



## RESOLUTION TO DECLARE MAY, 2020 MATERNAL MENTAL HEALTH MONTH IN THE CITY OF GAHANNA, OHIO.

**WHEREAS**, each year and the maternal health and, more specifically, the mental health of women before, during, and after pregnancy is an issue of great concern to women and their families and is, therefore, of interest to the City of Gahanna; and,

**WHEREAS**, between 10 and 20 percent of new and expectant mothers are affected by Perinatal Depression and related mood disorders such as anxiety and psychosis, and they may experience associated symptoms, which are often overlooked and heavily stigmatized because new and expectant mothers suffering from a perinatal mood disorder often feel confused, ashamed, and isolated; and

**WHEREAS**, many at-risk women may not seek help because they are not informed about Perinatal Depression and related mood disorders as part of their health care, because there is a lack of knowledge and use of screening and assessment tools, and because they are unaware of treatment and community supportive services for Perinatal Depression and related mood disorders; and

**WHEREAS**, heightened awareness and increased education among all residents in the City of Gahanna regarding the incidence of Perinatal Depression is critical; Perinatal Depression and related mood disorders affect all categories of women and teenage girls regardless of their age, race, or income level; Perinatal Depression can have a profound impact on the family and significantly contribute to adverse developmental and behavioral outcomes and attachment disorders in the young children of affected women; and Perinatal Depression is highly treatable with therapeutic intervention such as medication, professional therapy and counseling, support groups and community support services including crisis hotlines.

**NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE CITY OF GAHANNA, COUNTY OF FRANKLIN, STATE OF OHIO:**

Section 1. That the month of May, 2020, be designated at Maternal Mental Health Awareness Month in the City of Gahanna, Ohio.

Section 2. That the City of Gahanna will encourage collaboration with other local, state and/or national coalitions, organizations or agencies that are immensely informed on and devoted to this field of maternal mental health to facilitate increased awareness and education about Perinatal Depression and related mood disorders throughout the Gahanna, to explore and encourage the use of perinatal screening tools, and to improve the awareness of effective treatment, prevention and support services for the promotion of maternal and infant mental health in the City of Gahanna.

Adopted this 18<sup>th</sup>, Day of May, 2020 as Resolution number RES-007-2020.

  
Jamie Leeseberg, President

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Nancy McGregor, Vice President

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Stephen Renner, Ward 1

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Karen Angelou, At-Large

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Michael Schnetzer, Ward 2

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Merisa Bowers, At-Large

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Brian D. Larick, Ward 3