facing our students today (up from 81.7% in Fall 2022)
- Social Media – 82.1% (not a unique choice in 2022)
- Depression – 71.2% (74.5% in 2022)
- Bullying – 65.7% (up from 62.6%)
- Suicide or Suicidal Thoughts/Ideation – 33.4% (down from 54.4%)
- Cyberbullying – 56.7% (up from 50.3%)
- Substance Use – 34.1% (35.7% in 2022)
- Youth Violence – 23.9% (34% in 2022)

NYS PTA also supports many community-based mental health proposals included in the Executive Budget, including but not limited to: support for residential programs, Youth ACT Teams, Maternal Mental Health Training, Peer to Peer Youth Programs, and Specialized Children’s Community Residence Programs.

Further, we continue to be critically concerned about student to staff ratios for school-based mental health providers and school counselors in school districts. We must adequately support ALL students’ mental and physical health.

Know that NYS PTA stands ready to address and expand support for youth mental health.



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