



A Tradition of Stewardship  
A Commitment to Service

Agenda Date: 5/3/2011  
Agenda Placement: 4E

## NAPA COUNTY BOARD OF SUPERVISORS Board Agenda Letter

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**TO:** Board of Supervisors  
**FROM:** Shelli Brobst for Randolph F. Snowden - Director  
Health & Human Services  
**REPORT BY:** Shelli Brobst, Contracts Analyst - 253-4720  
**SUBJECT:** Presentation of a Proclamation declaring May as "Perinatal Depression Awareness Month"

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### **RECOMMENDATION**

Presentation of a Proclamation to Kristyn Byrne, Senior State Public Affairs Committee representative for the Junior League of Napa-Sonoma, declaring May as "Perinatal Depression Awareness Month" In Napa County.

### **EXECUTIVE SUMMARY**

In April 2010 the Junior Leagues of California State Public Affairs Committee (SPAC), working with Assembly Member Pedro Nava (D-Santa Barbara), sponsored Assembly Concurrent Resolution 105 (ACR 104) to designate the month of May as "Perinatal Depression Awareness Month" in California. The proclamation is intended to promote awareness, prevention and treatment of maternal mental health issues throughout the State and assist women and their families to learn more about pregnancy and postpartum mood disorders in order to access local resources such as support groups and trained healthcare providers.

### **FISCAL IMPACT**

Is there a Fiscal Impact?                      No

### **ENVIRONMENTAL IMPACT**

ENVIRONMENTAL DETERMINATION: The proposed action is not a project as defined by 14 California Code of Regulations 15378 (State CEQA Guidelines) and therefore CEQA is not applicable.

**BACKGROUND AND DISCUSSION**

National studies estimate that one in five women suffer from postpartum depression and related disorders -- 80% of whom go undiagnosed and untreated because they are uninsured, underinsured or lack access to comprehensive health care. Infants of depressed mothers have been shown to have significant cognitive and emotional delays that persist. Women who are nurtured in the postpartum period through adequate physical and emotional support, including quality sleep, nutrition, exercise and social connection, are less isolated and less at risk for perinatal mood disorders.

As a result, the State Public Affairs Committee (SPAC) of the Junior Leagues of California launched a Perinatal Depression awareness campaign entitled "Speak Up When You're Down." The campaign consists of naming the month of May as "Perinatal Depression Awareness" Month and working with a local task force committed to this issue. Informational pocket cards and posters are distributed to Partnership Health Plan of CA, California Parenting Institute, Public Health field nursing and teen parenting programs, Comprehensive Perinatal Service Program providers and the Women's Health and Birth Center. These posters and cards provide an 800 number where support can be accessed.

Since 1971, the State Public Affairs Committee (SPAC) of the Junior Leagues of California has represented the interests of its member leagues and the groups or issue areas addressed by their projects to policy makers at the local, state and federal levels. The collective voice of this non-partisan, volunteer group represents over 11,000 women in 16 communities across California. Advocacy efforts are focused on issues that pertain to specific projects and focus areas. SPAC both sponsors and supports legislation that affects education, health, violence prevention and family support.

The Junior League of Napa-Sonoma is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. This active and diverse group of trained volunteers is committed to positively impacting the lives of children and families in Napa and Sonoma counties.

**SUPPORTING DOCUMENTS**

A . Proclamation

CEO Recommendation: Approve

Reviewed By: Karen Collins