In my opinion, the one thing that could improve society most is encouraging mental health more in schools. This is important to me because I believe that most of peoples problems arise from trauma and being uneducated in mental health. I have noticed that many people grow up adopting their family's beliefs and traumas, and they do not know how to handle their emotions, build discipline, or build boundaries and confidence. If these things were taught in school by a well-educated psychiatrist who cares and could connect with everyone one on one, people can start to see a different way that they can live and grow. I would bring about this change by contacting someone who controls how tax money is spent, and request more money be put into mental health in schools by hiring therapists who have well thought out lessons and go through an in depth interview process that depicts how much they care about helping. These therapists would slowly be implemented into schools around the U.S. and students would be required to take the classes and have one on one sessions depending on the amount of students and psychiatrists in the school.