

Hello,

My name is Ariana Montez, I am a Public Health Student at the University of Nevada, Reno, writing in to address agenda number VIII., Implementation Efforts of Behavioral Supports in Schools Through the Multi Tiered Systems of Support Framework. Children's Mental Health is very important in the lives of the growing youth population and has become a topic of discussion that needs more addressing. I believe there needs to be more accessible resources in schools of all levels with educated staff and licensed practitioners that can give real help to these children and young adults. This would allow all children of the community accessibility to mental health resources through their education system rather than having to find private care. Not only would I recommend more accessibility, but more approachability to the topic of mental health. This can be a very vulnerable and serious topic that a lot of children may not be comfortable with, bringing more normalization and education to this topic in schools can allow children to be more comfortable talking about it and addressing their mental health. Unfortunately mental health affects too many children in today's age and a lot of times it ends with them harming themselves or even worse. I have seen how that affects families, friends and communities of these children suffering from mental health problems. Providing adequate resources for the youth community is a first step in addressing these mental health issues in the State of Nevada. Thank you so much for your time invested into the families and children of Nevada.