

THIRD READING

Bill No: ACR 204
Author: Quirk-Silva (D), et al.
Introduced: 5/13/26
Vote: 21

SUBJECT: Behavioral health and arts

SOURCE: Author

DIGEST: This resolution encourages and recognizes exploration, support, and integration of arts and behavioral health within California's health care, behavioral health, and community-based systems.

ANALYSIS: This resolution makes the following legislative findings:

- 1) California, like the rest of the United States, is experiencing a significant behavioral health crisis, with increasing rates of anxiety, depression, trauma, and substance use disorders affecting residents across all age groups.
- 2) Research in neuroscience and brain health demonstrates that engagement in the arts can stimulate cognitive function, strengthen neural connectivity, support memory and emotional processing, and promote overall brain health across the lifespan, making arts participation a valuable preventive strategy for mental well-being and healthy aging.
- 3) The California Behavioral Health Association and California for the Arts collaborate to elevate dialogue and best practices for integrating behavioral health and arts for Californians.
- 4) Arts for health initiatives also benefit health care professionals by reducing burnout, strengthening emotional resilience, and fostering innovation in care delivery. Integrating arts-based approaches into behavioral health and community settings can create supportive environments that reduce stress, enhance collaboration, promote well-being and brain health, and strengthen system capacity to respond to ongoing behavioral health needs.

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FISCAL EFFECT: Appropriation: No Fiscal Com.: No Local: No

SUPPORT: (Verified 8/11/26)

None received

OPPOSITION: (Verified 8/11/26)

None received

Prepared by: Aizenia Randhawa / SFA / (916) 651-4171
8/12/26 14:01:53

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