

Proclamation for 2024 Resilient Utah Month

Whereas, it is vital that children learn resilience; by increasing their inner strength to overcome adversity, recover from difficult conditions and feel hope for their future, and

Whereas, recent studies show that many Utah children are experiencing serious challenges such as depression, anxiety, suicidal ideation, bullying, substance abuse and other issues, especially since the Covid 19 pandemic and

Whereas, Resilient Utah Month continues the tradition of creating an opportunity to support county health departments and programs, community leaders, educators, and parents in teaching vital messages of resiliency and prevention, and

Whereas, ResilientYOU builds lasting resilience in children through schools, homes and communities by using the power of music, in addition to media and special events to teach life skills and develop inner strength, and

Whereas parents and teachers need resources to build resilience in children, ResilientYOU provides the Resilience Building Tool Kit, shared with Utah elementary schools and homes, and

Whereas, ResilientYOU encourages Utah secondary students to make the Promise2Live, and

Whereas, to recognize outstanding efforts in building resilience in schools the 2024 ResilientYOU Education Tribute Award recipients will be identified and later recognized, and

Whereas, Resilient Utah Month is presented by the State of Utah, ResilientYOU with partners: KUTV Channel 2, The Parent Link, Promise2Live, Utah PTA and other supporting organizations; and

Whereas, it is crucial to communicate to our children that we, as a community and government, are committed to building resilience in children and families:

Now, therefore, I, Laurie Stringham, Chair of the Salt Lake County Council, along with Council members, do hereby declare the month of March 2024, as

Resilient Utah Month in Salt Lake County and urge all community members to take time to learn more about resiliency best practices for strengthening our mental, emotional and physical health of individual and families.