

**RESOLUTION ESTABLISHING RIVER DELL REGIONAL SCHOOL DISTRICT
AS A STIGMA FREE ZONE FOR MENTAL HEALTH AWARENESS**

Adopted by the River Dell Board of Education November 26, 2018

WHEREAS, the Board of Education of River Dell Regional School District is committed to establishing the district as a Stigma-Free Zone supporting efforts for Mental Health Awareness; and

WHEREAS, the National Institute of Mental Health reports that the number of adults with any diagnosable mental disorder within the past year is nearly 1 in 5, or roughly 43 million Americans; and

WHEREAS, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from disease; and

WHEREAS, when severe mental illness goes untreated or under-treated, it can lead to alcohol or substance abuse, dropping out of school, unemployment, homelessness, or suicide; and

WHEREAS, raising awareness of mental illness is an effective way to reduce the stigma associated with the disease and encourage those who are affected to seek services and support; and

WHEREAS, River Dell Regional School District is committed to creating public interest and open dialogue about stigmas, raise awareness of the disease of mental illness and create a culture wherein residents who have the disease of mental illness feel supported by the community and feel free to seek treatment for the disease without fear of a stigma, so recovery can begin; and

THEREFORE, BE IT RESOLVED the River Dell Regional School District, in County of Bergen, State of New Jersey, is hereby designated as a Stigma-Free Zone.