



# County of Monterey

BOARD OF SUPERVISORS

## RESOLUTION

**Resolution No.: 24-116**

Adopt a resolution proclaiming the week of **April 29<sup>th</sup>- May 5<sup>th</sup>, 2024** as )

**Maternal Mental Health Awareness Week** in Monterey County..... )

**WHEREAS**, in the United States, perinatal mood and anxiety disorders, also known as maternal mental health conditions, are the most common complication of childbirth, impacting one in five pregnant individuals, 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 16 % 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**, community initiatives, like the Monterey County Maternal Mental Health Task Force, co-chaired by Monterey County Behavioral Health and Raíces y Cariño and with support from Bright Beginnings, foster resilience and wellness of mothers and their families by reducing stigma around maternal mental health and promoting better access to mental health services, and;

**WHEREAS**, in Monterey County, the Board of Supervisors calls upon all of us, residents, community organizations, local government, healthcare providers, and 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 women sooner to care, and to increase opportunities for healing, creating hope and equity in our County.

**NOW THEREFORE BE IT RESOLVED** that the Monterey County Board of Supervisors, on behalf of the County and all its residents thereof, hereby proclaims the week of **April 29<sup>th</sup>- May 5<sup>th</sup>, 2024** as **Maternal Mental Health Awareness Week**.

**PASSED AND ADOPTED** on this 30<sup>th</sup> day of April 2024

Chair Supervisor Glenn Church

Vice Chair Supervisor Chris Lopez

Supervisor Luis Alejo

Supervisor Wendy Root Askew

Supervisor Mary L. Adams

