



129th MAINE LEGISLATURE

FIRST REGULAR SESSION-2019

Legislative Document

No. 1024

S.P. 303

In Senate, February 28, 2019

An Act To Include Mental Health Education in Maine Schools

Reference to the Committee on Education and Cultural Affairs suggested and ordered printed.

A handwritten signature in black ink, appearing to read 'D M Grant'.

DAREK M. GRANT
Secretary of the Senate

Presented by Senator CARSON of Cumberland.

1 **Be it enacted by the People of the State of Maine as follows:**

2 **Sec. 1. 20-A MRSA §4711**, as amended by PL 2009, c. 313, §11, is further
3 amended to read:

4 **§4711. Elementary course of study**

5 The basic course of study for the elementary schools must provide for the instruction
6 of all students in career and education development, English language arts, world
7 languages, health education and physical education, mathematics, science and
8 technology, social studies and visual and performing arts, as described in the parameters
9 for essential instruction and graduation requirements subject to the schedule specified in
10 section 6209. Instruction in health education must recognize the multiple dimensions of
11 health by including instruction in mental health and the relationship between physical and
12 mental health in order to enhance student understanding, attitudes and behaviors that
13 promote health, well-being and human dignity.

14 **Sec. 2. 20-A MRSA §4712**, as enacted by PL 2009, c. 313, §12, is amended to
15 read:

16 **§4712. Junior high school or middle school course of study**

17 The basic course of study for the junior high schools or middle schools must provide
18 for the instruction of all students in career and education development, English language
19 arts, health education and physical education, mathematics, science and technology,
20 social studies, visual and performing arts and world languages, as described in the
21 parameters for essential instruction and graduation requirements subject to the schedule
22 specified in section 6209. Instruction in health education must recognize the multiple
23 dimensions of health by including instruction in mental health and the relationship
24 between physical and mental health in order to enhance student understanding, attitudes
25 and behaviors that promote health, well-being and human dignity.

26 **Sec. 3. 20-A MRSA §4723, first ¶**, as enacted by PL 1983, c. 859, Pt. C, §§5 and
27 7, is amended to read:

28 The secondary course of study ~~shall~~ must include instruction in health, safety and
29 physical education, as prescribed by the commissioner, and physiology and hygiene, with
30 special reference to the effects of alcoholic drinks, stimulants and narcotics upon the
31 human system. Instruction in health, safety and physical education must recognize the
32 multiple dimensions of health by including instruction in mental health and the
33 relationship between physical and mental health in order to enhance student
34 understanding, attitudes and behaviors that promote health, well-being and human
35 dignity.

SUMMARY

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This bill requires health education instruction in elementary, middle, junior high and high school to include instruction in mental health and the relationship between physical and mental health.