

First 5 Marin's Newsletter: September 2023



FIRST 5 MARIN

Learn. Grow. Thrive.



Spotlight:

Forum on Children's Mental Health and Wellness

According to the **U.S. Department of Health and Human Services**, "1-in-5 children ages 3 to 17 in the United States has a mental, emotional, behavioral, or developmental disorder."

That's 20 percent of all children!

And the **Children's Mental Health Network** reports that 80% of chronic mental disorders begin in childhood.

In addition, "suicide is the second leading cause of death for children, adolescents and young adults age 15-to-24 year olds." **The American Academy of Child and Adolescent Psychiatry** says, "The majority...who attempt suicide have a significant mental health disorder, usually depression."

September is Suicide Prevention Month and First 5 Marin is teaming up with local mental health professionals and local service providers to focus on this

issue.

Join us for the next **Marin Communications Forum: Children's Mental Health and Wellness**, Wednesday, September 20th from 9 am to noon at the Embassy Suites Hotel in San Rafael. This is a FREE event co-sponsored by Marin County Behavioral Health and Recovery Services.

RSVP to Michelle@First5Marin.org and invite a colleague, client or community partner.

*** And **READ** the Marin Voice by **First 5 Marin's Executive Director, Maria Niggle**: [Children's mental health and wellness deserve extra care right now.](#)

Join us for the next meeting of the
First 5 Marin Children and Families
Commission Wednesday,
September 20th from 5:30 to 7:30
pm at First 5 Marin, 1050 Northgate,
Suite 130, in San Rafael. Email
Beatriz@First5Marin.org for more
information.

First 5 Things to Read in the News Today!

Take a look at some of the recent articles about important issues related to children and families:

NPR:

Child poverty more than doubles — a year after hitting record low, Census data shows

The poverty rate in the U.S. has risen dramatically in the year since pandemic benefits ran out — and the child poverty rate has more than doubled, according to U.S. Census Bureau's annual data on poverty, income and health insurance released Tuesday.



[The New York Times:](#)

**America Already Knows How to Make
Childbirth Safer**

Years ago, researchers discovered that American women were dying in childbirth at an alarming rate, far higher than in many other Western countries.

[The Washington Post:](#)

**The best vehicle for addressing child
poverty is right before our eyes**

Child poverty in the United States more than doubled from 2021 to 2022, data released Tuesday from the Census Bureau shows. (Editorial Board, 9/12/23)

[Today:](#)

**Federal staff recommend first safety
rules for infant rockers after deaths
stretching back over a decade**

Rockers can pose a suffocation threat to infants when they fall asleep or are left unattended, Consumer Product Safety Commission staff wrote.

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Communications Forum [**HERE!**](#)

Marin Independent Journal

marinij.com

Marin Voice:

**Children's mental health and
wellness deserve extra care
right now**

by Maria Niggle, Executive Director of First 5 Marin

FINALLY--

**Check out these parenting resources
from First 5 California:**

***ENGLISH**

***SPANISH**

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