

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

Resolution No.:

Adopt Resolution proclaiming the month of May as)
Maternal Mental Health Month in Monterey County.....)

WHEREAS, up to 80 percent of new mothers experience changes in their emotional health following childbirth, regardless of age, culture, or socioeconomic status; and

WHEREAS, 15 to 20 percent of pregnant women and new mothers experience moderate to severe symptoms, collectively known as perinatal mood and anxiety disorders, including depression, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and other conditions making it the most common complication of pregnancy in the US; and

WHEREAS, one to two in every 1,000 mothers in the United States will experience postpartum psychosis, a medical emergency that poses an immediate threat of suicide or infanticide; and

WHEREAS, perinatal mood and anxiety disorders can develop at any time during pregnancy and the first 12 months after childbirth; they impact not only the mother, but also the child, father, and entire family unit; and

WHEREAS, a lack of awareness and screening protocols leaves many women to suffer without a diagnosis or treatment despite the facts that research has shown that untreated perinatal mood and anxiety disorders during pregnancy or postpartum can negatively affect birth outcomes and infant development, including mother-infant attachment and bonding, infant mental health and brain development, long-term social and cognitive development of the child, and the well-being of the entire family unit; and

WHEREAS, maternal risk factors for developing perinatal mood and anxiety disorders can be reliably identified, assessed, and treated by health care providers and public health systems; and

WHEREAS, with proper awareness, education, intervention, and resources, perinatal mood and anxiety disorders are highly treatable, with interventions demonstrating positive effects on both mothers and children; and

WHEREAS, the California Task Force on the Status of Maternal Mental Health Care released an April 2017 report with recommendations for improving care including many that can be implemented locally by hospitals, health clinics, insurers, government agencies, and others in Monterey County; and

WHEREAS, increasing public awareness among all Monterey County health care providers and families on the prevalence, identification, and treatment of perinatal mood and anxiety disorders has significant potential to save lives and prevent the unnecessary suffering experienced by many families during pregnancy or following childbirth.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors, on behalf of the County and all of the citizens thereof, proclaim May as **Maternal Mental Health Month**, and call this observance to the attention of Monterey County citizens,

AND BE IT FURTHER RESOLVED, that the Board of Supervisors, on behalf of the County and all of the citizens thereof, proclaim support for efforts, including the Monterey County Maternal Mental Health Task Force, that increase awareness, screening, and treatment of Perinatal Mood and Anxiety Disorders.

PASSED AND ADOPTED on this _____, by the following vote, to-wit:

AYES:

NOES:

ABSENT:

I, Gail T. Borkowski, 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 orders said Board of Supervisors duly made and entered in the minutes thereof of Minute Book _____ for the meeting on _____.

Dated:

Gail T. Borkowski, Clerk of the Board of Supervisors
County of Monterey, State of California

Deputy