



# NEVADA COUNTY CALIFORNIA

## Health and Human Services Agency

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## Department of Public Health

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### NEVADA COUNTY BOARD OF SUPERVISORS

#### Board Agenda Memo

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**MEETING DATE:** September 10, 2024

**TO:** Board of Supervisors

**FROM:** **Kathy Cahill, MPH, Director of Public Health**

**SUBJECT:** Resolution approving execution of a renewal contract with Toni McCormick, LCSW to deliver the Becoming Us and Moving Beyond Depression Programs in the maximum amount of \$50,676 for July 1, 2024 through June 30, 2025.

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**RECOMMENDATION:** Approve the attached Resolution.

**FUNDING:** Contract services are from Behavioral Health Mental Health Services Act (MHSA) dollars awarded through the Prevention and Early Intervention funds for implementation of a local programs to reduce mental health impacts on the community. Services are within the department's FY 2024/25 budget and there are no county general fund dollars required in the agreement.

**BACKGROUND:** Moving Beyond Depression is the only treatment option available in Nevada County with a focus on Perinatal Mood and Anxiety Disorders (PMADS). PMADS affects an estimated one in five women and has a profound effect on the social and emotional development of the newborn. PMADS responds extremely well to treatment, with an 80% recovery rate, effecting positive outcomes for both mother and child.

Moving Beyond Depression is a cherished program, serving Nevada County families for over a decade, healing hundreds of families. Toni McCormick, LCSW, has been partnering with Nevada County to deliver Moving Beyond Depression for many years. She has been trained through Cincinnati Children's Hospital to deliver the Moving Beyond Depression Curriculum and has developed expertise in Perinatal Mood and Anxiety Disorders. Over her years working with mothers and new families she noticed a pattern which lead her to research and develop a solution, "Becoming Us." Becoming Us curriculum is a psychosocial educational group with a focus on the relationship between new parents. Its goals are to ease the impacts of parenting on couples, keeping families together, stronger and healthier. Its benefits are realized by both parenting couple and the new child/children.

Prevention and early intervention for perinatal mood and anxiety disorders (PMADs) offer significant benefits to the broader community, extending far beyond the individual parent and infant. By addressing PMADs early, we can reduce the societal costs associated with untreated mental health issues, which include increased healthcare expenses, higher rates of family disruption, and lost productivity. Early intervention programs often lead to improved mental health outcomes for parents, which in turn supports healthier family dynamics and more positive developmental outcomes for children. This creates a ripple effect that strengthens the community by fostering a generation of well-supported, emotionally resilient individuals. Additionally, community-based prevention efforts, such as public awareness campaigns and accessible support services, promote a culture of mental health care and reduce the stigma surrounding these disorders. As communities invest in these proactive measures, they cultivate a supportive environment where mental health is prioritized, leading to overall better quality of life for all members and reducing long-term societal burdens.

It is recommended that the Board approve this renewal contract as services provided support the health of our community.

**Approved by:** Kathy Cahill, MPH, Director of Public Health