

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

**Resolution No.:**

Adopt 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** on this \_\_\_ day of March, 2015 by the following vote, to-wit:

**AYES:**

**NOES:**

**ABSENT:**

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 \_\_\_\_ for the meeting on March \_\_\_, 2015.

Dated:

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

By \_\_\_\_\_  
Deputy