State of Vermont
House of Representatives

Montpelier, Vermont
Concurrent House Resolution

H.C.R. 81

House concurrent resolution designating April 4, 2023 as Youth and Young Adult Mental Health Day in Vermont

Offered by: Representatives Cina of Burlington, Berbeco of Winooski, Black of Essex, Carpenter of Hyde Park, Cordes of Lincoln, Demar of Enosburgh, Farlice-Rubio of Barnet, Goldman of Rockingham, Houghton of Essex Junction, McFaun of Barre Town, and Peterson of Clarendon

Whereas, Dr. Carl Fleisher of the Boston Child Study Center in Los Angeles has explained that "the prefrontal cortex—the brain's executive control center—doesn't fully develop until one's mid-20s," and

Whereas, this biological reality, combined with societal pressures and the COVID-19 pandemic, has impacted the mental health of today's teenagers, and

Whereas, the Centers for Disease Control and Prevention reports that more than one-third of American teens experienced poor mental health during the COVID-19 pandemic, and

Whereas, according to the National Alliance on Mental Illness, each year nine percent of high school students attempt suicide, and

Whereas, Sarah K. Lipson, an assistant professor at the Boston University School of Public Health, conducted a study of 350,000 college students and documented that, between 2013 and 2021, the rates for anxiety and depression had increased 110 and 135 percent respectively, and

Whereas, the American Psychological Association concurs with these findings, reporting that "student mental health [on college campuses] is in crisis," and

Whereas, today's Vermont teens will be our State's future employees, employers, educators, medical practitioners, first responders, farmers, and the leaders of our State, and teen mental health issues, if not addressed comprehensively, will decrease Vermont's future economic vitality, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly designates April 4, 2023 as Youth and Young Adult Mental Health Day in Vermont.