



Board of Commissioners of Cook County

118 North Clark Street
Chicago, IL

Legislation Text

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PROPOSED RESOLUTION

HONORING OAK FOREST HIGH SCHOOL STUDENT RYAN LIPSETT IN CONJUNCTION WITH WORLD TEEN MENTAL HEALTH DAY

WHEREAS, March 2nd is World Teen Mental Wellness Day, established in 2020, as a time to raise awareness about the unique challenges faced by school-age children and to normalize conversations and dismantle stigmas around teen mental health issues; and

WHEREAS, according to the American Psychological Association, Gen Z has the worst mental health of any generation, and the surgeon general went as far as to declare a mental health crisis for teens in the aftermath of the pandemic and the new stressors and challenges associated with it; and

WHEREAS, in the 10 years leading up to the pandemic, feelings of persistent sadness and hopelessness as well as suicidal thoughts and behaviors increased by about 40% among young people, according to the Centers for Disease Control and Prevention and rates were higher among girls and teens identifying as LGBTQ+; and

WHEREAS, mental health struggles are unfortunately common in teens, making up 16% of disease and injuries in people aged 10 to 19, and mental health issues typically start from around 14 years of age and often go undiagnosed and untreated; and

WHEREAS, suicide and depression are some of the leading causes of death among teens, and can even lead to other struggles such as substance abuse as they grow older, and 1 in 10 young adults has suffered from a period of major depression; and

WHEREAS, despite these alarming numbers, teens are dedicated to making a difference, with 64 percent of Gen Z saying they want to achieve a healthier lifestyle for overall happiness, including a stronger self-care routine and 94 percent consider mental health very important to their well-being; and

WHEREAS, raising awareness about mental health and the importance of self-care can help improve an entire generation's mental wellness; and

WHEREAS, in recognition of World Youth Mental Wellness Day on March 2nd, Creative Visions launched its inaugural Mental Health Youth Advisory Committee to support its #CreateConnectCare campaign, which is focused on promoting mental health awareness for youth through storytelling and creative expression; and

WHEREAS, one such teen dedicated to making a difference is Oak Forest High School Junior Ryan Lipsett, who has been named to the Creative Visions Mental Health Youth Advisory Committee, an elite committee composed of teens from all over the United States; and

WHEREAS, the committee is made up of diverse and passionate young leaders who will play a crucial role in shaping the campaign's direction and ensuring its initiatives resonate with the needs and experiences of their peers; and

WHEREAS, their work will provide invaluable guidance and insights for the initiative that empowers youth to explore mental health and well-being through art, music, writing, filmmaking, and other creative mediums to raise awareness,

reduce stigma, build connections, and promote care for themselves and others; and

WHEREAS, Ryan Lipsett, Class of 2025 at Oak Forest High School, will be leading Mental Health awareness engagement activities and a collaborative Mental Health project in the Oak Forest community; and

WHEREAS, Ryan is passionate about advocating for mental health wellness for his fellow teens, which motivated him to apply for the committee; and

WHEREAS, Ryan has already had one meeting of the Youth Advisory Committee and looks forward to more of them, and getting to work in a positive way towards teens and mental health; and

WHEREAS, Lipsett believes fellow teens don't reach out for help because they are comparing themselves to social media peers whom they perceive as leading "happy" lives, in comparison to the reality of their own as well as the stigma of having mental health struggles; and

WHEREAS, the members of the Cook County Board of Commissioners wish to bring awareness to the teen mental health crisis and also honor and congratulate Ryan Lipsett for his willingness to serve and improve the well-being of his peers;

NOW THEREFORE BE IT RESOLVED, that the President and Members of the Cook County Board of Commissioners proudly congratulate and honor Ryan Lipsett on becoming a member of the Creative Visions Mental Health Youth Advisory Committee and thank him for his leadership and service to the community; and

BE IT FURTHER RESOLVED, that in conjunction with World Teen Mental Health Day, this Honorable Body wishes to declare March 2nd, 2024 as World Teen Mental Health Day in Cook County; and

BE IT FURTHER RESOLVED THAT, this text be spread upon the official proceedings of this Honorable Body and that a suitable copy be presented to Ryan Lipsett as a symbol of our respect and esteem.