

HB 465 -- STRESS MANAGEMENT STRATEGIES

SPONSOR: Pike

COMMITTEE ACTION: Voted "Do Pass" by the Standing Committee on Elementary and Secondary Education by a vote of 14 to 0.

This bill requires that beginning in the 2021-22 school year the optional, professional development training in youth suicide awareness and prevention, contain at least one unit relating to stress management strategies for students and faculty.

PROPONENTS: Supporters say that providing teachers with strategies on stress management will have a positive impact on students as the teachers will more readily recognize symptoms of stress and be able to offer techniques to alleviate stress and to handle stressful situations. Alleviation of stress will result in a healthier student body, with increases in assessment scores, and also have a long term impact as stress is a common factor in many health related concerns long into adulthood.

Testifying for the bill were Representative Pike; The Associated Students of the University of Missouri; Phyllis Lecuru; Missouri School Counselor Association; Eden Fisher, Healthy Nevada; Lucas Conner, Healthy Nevada; Missouri School Boards Association; Missouri State Teachers Association; Missouri National Education Association; Patricia Bridgewater, Healthy Nevada; Missouri Association of School Administrators; and Toree Beisley.

OPPONENTS: There was no opposition voiced to the committee.

Written testimony has been submitted for this bill. The full written testimony can be found under Testimony on the bill page on the House website.