

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

Resolution No.:

Resolution proclaiming the week of)
May 3rd-7th, 2021 as **Maternal**)
Mental Health Awareness Week)
in Monterey County.)

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

WHEREAS, in the United States, perinatal mood and anxiety disorders, more commonly known as maternal mental health conditions, are the most common complication of childbirth, impacting one in five women, and;

WHEREAS, in California, twenty-one % of pregnant and postpartum women are affected by a maternal mental health condition, with the prevalence being higher in some populations, and;

WHEREAS, in Monterey County, it is estimated that more than fifteen % of pregnant and postpartum women experience depression symptoms, and:

WHEREAS, one in four African American and Latina mothers in California report depressive symptoms, as well as half of all mothers living in poverty, and;

WHEREAS, social determinants of health including socioeconomic status, race, ethnicity, lack of social support, fear and stigma all influence the likelihood that a woman will experience a maternal mental health condition and whether or not 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, chaired by Monterey County Behavioral Health 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 May 3rd to 7th 2021 as **Maternal Mental Health Awareness Week**.

PASSED AND ADOPTED on this ____ day of _____ 2021, upon motion of Supervisor _____, seconded by Supervisor _____, by the following vote, to wit:

AYES:

NOES:

ABSENT:

ABSTAIN:

I, Valerie 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 _____, on _____, 2021.

Dated:

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

By _____
, Deputy