Russia. It is time to impose the harshest sanctions available.

Some leaders have said that we should wait to impose more. My question to them is: If not now, when?

Ukrainians are dying in defense of their country. As we speak, their capital is surrounded by Russian forces; 500,000 Ukrainians have already fled their homes; soldiers have died; civilians have been killed; children have been murdered. The time for action is now.

Madam Speaker, I have visited Ukraine many times. I have seen the beauty of their fields, the blue of their sky. I have shaken hands with their people, heard their praise of democracy, and stood next to their leaders. The Ukrainian spirit I saw this weekend in rallies in Chicago is the same Ukrainian spirit I saw in Kyiv when I visited shortly after the Maidan.

Just 2 years ago, I met with the mayor of Kyiv right here in this building. We shared stories about the cities we represent, Chicago and Kyiv, sister cities. I promised during that meeting that the U.S. would always stand with Ukraine. We must live up to that promise.

Until we do, ''Glory to Ukraine,'' ''Slava Ukraini.''

CARING FOR TEEN MENTAL HEALTH

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from California (Ms. PORTER) for 5 minutes.

Ms. PORTER. Madam Speaker, kids and teens are facing a mental health crisis.

In Orange County, the hospitalization rate for children's mental illness and substance use disorder increased 88 percent between 2010 and 2019. Just last year, our children's hospital saw a 40 percent increase in mental health admissions in its emergency department.

On March 2, National Teen Mental Health Day, we recognize that caring for mental health is a part of raising and educating our kids. Communities should support children's well-being before mental health issues become crises.

In Orange County schools, like the ones my kids attend, that work has already begun. Using funds from the American Rescue Plan, the Irvine Unified School District has hired qualified mental health specialists. These professionals are dedicated resources for mental health recovery, and they allow counselors to focus on academic issues and peer relationships and teachers to focus on education.

Together with the Children's Hospital of Orange County, schools are building safe, comfortable places for students to heal. These retreats, called WellSpaces, are supported by mental health professionals and help students with the pressures of being kids.

WellSpaces are an innovative way to ease the transition to in-person learning after pandemic school closures and to teach mental wellness skills. Just like with physical health, even the best prevention tactics do not eliminate emergencies or stop chronic illnesses.

For kids that need more care, CHOC offers world-class treatment. CHOC's intensive outpatient program keeps children living at home with their loved ones and allows them to remain in school. This healthcare delivery keeps kids connected to their families and their teachers. CHOC built a pediatric inpatient center to give younger kids the acute care that will help them have healthier teen years.

Mental healthcare providers are moving mountains to care for our kids. Thanks to the work of dedicated professionals and health centers like CHOC, raising a family in Orange County means our kids will have the resources to stay healthy, mentally and physically. But these resources mean little if families cannot afford them or if insurers refuse to cover them.

That is why I am making sure that big insurers follow the law and cover mental healthcare. I am proud that my bill, the Mental Health Parity Compliance Act, was signed into law in 2020. This legislation provides tools to enforce the requirement that insurance companies cover mental healthcare the same way they cover physical health.

Children need lawmakers to prioritize their well-being, including mental healthcare. This means supporting high-quality, innovative programs; increasing connections between families, schools, and healthcare providers; and closing loopholes used by insurance companies to deny families affordable mental healthcare. The youth mental health crisis will not improve without investment in care.

As an Orange County mom, I am proud that my community is leading the way in responding to the youth mental health crisis. Our younger generations are counting on us to help them toward health and wellness, and I am committed to working across the aisle to get that done.

2022 SOTU VIRTUAL GUEST NAZY SHABAZIAN

Ms. PORTER. Madam Speaker, when my 1-year-old daughter, Betsy, went to daycare, I was worried. My family was in upheaval with a divorce, and Betsy was new to childcare. But when the door opened, Betsy was scooped up in a hug.

Irvine resident Nazy Shabazian provided Betsy with years of fun but firm guidance—painting, racing cars, dancing, and even snacking on Persian cucumbers.

A single parent herself, Nazy inspired me by successfully running her small business and raising two terrific daughters. During the pandemic, she adjusted to new health protocols, employee changes, and different parent schedules. Today, her business, Melody Child Care, is thriving—and so are the children in her care.

Nazy is an exemplar of the compassion and resilience that childcare providers and small businesses showed during the pandemic. I am proud to honor her as my 2022 State of the Union guest.

MOURNING THE PASSING OF REVEREND DARRELL DARLING

The SPEAKER pro tempore. The Chair recognizes the gentleman from California (Mr. PANETTA) for 5 minutes.

Mr. PANETTA. Madam Speaker, I rise today to recognize the passing of the Reverend Darrell Darling.

The loss of Darrell Darling hits us hard in Santa Cruz but also throughout the Central Coast, for Reverend Darling was that iconic mentor to all of us based on his longtime fight for civil rights, for equal rights, for peace, for justice, for nonviolence, and for his never-ending work for a more perfect Union.

Reverend Darling's fight began when he almost got kicked out of college for pressing its administration about its racist policies toward African Americans. Reverend Darling then went on to attend the Yale Seminary, where, in 1965, he marched with Martin Luther King from Selma to Montgomery and crossed the Edmund Pettus Bridge with our former colleague, John Lewis.

In California, Reverend Darling served in five parishes for over 25 years. After that, Darrell and his wife, Karen, ran the Darling House Bed and Breakfast, where they hosted numerous events for our community and continued to mentor young activists and future public servants.

In fact, I will never forget the conversation that I had with Darrell, seated in his backyard, that inspired me to stand here in Congress, for it was that type of impression that the Reverend Darling had on me, on Santa Cruz, and on the fight for equality in our American democracy.

Madam Speaker, I not only recognize his legacy of service, but we, in Santa Cruz, acknowledge and appreciate that Reverend Darling is why many of us stand, fight, and serve today.

MOURNING THE LOSS OF JORGE DAVID ALVARADO, JR.

Mr. PANETTA. Madam Speaker, I rise today to recognize the loss and the service of Salinas Police Officer Jorge David Alvarado, Jr.

Officer Alvarado was shot and killed in the line of duty while conducting a traffic stop on Friday night. Before I flew back here on Sunday, I visited the growing memorial for Officer Alvarado at the Salinas Police Department and joined in the mourning, the devastation, and the disbelief of his fiance, his mother, his brethren in blue, and our entire community in Salinas.

Although the investigation of the incident is ongoing, the chief of police stated that Officer Alvarado stayed in the fight to the end and paid the ultimate price. As a result, the suspected cop killer is behind bars.

Jorge Alvarado understood what it means to give back to his community