

AMENDED IN ASSEMBLY JUNE 18, 2013

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~~ *Coauthors: Senators Beall and Gaines*)**  
*(Coauthor: Assembly Member Maienschein)*

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 review information and programs from other states and countries, and 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 help~~, while  
13 *reducing* the stigma associated with mental health challenges. The  
14 public education system is the most efficient and effective setting  
15 for providing this education to all children and youth. Therefore,  
16 it is the intent of the Legislature to ensure that all California  
17 kindergarten and grades 1 to 12, inclusive, pupils have the  
18 opportunity to benefit from a comprehensive mental health  
19 education curriculum.

20 SEC. 2. Section 51900.5 is added to the Education Code, to  
21 read:

22 51900.5. (a) During the next revision of the publication  
23 “Health Framework for California Public Schools” (health  
24 framework), the Instructional Quality Commission shall develop,  
25 and recommend for adoption by the state board, a distinct category  
26 on mental health instruction to educate pupils about all aspects of  
27 mental health.

- 1 (b) As used in this section, “mental health instruction” shall  
2 include, but not be limited to, all of the following:
- 3 (1) Reasonably designed and age-appropriate instruction on the  
4 overarching themes and core principles of mental health.
- 5 (2) Defining common mental health challenges such as  
6 depression, suicidal thoughts and behaviors, schizophrenia, bipolar  
7 disorder, eating disorders, and anxiety, including post-traumatic  
8 stress disorder.
- 9 (3) Elucidating the services and supports that effectively help  
10 individuals manage mental health challenges.
- 11 (4) Promoting mental health wellness, which includes positive  
12 development, social connectedness and supportive relationships,  
13 resiliency, problem solving skills, coping skills, self-esteem, and  
14 a positive school and home environment in which pupils feel  
15 comfortable.
- 16 (5) Ability to identify warning signs of common mental health  
17 problems in order to promote awareness and early intervention so  
18 pupils know to take action before a situation turns into a crisis.  
19 This should include instruction on both of the following:
- 20 (A) How to appropriately seek and find assistance from mental  
21 health professionals and services within the school district and in  
22 the community for themselves or others.
- 23 (B) Appropriate evidence-based research and practices that are  
24 proven to help overcome mental health challenges.
- 25 (6) The connection and importance of mental health to overall  
26 health and academic success as well as to cooccurring conditions,  
27 such as chronic physical conditions and chemical dependence and  
28 substance abuse.
- 29 (7) Awareness and appreciation about the prevalence of mental  
30 health challenges across all populations, races, ethnicities, and  
31 socioeconomic statuses, including the impact of culture on the  
32 experience and treatment of mental health challenges.
- 33 (8) Stigma surrounding mental health challenges and what can  
34 be done to overcome stigma, increase awareness, and promote  
35 acceptance. This ~~should~~ shall include, to the extent possible,  
36 classroom presentations of narratives by peers and other individuals  
37 who have experienced mental health challenges, and how they  
38 coped with their situations, including how they sought help and  
39 acceptance.

- 1 (c) The department *shall review information and programs from*  
2 *other states and countries, and shall convene stakeholders in the*  
3 *mental health and educational fields, including, but not limited to,*  
4 *stakeholders from culturally, racially, and ethnically diverse*  
5 *communities, representatives from all mental health professions,*  
6 *teachers, counselors, parents, those involved in promoting mental*  
7 *wellness, and those living with a mental health challenge and their*  
8 *families, to provide input for the development of the mental health*  
9 *instruction in the health framework. ~~The department shall review~~*  
10 *~~information and programs from other states and countries.~~ At least*  
11 *one-half of the stakeholders convened shall be current elementary*  
12 *and secondary classroom teachers.*
- 13 (d) Commencing with the 2013–14 school year, a school district  
14 may provide pupils in any grades mental health instruction as  
15 described in this section.
- 16 (e) This section does not require or authorize the Instructional  
17 Quality Commission to recommend new health education content  
18 standards.