



## **Designating the Month of May 2022 as Maternal Mental Health Awareness Month**

- WHEREAS:** Maternal mental health is an issue of great concern to Lake County's parents, families, and health care providers, and
- WHEREAS:** These disorders can affect any mother, regardless of age, race, or income level, and
- WHEREAS:** Many women are not adequately informed about, screened, or treated for pregnancy and postpartum mental health complications; and
- WHEREAS:** Heightened awareness and stigma reduction are essential for improving outcomes for mothers, children, families, and communities, and
- WHEREAS:** Pregnancy and postpartum mental health complications are highly treatable through therapeutic intervention, community-based supportive services, and medication; and
- WHEREAS:** Health service providers and community support systems must be able to identify risk factors and symptoms in order to provide prompt diagnosis, treatment, and support services that enable full and speedy recovery, and
- WHEREAS:** Mother-Wise is a proactive program that helps mothers and families through the transition with a new baby to prevent and lessen the effects of maternal mental health complications. Funded through Lake County Behavioral Health by Proposition 63—The Mental Health Services Act, Mother-Wise provides the support and services necessary to meet our mission of helping new moms understand that if they feel depressed, they are not alone and effective resources are available to support them. For over 12 years, Mother-Wise has provided this essential support free of charge to thousands of mothers and families in Lake County. Last year, Mother-Wise became a nonprofit organization strengthening our dedication and commitment to moms in Lake County. Mother-Wise conducts maternal mental health screenings, offers peer support and mothers' groups, hosts an online Village community, and operates a closet of maternity and baby items given to local families. These services, which help new moms create a network of support close to home, reach over 1,000 Lake County mothers and families annually. Mother-Wise supports all of the grandmothers, daughters, aunties, sisters, and mothers of Lake County coming together in support of maternal mental health month. Maternal mental health now leads to stronger families and communities tomorrow.

**NOW THEREFORE BE IT PROCLAIMED** that the City Council of the City of Clearlake does hereby designate the month of May, 2022 as Maternal Mental Health Awareness Month, and does commend this observance to all citizens.

Dated this 5<sup>th</sup> day of May, 2022

Dirk Slooten, Mayor