

*Before the Board of Supervisors in and for the  
County of Monterey, State of California*

**Resolution No.:**

Adopt a resolution proclaiming the week of **May 5<sup>th</sup>- May 11<sup>th</sup>, 2025** as **Maternal Mental Health Awareness Week** in Monterey County.

**WHEREAS**, in the United States, perinatal mental health conditions, also known as maternal mental health conditions, are the most common complication of childbirth and;

**WHEREAS**, maternal mental health is essential to a family's overall health and well-being, and;

**WHEREAS**, untreated maternal mental health conditions affect the development of the fetus, resulting in an increased risk of physical and mental health conditions in the infant post birth, impacting child, family, and community health, and;

**WHEREAS**, in Monterey County, it is estimated that more than sixteen % of individuals who gave birth between 2019 and 2021 experienced postpartum depressive symptoms, which negatively impacts vulnerable infants and families, and;

**WHEREAS**, social determinants of health, including race, ethnicity, socioeconomic status, lack of social support, fear, and stigma, all influence the likelihood that a birthing person will experience a maternal mental health condition and whether they seek treatment, and;

**WHEREAS**, through routine screenings, increased awareness, and a culturally sensitive, holistic approach, we can work towards preventing maternal mental health disorders and work towards ensuring families have resources, support, and treatment, and;

**WHEREAS**, in Monterey County, there is momentum to increase awareness, reduce stigma, expand capacity and training for family serving agencies and providers on maternal mental health, and;

**WHEREAS**, the Monterey County Maternal Mental Health Task Force, a part of the countywide Bright Beginnings Early Childhood Development Initiative, catalyzed the launch of the regional, cross-sector Doula Hub. The Hub emerged to expand access to trained, nonclinical professionals who can provide emotional, physical, and informational support during pregnancy, delivery, and after childbirth for Medi-Cal recipients.

**WHEREAS**, Doula support is linked to a host of improved maternal health outcomes, including improved mental health. As cited in a U.S. Health and Human Services Policy Brief in 2022, community-based Doulas can provide culturally appropriate support to women at higher risk of poor outcomes throughout pregnancy, delivery, and the postpartum period. Doulas are often trusted members of the community they serve and are well-suited to address issues related to discrimination and other drivers of disparities by bridging language and cultural gaps and serving as health navigators.

**WHEREAS**, among Medicaid beneficiaries, research has shown that women whose labor and delivery were supported by Doula care had lower cesarean and preterm birth rates, prevention of birth complications for mother and newborn, and improved rates of breastfeeding initiation. Thus, Doula intervention can be a source of cost savings for state Medicaid programs.

**WHEREAS**, in just six months, the Doula Hub has helped to train 43 new doulas, who have in turn supported 21 births.

Hub partners include:

Birth Network of Monterey County  
Bright Beginnings Early Childhood Initiative  
California State University, Monterey Bay, Institute for Innovation and Economic Development  
Central California Alliance for Health  
Community Hospital of the Monterey Peninsula  
Door to Hope  
First 5 Monterey County  
Kween's Kounsel  
Las Mamas de Salinas Abogan  
Monterey County Behavioral Health  
Natividad Foundation  
Natividad Hospital  
Parenting Connection of Monterey County  
Raices y Cariño  
Salinas Valley Health Medical Center

**WHEREAS**, in Monterey County, the Board of Supervisors calls upon all of us - parents, friends, local government, healthcare providers, community organizations, early childhood advocates - to become informed on the symptoms and impact of maternal mental health on the entire family system, to work together to connect birthing families to care sooner, and to increase opportunities for healing, creating equity and hope for birthing people - especially birthing people of color - in our County.

**NOW THEREFORE BE IT RESOLVED** that the Monterey County Board of Supervisors, on behalf of the County and all its citizens thereof, hereby proclaims the week of **May 5<sup>th</sup>- May 11<sup>th</sup>, 2025** as **Maternal Mental Health Awareness Week**.

**PASSED AND ADOPTED** this \_\_\_\_\_ day of \_\_\_\_\_, 2025, by the following vote, to wit:

**AYES:**

**NOES:**

**ABSENT:**

I, Valeria Ralph, Clerk of the Board of Supervisors of the County of Monterey, State of California, hereby certify that the foregoing is a true copy of an original order of said Board of Supervisors duly made and entered in the minutes thereof of Minute Book \_\_\_\_\_ for the meeting on \_\_\_\_\_, 2025.

Dated:

Valerie Ralph, Clerk of the Board of Supervisors  
County of Monterey, State of California.

By \_\_\_\_\_ Deputy