

# *Resolution No. 2024 -*

## **RESOLUTION OF THE SOLANO COUNTY BOARD OF SUPERVISORS RECOGNIZING MAY 6 - 12, 2024 AS MATERNAL MENTAL HEALTH AWARENESS WEEK**

**WHEREAS**, according to the California Department of Public Health, Maternal, Child and Adolescent Health Division, one in three women who recently gave birth experienced symptoms of anxiety and/or depression during and after pregnancy; and

**WHEREAS**, according to the Policy Center for Maternal Mental Health, maternal mental health disorders, like postpartum depression, are the leading complication of childbirth impacting 1 in 15 women in the United States; and

**WHEREAS**, depression during pregnancy can cause preterm birth and babies with low birth weight, and although awareness efforts have been increasing, less than 15% of women receive treatment for maternal depression; and

**WHEREAS**, people of color have an increased risk for maternal mental health disorders, like depression, and up to 40% of African American and Latina mothers suffer from postpartum depression; however, these women are less likely to receive the care needed; and

**WHEREAS**, this year's theme of "Storytelling Saves Lives" focuses on the sharing of daily stories from people impacted by maternal mental health to help others know that they are not alone and there is hope and help; and

**WHEREAS**, increasing awareness drives social change with the goal of improving the quality of care for women experiencing all types of perinatal mood and anxiety disorders, reducing the stigma of maternal mental illness, and increasing the likelihood that women will seek help and receive treatment; and

**WHEREAS**, Solano County Health and Social Services is committed to addressing maternal mental health issues by raising awareness, developing resources, implementing screening and referral processes, and enhancing collaboration; and

**WHEREAS**, implementation of the evidence-based perinatal depression prevention/intervention program by certified trainers and in-home therapeutic services provided by bilingual mental health clinicians and licensed clinical social workers represents one of the programs that supports families with mental health services in a culturally and linguistically appropriate manner.

**NOW, THEREFORE BE IT RESOLVED**, that the Solano County Board of Supervisors hereby recognizes May 6 – 12, 2024 as Maternal Mental Health Awareness Week and urges all residents to support maternal mental health wellness of mothers and families.

Dated this 23<sup>rd</sup> day of April 2024

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MITCH H. MASHBURN, Chair  
Solano County Board of Supervisors

ATTEST:  
BILL EMLIN, Clerk  
Solano County Administrator

By: \_\_\_\_\_  
Alicia Draves, Chief Deputy Clerk