



# HB 105: MENTAL HEALTH EDUCATION

PRESENTED TO HOUSE FINANCE COMMITTEE

APRIL 15, 2025

REP. ALYSE GALVIN | DAVID JIANG (STAFF)



# WHAT HB105 DOES (AN ACT RELATED TO MENTAL HEALTH EDUCATION)

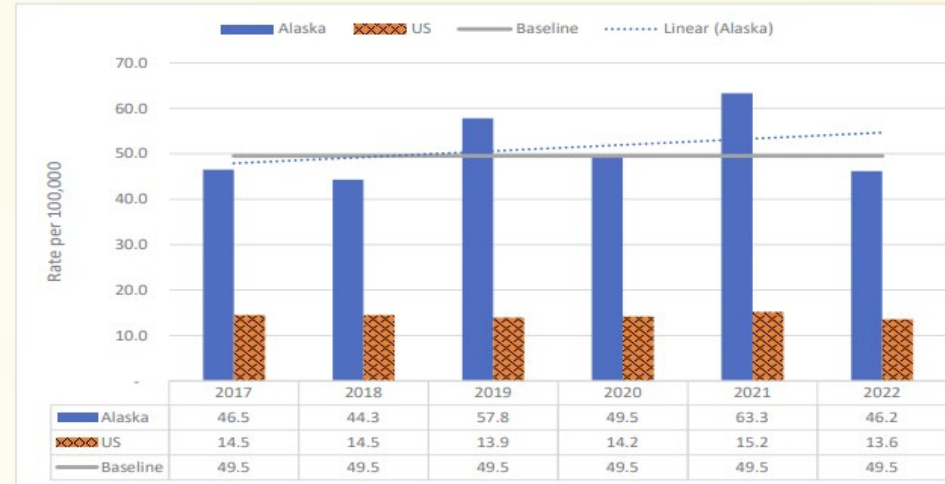
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Produces statewide guidelines for Alaskan school districts to implement mental health education in the K-12 system

# SUICIDE PREVENTION

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## INDICATOR 16: Rate of intentional self-harm/suicide deaths (rate per 100,000; ages 15-24)



**Population: Alaska and U.S. (Ages 15 to 24)**

### Data Sources:

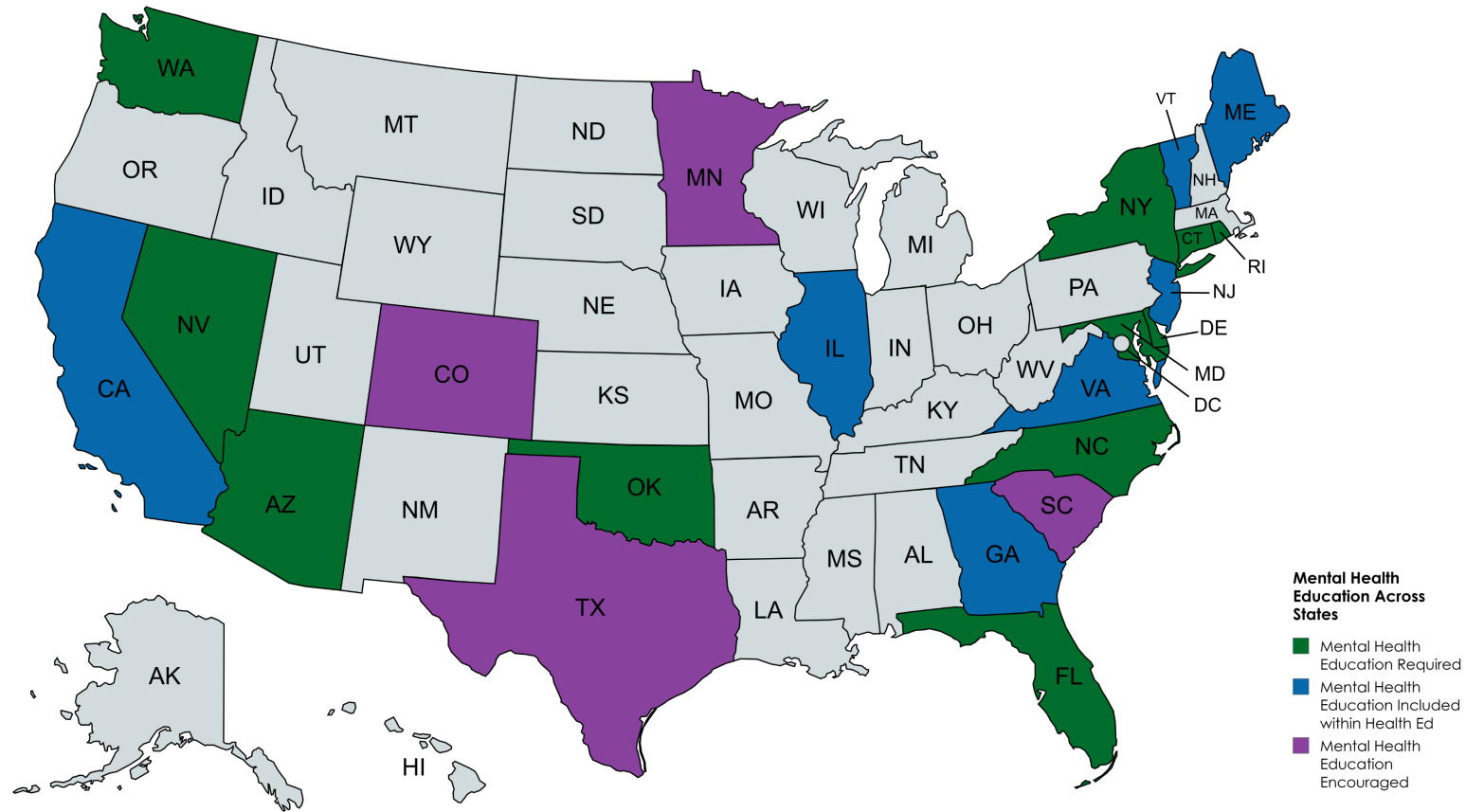
- [Alaska Division of Public Health, Health Analytics and Vital Records Section](#)
- [Center for Disease Control and Prevention, CDC Wonder Data](#)

### Data Source Contact:

- Research Unit, Health Analytics and Vital Records;  
Division of Public Health, Department of Health  
Email: [healthanalytics@alaska.gov](mailto:healthanalytics@alaska.gov)

Source: Alaska Mental Health Trust Authority

# MENTAL HEALTH EDUCATION IN OTHER STATES



# HB 1568 (MARIA'S LAW, OKLAHOMA)

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- State Board of Education requires all schools to include MH instruction as part of any health education curriculum
- Board develops a list of resources for students alongside Dept. of Mental Health & Substance Abuse Services
- Very similar bill to HB 105; HB 1568 goes beyond and requires MH instruction as part of comprehensive health education



Maria's Law clears full Senate;  
measure adds mental health to  
health education curriculum



# HOW HBI 05 WORKS

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- Board of Education & Early Development convenes 30 Committee members and one facilitator to develop guidelines
- School districts implement own program
- Parental consent
- Creates a comprehensive health education alongside existing programs
- Legislative review every two years



# CORE VALUES OF HBI05

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- Mental health is equal in importance to physical health
- Parents as Partners
  - Students and parents with information can make better choices for mental health
- Reduces stigma among peers, teachers, and the community
- Accountability in program



# THANK YOU

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Representative Alyse Galvin

April 15, 2025

House Finance Committee

Staff: David Jiang