

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

**Resolution No.:**

Resolution proclaiming the week of **May 4<sup>th</sup>** through **May 10<sup>th</sup>, 2026**, 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 between 2020 and 2022, more than twelve percent of individuals experienced prenatal depressive symptoms, and more than seventeen percent of individuals who gave birth 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, influence the likelihood that a birthing person will experience a maternal mental health condition and affect their decision to seek and receive adequate treatments; and

**WHEREAS**, By increasing awareness through routine screenings and adopting a culturally sensitive, holistic approach, we can work towards preventing maternal mental health disorders and ensuring that families have access to resources, support, and treatment.

**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 Children’s Council acknowledged early childhood development as a cornerstone of resiliency for both the individual and society, and recognized that Monterey County did not have sufficient resources focused on child development from the prenatal stage through eight years, thus, in 2012, the Children’s Council created the Bright Beginnings Early Childhood Development Initiative; and

**WHEREAS**, Since then, the Bright Beginnings Early Childhood Development Initiative has provided continual support of the Maternal Mental Health Task Force, a county-wide collaborative that brings together advocates and practitioners to expand access to and improve treatment and support for mental health during pregnancy and post birth; and

**WHEREAS**, In Monterey County, the Board of Supervisors calls upon all of us parents, friends, local government, healthcare providers, community organizations, 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 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 County of Monterey Board of Supervisors, on behalf of all the residents thereof, hereby proclaims the week of **May 4th** through **May 10th, 2026**, as “**Maternal Mental Health Awareness Week**” in Monterey County.

**PASSED AND ADOPTED** on this \_\_\_ day of May 2026, upon motion of Supervisor \_\_\_\_\_, seconded by Supervisor \_\_\_\_\_ by the following vote, to-wit:

AYES:  
NOES:  
ABSENT:

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 \_\_\_ for the meeting on \_\_\_\_\_.

Dated:

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

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