

RESOLUTION

WHEREAS, any official position of the City of Los Angeles with respect to legislation, rules, regulations or policies proposed to or pending before a local, state or federal governmental body or agency must have first been adopted in the form of a Resolution by the City Council with the concurrence of the Mayor; and

WHEREAS, approximately 140,000 babies are born in Los Angeles County each year; and

WHEREAS, according to the Mayo Clinic, as many as four in five mothers experience the “baby blues”, accompanied by mood swings, anxiety, sadness, irritability, feeling overwhelmed, reduced concentration, appetite problems, and trouble sleeping; and

WHEREAS, according to the California Department of Public Health, one in five expecting and new mothers experience perinatal depression, characterized by depressed mood or severe mood swings excessive crying, difficulty bonding with your baby, withdrawing from family and friends, inability to sleep or sleeping too much, overwhelming fatigue or loss of energy, intense irritability and anger, fear that you're not a good mother, and severe anxiety and panic attacks, amongst others; and

WHEREAS, while perinatal depression can affect any mother – regardless of age, race, income, culture, or education – the rates are much higher among low-income and immigrant mothers and communities of color, with nearly one in two reporting elevated postpartum depressive symptoms; and

WHEREAS, perinatal depression can be caused by a variety of physical, emotional and social changes or circumstances, including a dramatic drop in hormones (estrogen and progesterone), a personal or family history of depression or mood disorders, sleep deprivation or a feeling of being overwhelmed, experiencing a stressful event such as a job loss or health crisis, limited social support, living alone or marital conflict; and

WHEREAS, the continued stigma associated with perinatal depression has led to decreased awareness and lower access to treatment – this reality was laid bare in April 2021 with the tragic deaths of three children at the hands of their mother Liliana Carrillo, who was suffering from postpartum psychosis; and

WHEREAS, SB 935 (Maienschein) would establish the Mothers and Children Mental Health Support Act of 2021, requiring among other provisions, for a health plan or insurer, in order to more quickly diagnose and treat pregnant and postpartum persons suffering from mental illness, to provide access to a telehealth consultation program that gives providers who treat persons who are pregnant or up to one year postpartum with access to a mental health consultation; and

WHEREAS, SB 935 also requires the telehealth consultation program include a triage service and consultation by a mental health clinician with expertise appropriate for pregnant, postpartum, and pediatric patients, including a psychiatrist when appropriate or requested by the treating provider; and

MAY 04 2021

NOW, THEREFORE, BE IT RESOLVED, with the concurrence of the Mayor, that by the adoption of this Resolution, the City of Los Angeles hereby includes in its 2021-2022 State Legislative Program, support for SB 935 (Maienschein), the Mothers and Children Mental Health Support Act of 2021, to improve screening and referral processes for perinatal depression, access to therapy, medication, and other services for expecting and new mothers and children.

PRESENTED BY: Paul Koretz
PAUL KORETZ
Councilmember, 5th District

Nury Martinez
NURY MARTINEZ
Councilmember, 6th District

Nithya Raman
NITHYA RAMAN
Councilmember, 4th District

Monica Rodriguez
MONICA RODRIGUEZ
Councilmember, 7th District

SECONDED BY: Mitch O'Connell