



# **RESOLUTION No. \_\_\_\_\_**

## **OF THE BOARD OF SUPERVISORS OF THE COUNTY OF NEVADA**

### **RESOLUTION PROCLAIMING OCTOBER 7, 2023 AS THE 2023 HEART OF GOLD GRAVEL RIDE AND RECOGNIZING ITS SUPPORT IN FURTHERANCE OF YOUTH MENTAL WELLNESS IN NEVADA COUNTY**

WHEREAS, the Heart of Gold Gravel bike ride event was created with the impetus of youth mental wellness, and the effort to bring people together to increase awareness and raise funds for that cause in Nevada County; and

WHEREAS, the inaugural Heart of Gold Gravel Ride was held on November 20, 2021; and

WHEREAS, youth experience various types of emotional distress as they develop and mature, from anxiety about school to short periods of depression, and serious mental health concerns may emerge due to challenges in their home, school, community, and interpersonal relationships; and

WHEREAS, youth in our community are not exempt from facing homelessness, food insecurity, poverty, assault, and sexual abuse, all of which can contribute to mental health struggles which, if not treated early, can impact them for the rest of their lives; and

WHEREAS, according to the Nevada County Superintendent of Schools, more than 400 families, including children, were experiencing homelessness as of December 2019 while data from KidsData.org indicates that 13.6% of children face food insecurity and 10% of children experience poverty in Nevada County; and

WHEREAS, research has shown that unhoused youth are highly vulnerable and are at increased risk of assault, sexual abuse, exploitation and substance use; and

WHEREAS, roughly 8% of children in Nevada County face abuse or neglect which is higher than the statewide average of 5.3%; and

WHEREAS, within Nevada County, nearly 40% of ninth graders have feelings of depression, and one out of every 10 ninth graders missed school during a recent 30 day-period because they felt sad, hopeless, anxious, stressed or angry; and

WHEREAS, this year, the Heart of Gold Gravel Ride is scheduled for October 7, 2023; and

WHEREAS, this year's event is funded by the generous donations and pledged donations by the following organizations and individuals including but not limited to: One Toyota / One Subaru; Yubanet; The Event Helper; the County of Nevada; Enterprise Holdings Foundation; Waste Management; North Tahoe Commercial; Kathryn Rolf; All Phase Heating and AC; Allworth Financial; Dignity Health; PG&E; Tahoe Forest Health System; Kensho Wellness; and Area 13 Ebike; and

WHEREAS, 100% of the proceeds raised from the Heart of Gold Gravel Ride support teen mental wellness in Nevada County; and

WHEREAS, recipients of this year's proceeds include Bright Futures for Youth, Child Advocates of Nevada County, Youth Bicyclists of Nevada County, and Tahoe Forest Health System Foundation, all of which provide support for youth mental health; and

WHEREAS, extra guidance and support, as offered by the four beneficiary organizations, can help youth address mental health issues, navigate the complexities of life, adapt to change, develop relationships, and realize their potential; and

WHEREAS, the Heart of Gold Ride plays an integral role in bringing resources to the Nevada County community to support and further teen mental health.

NOW, THEREFORE, BE IT HEREBY RESOLVED that the Board of Supervisors of the County of Nevada, California hereby proclaims October 7, 2023, as 2023 Heart of Gold Ride and recognizes its support in furtherance of youth mental wellness in Nevada County.