

Maternal Mental Health Awareness Week

Resolution No.:

Adopt a resolution proclaiming the week of **May 2nd-8th, 2022** as **Maternal Mental Health Awareness Week** in Monterey County.

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, 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 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 fifteen % of pregnant and postpartum women experience depressive symptoms, which negatively impacts vulnerable infants and families, 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 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 2nd to 8th, 2022** as **Maternal Mental Health Awareness Week**.