



Solano County

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Legislation Text

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Adopt and present resolutions recognizing May 2019 as Mental Health Awareness Month and May 1, 2019 as World Maternal Mental Health Day in Solano County (Supervisor Brown)

Published Notice Required? Yes ☐ No ☒
Public Hearing Required? Yes ☐ No ☒

DEPARTMENTAL RECOMMENDATION:

The Department of Health and Social Services (H&SS) recommends that the Board adopt and present resolutions recognizing May 2019 as Mental Health Awareness Month and May 1, 2019 as World Maternal Mental Health Day in Solano County.

SUMMARY:

Mental Health Awareness Month, also referred to as "Mental Health Month," has been observed in May every year since it began in 1949. Mental Health Awareness month serves as a national effort to reach millions of people through the media, local events and screenings, and spread the word that mental health should be an issue of interest to everyone. Mental Health Awareness also different populations of focus such as women who experience perinatal and post-partum mental health needs, which is referred to as Maternal Mental Health. The first World Maternal Health Day was launched in 2016 and is commemorated on the first Wednesday of May every year. For 2019, World Maternal Mental Health Day falls on May 1. World Maternal Mental Health Day was launched to raise awareness of maternal mental health issues so that more women seek help and receive treatment. Organizations from around the world will unite in a worldwide effort to raise awareness about maternal mental health through a collective social media drive and through events. Both the Mental Health Month and the World Maternal Mental Health Day resolutions provide an opportunity to raise public awareness of the vital role mental wellness plays in an individual's overall health and well-being.

FINANCIAL IMPACT:

The cost associated with preparing the agenda item is nominal and absorbed by the Department's FY2018/19 Adopted Budget. The costs associated with preparation and purchase of the resolution materials are included in the Board's FY2018/19 Adopted Budget. There is no additional financial impact to the County General Fund.

DISCUSSION:

One in five adults experience mental health issues each year, ranging from mild episodes to serious and persisting illness. According to National Alliance on Mental Illness (NAMI), three out of four (75%) of all lifetime cases of mental illness begin by age 24, and the average delay between the onset of symptoms and intervention is eight to ten years. Of those who seek support and treatment, 70%-90% report improved quality of life.

World Maternal Mental Health (MMH) Day draws attention to essential health concerns for mothers and families. Life and physical changes around pregnancy can make women more vulnerable to mental illness. As many as one in five new mothers experience some type of perinatal mood and anxiety disorder (PMADs). This may have long-lasting physical, cognitive and emotional outcomes as women of every culture, age, income

level and race can develop perinatal mood and anxiety disorders. The prevalence is estimated to be even higher in certain populations. For example, one in four African American and Latina mothers in the state reports depressive symptoms, and so do as many as half of all mothers living in poverty. Symptoms can appear any time during pregnancy and within the first twelve months after childbirth. Effective and well-researched treatment options are available to help women recover. The Public Health Division Maternal, Child, and Adolescent Health (MCAH) Bureau is committed to addressing maternal health issues affecting mothers and families and the Behavioral Health Division offers a variety of mental health services.

Solano County MCAH Bureau programs screen for symptoms of depression using validated tools and provide appropriate referrals and ancillary support for women in need of care. The programs tailor primary prevention and support activities to address the social factors that lead to poor mental health and promote the development of individual protective factors.

The Mothers and Babies Perinatal Depression Prevention Intervention program is an evidence-based mental health intervention that promotes healthy mood management by teaching pregnant women and new moms how to effectively respond to stress in their lives through increasing the frequency of thoughts and behaviors that lead to positive mood states. By providing the intervention during the perinatal period (pregnancy through baby's 1st year), the preventive effects can provide the earliest intervention to prevent adverse outcomes in early childhood that can have lifetime effects. By design, the curriculum is delivered by staff of varied educational and professional backgrounds, in one-on-one and group modalities.

MCAH's Black Infant Health program participates in the Northwestern University Center for Community Health, Institute for Public Health and Medicine Fathers and Babies (FAB) research pilot project; a program that helps support a father's mental health, their partners, and the parent-child relationship.

A bilingual Mental Health Clinician provides culturally and linguistically appropriate screening of women for mental health conditions during pregnancy and postpartum; providing linkage to services to ensure women receive appropriate levels of mental health treatment. The clinician also provides brief intervention services that include crisis and/or counseling services for women who are deemed high risk due to serious mental health and/or co-occurring substance abuse conditions.

A variety of activities and events are scheduled throughout the month of May to celebrate mental wellness (Attachment C - Event Calendar).

- On Saturday, May 4, 2019, the Mental Health Services Act (MHSA) Wellness and Recovery Unit will host the 5th Annual Mental Health Celebration, an all-day community focused celebration. The event theme will be "Speak Up, Live Loud" to encourage people to talk about mental health, reduce fears and stigma, seek help, and advocate for equity and disability rights. The event will also include educational and artistic presentations and health resources for the community.
- Circle of Friends, one of the County's Wellness and Recovery Centers is hosting a "Mental Health Rocks" barbeque on May 15th.
- Caminar, a provider of mental health supportive services, is hosting its annual Cammie Awards on May 23rd, which celebrates consumers and their journey to wellness.

These activities offer an opportunity to address the public's need for information about mental and emotional illnesses, as well as inform the community of the services provided by H&SS to address the mental health needs of children, adults, and families.

Increasing awareness will drive social change with a goal of improving the quality of care for people who experience mental illnesses as well as women experiencing all type of perinatal mood and anxiety disorders,

thereby reducing the stigma of experiencing mental health and seeking supports. Solano County mental health and healthcare professionals, friends, and relatives of new moms are encouraged to listen and ask how people are really feeling. Mental Health Awareness Month and Maternal Mental Health Day create opportunities for people to speak out about their mental health, make sure they know they are not alone and seeking help is not a weakness.

ALTERNATIVES:

The Board may choose not to adopt these resolutions. This is not recommended because they are an opportunity to raise awareness and promote community discussion regarding the impact of mental illness and the services available to address these issues and to raise awareness and improve maternal mental health issues in Solano County.

OTHER AGENCY INVOLVEMENT:

The Solano County Mental Health Advisory Board endorses the resolution and activities. Various County Mental Health contract agencies and community organizations will host events to support Mental Health Awareness Month in May. H&SS, Public Health Division, MCAH Bureau will partner with various organizations to promote World Maternal Mental Health Day.

CAO RECOMMENDATION:

APPROVE DEPARTMENTAL RECOMMENDATION