



Monterey County

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Board Order

Resolution No.: 15-052

Upon motion of Supervisor Armenta, seconded by Supervisor Parker and carried by those members present, the Board of Supervisors hereby:

Adopted Resolution recognizing the work of Girls' Health in Girls' Hands. (Full Board)

PASSED AND ADOPTED on this 17th day of March 2015, by the following vote, to wit:

AYES: Supervisors Armenta, Phillips, Salinas, Potter and Parker

NOES: None

ABSENT: None

I, Gail T. Borkowski, Clerk of the Board of Supervisors of the County of Monterey, State of California, hereby certify that the foregoing is a true copy of an original order of said Board of Supervisors duly made and entered in the minutes thereof of Minute Book 77 for the meeting on March 17, 2015.

Dated: March 19, 2015
File Number: CR 15-029

Gail T. Borkowski, Clerk of the Board of Supervisors
County of Monterey, State of California

By *Denise Hancock*
Deputy

*Before the Board of Supervisors in and for the
County of Monterey, State of California*

Resolution No.: 15-052

Resolution recognizing the work ()
of **Girls' Health in Girls' Hands**.....)

WHEREAS, social and emotional health, including access to resources, is fundamental in fostering positive self-esteem, and developing coping skills to deal with life's difficulties; and

WHEREAS, mental health is critical for child development, therefore, fostering social and emotional health development has been set as a national priority by the Surgeon General of the United States; and

WHEREAS, the Center for Disease Control, reported that more than one-quarter of high school students nationwide felt so sad and hopeless, almost every day for two or more weeks in a row, and they stopped doing some of their usual activities; and

WHEREAS, low self-esteem, lack of coping skills and depression are connected to suicide rates, and the suicide rate for women and individuals fifteen to twenty-four years of age, nearly doubled from 1999 to 2010 in Monterey County; and

WHEREAS, the Monterey County Health Department reported that the main concerns for the Coastal and Salinas region included mental health and health care access, and listed health education, empowerment programs, health workshops, and school counseling as possible solutions; and

WHEREAS, **Girls' Health in Girls' Hands**, is an initiative of the Women's Fund of the Community Foundation for Monterey County and will be transitioning to the Monterey County Health Department; and

WHEREAS, **Girls' Health in Girls' Hands** consists of six community agencies, collaboratively providing social and emotional learning programs through health resources, education, leadership training, and advocacy skills-building to more than 700 girls, eleven to eighteen years of age, throughout Monterey County; and

WHEREAS, a **Girls' Health in Girls' Hands** study of 1,200 Monterey County girls, eleven to eighteen years of age, found that 70 percent of girls reported knowing someone who had experienced depression themselves; and

WHEREAS, a **Girls' Health in Girls' Hands** study of 1,200 Monterey County girls, eleven to eighteen years of age, found that 31 percent of girls reported they would like to have support and services for stress, but cannot find any; and

WHEREAS, after participating in **Girls' Health in Girls' Hands** programs, 93 percent of girls said they know where to seek information and services for bullying, teasing, and gossiping, a 15.6 percent increase from the start of the program in 2014; and

WHEREAS, after participating in **Girls' Health in Girls' Hands** programs, 83 percent of girls said they gained a great deal of knowledge regarding health resources and services, a 19 percent increase from the start of the program in 2014.

NOW, THEREFORE BE IT RESOLVED, that the Monterey County Board of Supervisors on behalf of the County and all its citizens thereof, hereby acknowledges and supports the efforts of **Girls' Health in Girls' Hands** and recognizes the importance of social and emotional health education and services for youth in Monterey County.

PASSED AND ADOPTED upon motion of Supervisor Armenta, seconded by Supervisor Parker and carried this 17th day of March 2015, by the following vote, to wit:

AYES: Supervisors Armenta, Phillips, Salinas, Potter and Parker

NOES: None

ABSENT: None

I, Gail T. Borkowski, Clerk of the Board of Supervisors of the County of Monterey, State of California, hereby certify that the foregoing is a true copy of an original order of said Board of Supervisors duly made and entered in the minutes thereof of Minute Book 77 for the meeting on March 17, 2015.

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