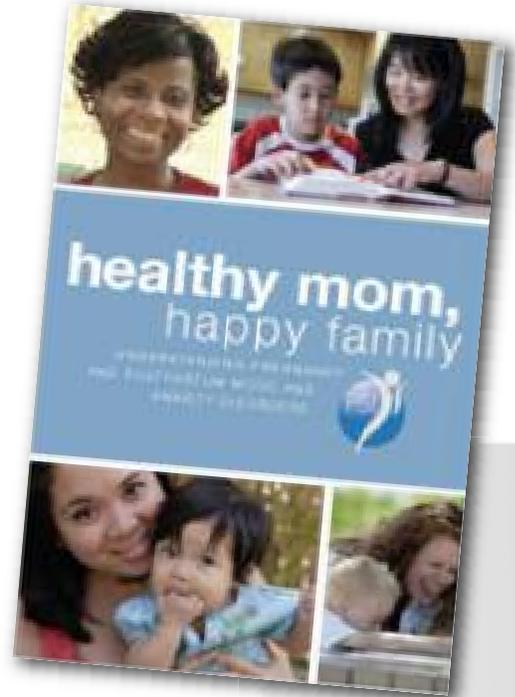




## PSI New DVD

We are absolutely thrilled to announce the completion of our first PSI DVD, *Healthy Mom, Happy Family, Understanding Prenatal and Postpartum Mood and Anxiety Disorders*.

This 13 minute DVD premiered at the PSI conference and got rave reviews! It features 4 survivors and PSI trainers, Birdie Meyer, Pec Indman, and Caroline Cribari. The DVD covers risk factors, symptoms, and treatment options. It is our hope that this DVD will be shown in childbirth education classes, postpartum units, healthcare offices, support groups, and anywhere moms hang out. This project was made possible by a generous contribution from singer Wade Bowen. The DVD is now available for sale on the PSI website, [www.postpartum.net](http://www.postpartum.net)



Call our Warmline  
1-800-944-4PPD  
Visit us on the web  
[www.postpartum.net](http://www.postpartum.net)

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Please join us  
*celebrating the blue Pacific*

**PSI MYSTERY READERS' LUNCH**  
at the HOTEL MAR MONTE - Santa Barbara  
with author **SUE GRAFTON**  
To benefit Postpartum Support International

Support PSI at our...  
**8th Annual  
Mystery Readers' Lunch**  
with author **Sue Grafton**  
**Saturday, January 16, 2010**  
at the HOTEL MAR MONTE  
1111 E. Cabrillo Blvd, Santa Barbara, CA 93103

**11:30 a.m. ~ Reception and Silent Auction**  
**Noon ~ Lunch**  
**1:00 p.m. ~ Words from the Author**

For further information and directions, please call PSI at 805.967.7636.

\$85 per person. Tables of 10 can be sponsored for \$800.  
All proceeds benefit Postpartum Support International.  
Please reply by January 4, 2010 - Reply card on page 14

Postpartum Support International P.O. Box 60931 Santa Barbara, CA 93160

Phone: (805) 967-7636  
Warmline: 1-800-944-4773 (4PPD)  
Fax: (323) 204-0635  
psioffice@postpartum.net www.postpartum.net  
Federal Tax ID: 77-0196208

*PSI wishes you and your families happy holidays!*

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## ABOUT PSI

PSI is the world's largest non-profit organization dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth. PSI was founded in 1987 to increase awareness among public and professional communities about the emotional difficulties that women can experience during and after pregnancy. The organization offers support, reliable information, best practice training and volunteer coordinators in all 50 US states as well as 26 countries around the world. Working together with volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families. To learn more,

call PSI at 800-944-4PPD  
or visit [www.postpartum.net](http://www.postpartum.net).

## WE OFFER:

- A website, [www.postpartum.net](http://www.postpartum.net), full of information helpful to the mother and her friends and relatives.
- A quarterly newsletter, PSI News, sharing information from a variety of sources worldwide.
- An annual conference offering opportunities to network and listen to experts sharing research and model practices in the treatment of PPD. Members pay reduced fees.
- Volunteers worldwide offering support and referral information. For more information, visit our website or contact [psioffice@postpartum.net](mailto:psioffice@postpartum.net)

## ABOUT PSI NEWS

PSI News is a quarterly publication of Postpartum Support International. This newsletter is sent to all members. Material submitted will be printed at the discretion of the editor. We reserve the right to edit all submissions. Submission deadlines are Feb. 15, May 15, Aug. 15, and Nov. 15. Material may be submitted to [clairevanb@cox.net](mailto:clairevanb@cox.net) with PSI News

in the subject line. Alternatively, material may be sent by regular mail to PSI, P.O. Box 60931 Santa Barbara, CA 93160, USA. If sent by regular mail, please include a notation that you are submitting information for PSI News. For more information about PSI News, please contact: Claire VanBlaricum, (805) 967-7523 or [clairevanb@cox.net](mailto:clairevanb@cox.net).

Graphic design is by Cecilia Martini-Muth of S2L Graphics, Santa Barbara, California.

## coming soon

look for  
PSI's new  
website  
in early  
2010!



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[www.postpartum.net](http://www.postpartum.net)



## PRESIDENT'S MESSAGE

### Dear PSI Members, Families, and Friends,

There's a chill in the air as we welcome the coming holidays, think of drinking hot apple cider, plan family gatherings, and consider our New Year's resolutions. Even Arizona's temperatures are falling below 100 again.

What a phenomenal annual conference we had in LA in August!! Thanks again to co-chairs, Kimberly Wong and Merrill Sparago, for a hugely successful conference. I so enjoyed seeing all of you there - old friends and new friends. I missed those of you who couldn't attend this year and look forward to seeing you at future conferences.

We enjoyed great speakers and new information, a beautiful hotel and banquet, hearing Country Music Artist Wade Bowen in person, great food, and having sunshine every day! Thanks to all involved. There were so many of you who helped make this a wonderful conference and I appreciate each and every one of you.

We had 38 PSI coordinators from around the world attend this year's conference. Our volunteer coordinators

are definitely the lifeblood of PSI. The passion and commitment of all the coordinators constantly amazes me. Thanks for all the work you do for women and their families every day.

At the conference we unveiled PSI's new educational DVD - Healthy Mom, Happy Family. We are so proud of this new educational tool that will soon be available for purchase and will be a great resource for hospitals, organizations, groups, and facilities. It is intended for use in Childbirth Education classes, teaching before discharge in the hospital, in Healthcare Provider offices, and many other ways. It is the first DVD released from PSI and was made possible from a donation from Wade Bowen's fundraiser for PSI. We will send out an announcement and add "trailers" to PSI's website when it is available. Please help us get the word out about this new educational tool.

Thanks to District of Columbia Coordinator Lynn McIntyre for her gift of filming a portion of the DVD as a donation to PSI. Thanks to all involved in the DVD for telling their stories. It will continue to help generations to come.

Wendy Davis, PhD, has been named PSI's first Program Director. We had some great applicants in our national search, and hired Wendy in August. This is a newly formed part-time position with PSI and is our second paid staff position in addition to our Office Administrator position, which is held by the wonderful Devani Priest in Santa Barbara. After 22 years of existence as a vital volunteer organization, our ability to create a paid director's position was made possible by income from our standardized national trainings and by many generous individual donations. Wendy has been in a volunteer position with PSI since 1997, first as an Oregon Coordinator, and then in the role of Coordinating all of the state and country volunteers. She has a

counseling practice in Portland, Oregon, and is the Founding Director and Clinical Advisor for the Baby Blues Connection mom-to-mom support organization. She has been coordinating and developing PSI programs as a volunteer and board member for many years and we are so happy that she will continue to lead PSI in this role.

The new President of the American College of Obstetricians and Gynecologists (ACOG), Gerald F. Joseph Jr, MD, has announced that he has made Postpartum Depression a priority this year. Our PSI Louisiana Coordinator, Misty Wainwright, has already made a PSI connection with Dr. Joseph. ACOG's annual conference is in May and PSI will be involved.

Our Santa Barbara members are busy planning the Annual Mystery Readers' Luncheon as a fundraiser for PSI. It will be held in Santa Barbara on Saturday January 16 at the beautiful Hotel Mar Monte and will feature author Sue Grafton. We are seeking donations for the silent auction in conjunction with this fundraiser. Please email the PSI office or call 1-805-967-7636 to make a donation for the silent auction. PSI's annual Board Retreat will be held that same weekend in Santa Barbara and we are looking forward to seeing other PSI members at the Luncheon.

Wade Bowen has announced that he will once again have a fundraiser for PSI with his Wade Bowen annual concert and celebrity golf tournament on May 2nd and 3rd, 2010. There will be more information in the future regarding this. I will be attending this wonderful event again with Lucy Puryear, our PSI President-Elect. Lucy will be attending "Texan-style" wearing her cowgirl boots. Come join us there!

Continue to spread the word about our weekly "PSI Chat with the Experts." Every Monday and Wednesday, we offer free open phone

*continued on page 4*

# The Pen Pal Network for Incarcerated Moms

The pen pal network serves as a vital source of support for incarcerated women who believe they've suffered from postpartum mental illness. The majority of our members believe they experienced postpartum psychosis and many are serving sentences for committing infanticide. The network aims to connect women who have experienced the worst consequences of postpartum mental illness, showing them that they are not alone and not to blame. In short, it's a support group through the mail.

## Here's how it works:

The pen pal network includes about 30 women who live in jails, prisons and state hospitals across the country. Network Coordinator Corinne Reilly personally corresponds with the women and sends out regular newsletters to the entire group, providing members with each other's news and personal messages. Some women in the network also correspond with one another

directly. Others live in facilities that don't allow them to send and receive mail from other inmates. The newsletters help those members to connect, heal and keep in touch with mothers who have experienced similar tragedies, even if they can't do it directly.

**For more information, or to join the network,  
please call, email, or write:**

**Corinne Reilly**

**317 W. Main Street # 9**

**Merced, CA 95340**

**Email: Corinne781@gmail.com**

**Phone: (408) 688-1124**

The Pen Pal Network is also working to gather information on legal cases involving postpartum mental illness in hopes of creating a clearinghouse of information to help women, families, and lawyers facing such cases. If you know of any, and especially if you've been involved in one, please contact Corinne and help us build our resource list.



Devani, in the PSI Office, would like to introduce and welcome Kate Wilson, who has been volunteering for PSI since February 2009. Kate is a senior at the University of California, Santa Barbara, majoring in English and Psychology. She has experience in volunteer work and loves to help people. Kate helps with office projects a few hours a week. She also attended a day at the LA conference helping at the bookstore booth. Please welcome and thank Kate for her volunteer work at PSI.

*President's Message continued from page 3*  
sessions, providing a free forum for information, support, and contact. Wednesdays are for moms and supporters, and Mondays are for Dads. Visit the link above for more information. PSI's educational offerings continue around the country. Our 2-day Certificate of Completion program, Perinatal Mood Disorders: Components of Care, is presently scheduled for: February in Florida; March in Kentucky; and April in Montana and Indiana. Stay in touch with these offerings under the Events section on the website. Please contact Pec Indman if you would like more information about bringing this highly regarding training course to your area.

Mark your calendars now for the next year's 24th Annual PSI Conference in Pittsburgh on October 27-30, 2010. We are "piggy-backing" on to the Marce Society annual conference. This is the first time in 10 years that the Marce Society has had a conference in the US. This year's President, Katherine Wisner,

MD and a committee from PSI will be planning a joint venture. We knew that many PSI members would want to attend Marce and PSI in 2010, so we're excited to collaborate and plan a combined conference. Our founder, Jane Honikman, has been a long-time member of Marce and has forged this alliance for years between PSI and Marce.

We are continually fortunate to have our members honored with awards locally, regionally, and nationally for their efforts in the promotion and work in the field of PMD. We are also grateful to our members and friends for continued financial support for the work we do.

Enjoy the season, sip a cup of hot chocolate, and know that you are all doing tremendous work for women and their families.

Thanks for all you do,  
Birdie



## Murdock Inducted Into Women's Hall of Fame

Congratulations to Sonia Murdock, executive director and co-founder of the Postpartum Resource Center of New York and past president of Postpartum Support International, who was inducted into the Suffolk County Women's Hall of Fame on November 18th in Smithtown, NY. Sonia has given so much of her life in complete dedication to women with perinatal mood and anxiety disorders, and is very deserving of every accolade she gets. Way to go Sonia!

## Hudson Perinatal Consortium Honors Susan Dowd Stone

A festive ballroom at the magnificent Liberty House Restaurant was the inspirational setting for an awards banquet sponsored by The Hudson Perinatal Consortium. In the shadow of the Statue of Liberty, the Manhattan skyline and the Hudson River, Marianne Moore, Executive Director, presented Ms. Stone with the Community Partner Award. Ms. Moore cited Dowd Stone's contributions to educational conferences, clinical work and tireless legislative advocacy as helping to promote PPD awareness, the importance of specialized professional education and women's mental health. She mentioned Susan's support for the Consortium over the years which serves a predominantly Latino community.

As Stone's daughter, Julia Rish, was born in Guadalajara Mexico, Susan feels a special affinity for this population which is frequently underserved and therefore at increased risk for perinatal mood disorders. Stone said "Thanks to the fine work of The Hudson Perinatal Consortium, women in this catchment area receive a full array of preventive and treatment services while pregnant and in the postpartum."

Former New Jersey First Lady Mary Jo Codey, and Sylvia Lasalandra, both members of PSI President's Advisory Council and Helen Jones, past PSI board member, were on hand to congratulate Susan who described the recognition as "deeply meaningful."

## PSI LEGAL RESOURCES COORDINATOR

We are very happy to announce that Postpartum Support International has added a PSI Legal Resources Coordinator to our network of volunteers.

Teresa Twomey has agreed to take on this valuable task. Teresa has been a PSI state coordinator for many years, first in Virginia and now in Connecticut. Teresa will now be the PSI contact person for families who are looking for resources regarding perinatal mental health and legal issues. She will maintain a database of professionals and volunteers with an interest in legal issues related to perinatal mental health. As with all of our PSI volunteers, the Legal Resources Coordinator will provide social support without giving specific clinical or legal advice or recommendation.

PSI cannot advocate on behalf of any particular individual or case, but we do advocate for the right to legal assistance for all

families. Families who are involved with legal issues related to perinatal mental health have the right to informed care, support, and legal defense. We know how hard it is to find these services and PSI is committed to help create a network of support for these families.

Please contact Teresa if you can add to our legal resources network or database. We would like to collect the following:

- Professionals qualified and willing to be expert witnesses.
- Attorneys who have represented women with postpartum mood disorders where the mood disorders were a factor. (This is not limited to infanticide cases; there are many legal issues that arise from these disorders.)
- Attorneys who have had or are interested in taking these types of cases.
- Volunteers who would like to provide support to families.

If you have expertise or suggestions, please contact Teresa at [tmtwomey@yahoo.com](mailto:tmtwomey@yahoo.com) or 203-439-2001.



## The Stork's Revenge: New Book From PSI Member Geri O'Keefe

*"On March 6, 1996 I gave birth to a beautiful baby girl and to postpartum depression (PPD). My baby weighed 8 lbs., 12.5 ounces. My depression--the weight of the world."*

Excerpt from "The Stork's Revenge: My Struggles and Triumphs over Postpartum Depression," Author, Geraldine O'Keefe

Foreword written by Sonia Murdock (Executive Director and Co-founder of the Postpartum Resource Center of NY and past president of PS).

I suffered through PPD and its after affects for almost eight years.

I do not remember the first three years of my daughter's life. I will never get that back, but I want to help moms in never having to reach that stage. I was the Poster child for PPD.

The following occurred before and after my pregnancy: My cousin lost her baby during my pregnancy. I was 11 days late and had to go through induction, labor, and an epidural without my husband. I had a one day hospital stay, a painful three layer episiotomy, and I was given too high a dose of painkillers. I was in recovery for six hours without my baby, my baby stopped breathing, I had interns who did not know what they were doing, problems breastfeeding, a psychologist who said that there was no such thing as PPD, etc.

But now my life is beyond my wildest dreams. I have a beautiful 13 year old daughter, an extremely supportive husband, and a wonderful family. But sometimes I think "what if?" What if I

received the right kind of help and support right away?

What if I had better medical and psychological care? I sometimes want those years back with my daughter, but

I cannot change the past, only the future. And that is why I wrote the book: so moms do not have to look back on their early days with their baby and ask "what if?"

Before the Foreword there is a complete list of resources. Get help right away. Nothing should ever come between you and your baby.

Please avoid the journey that I went through. I came out of the other side, to a beautiful rainbow. But it took almost eight years.

Please seek out help; and families please give support to your mother, sister, wife, or friend.

Go to both websites: [postpartumny.org](http://postpartumny.org) and [postpartum.net](http://postpartum.net).

*Thank you,  
Geri O'Keefe*

## Delivering SaraBear® Diaper Caddies to Babies"R"Us PSI's Message "Tags" Along

GLENS FALLS, NY (September 24, 2009) - SaraBear® Company is expecting again, this time the newest arrival is the introduction of their diaper caddies to the Babies"R"Us line. Mid-October will see the shelves of Babies"R"Us nationwide offering the SaraBear® diaper caddy, a perennial favorite for baby showers and a top-pick baby registry item. Later that same month the caddies will become available on [www.babiesrus.com](http://www.babiesrus.com), the most popular baby-registry source in the U.S.

Last year the SaraBear® diaper caddy was taken nationwide with a Target

launch, both in stores and online. The SaraBear® diaper caddy continues to be heralded as a baby product with a genuine usefulness and design appeal. Sales, with the addition of BRU, will surpass \$2.3 million. Inventor and SaraBear® Company CEO, Melissa Bramlage continues to use the company to support the efforts of Postpartum Support International ([www.postpartum.net](http://www.postpartum.net)).

"The first few months home with a new baby is an amazing time in a woman's life. But for some moms this time can be a

significant struggle. The availability of the SaraBear® diaper caddy at Babies"R"Us points to increased sales, but more importantly will allow our campaign for PSI to be seen by so many more. PSI tirelessly offers the kind of support and resources that literally saves lives." explained Bramlage, a mom of two and survivor of PPD herself.

The caddies arriving at Babies"R"Us will be the top sellers - the Jackson, Montreal and Saratoga styles - a boy,

*continued on page 13*

# Coordinator and Members

## News From Around the World

This column is presented in the hope that the information presented will be helpful and inspiring to read. Get new ideas about how to network and build your organization. Learn from one another.

### USA

#### ARIZONA

Carondelet St Joseph's Hospital in Tucson just received a \$35,000 grant from the AZ Republic in partnership with the Governor's Office for Children, Youth and Families to support their postpartum depression program, The HOPE Project (Health Optimistic Perinatal Experience). This is a specialty license plate fund for Child Abuse Prevention. The motto on the plate reads: "It Shouldn't Hurt to be a Child."

2009 Legislative Session. The Perinatal Mood Disorders Study Committee was heard in the AZ State Senate Health Committee on June 17. It received a unanimous vote of support from the members and chair. However, the state budget struggle caused the bill to stay in the Senate as over 75% of legislation was not heard this session. The Bill essentially died for lack of forward movement to the full Senate and House. Once again the AZ Stakeholders will meet in Phoenix to prepare another plea next year.

Christina Hibbert PsyD has agreed to come back to partner with me as co-coordinator for AZ. I am very pleased to have her on my team. Christi is busily growing the AZ Postpartum Wellness Coalition and focusing on building regional pockets of activity around our vast state.

Our AZ Warmline is blessed with a new bilingual volunteer and the Spanish calls are increasing. Stacy Moreno is a social worker for the Family Learning

Center at Maricopa Medical Center in Phoenix and attended the PSI training in Gilbert in April. Participation in a 2-day training is one of our requirements to grow our state professional resource list that warmline volunteers work from, and is required education for the warmline volunteer.

GREAT NEWS!! Our inmate, Hope Lynette King in 2001 was sentenced to 40 years in the women's prison outside of Phoenix at age 23 for 4 counts of child abuse. Her daughter was 7 months old. (Her baby was adopted and is now 9 years old and healthy). Perinatal mental illness was not brought into her defense. In 2006 when I learned about Hope, I made contact with a nonprofit comprised of law students and an attorney to oversee; the AZ Justice Project, which selects cases that may have merit to pursue for inadequate defense. It's been a long 3 years and several staff changes, but now activity is advancing. A psychologist will review her records for evidence of postpartum mental illness; it is clear that her team at the Justice Project feels strongly that Hope had postpartum psychosis and they are eager for re-trial and reduced sentence. PSI's Corinne Reilly has been corresponding with Hope for several years on the pen-pal network and Hope always mentions how nice it is to get those letters and the PSI newsletter!

The Arizona Postpartum Wellness Coalition, in coordination with the Tucson Postpartum Depression Coalition hosted a 2-day Perinatal Mood Disorders training in Tucson, AZ in October. It was a huge success with over 60 participants, including one woman who traveled all the way from Singapore and is starting a postpartum depression program in her hospital!

The Arizona Postpartum Wellness Coalition continues its work on regionalizing the state. We currently have 3 main regions, with many smaller regions in each area. We are grateful to all those who have volunteered as regional and area coordinators and who are working hard to determine needs in their areas so we can provide more localized, personal resources and education in our state.

We are also pleased to announce we have translated our brochure into Spanish! A great resource for our families here in AZ. Finally, we have established a new web address for the AZ Postpartum Wellness Coalition. While the site is still under construction, users can access the coalition now at [www.azpostpartum.org](http://www.azpostpartum.org).

Carole Sheehan  
AZ Coordinator  
520-631-6308  
[Carole\\_sheehan@hotmail.com](mailto:Carole_sheehan@hotmail.com)

Christi Hibbert  
AZ Coordinator  
[chibbert@postpartumcouples.com](mailto:chibbert@postpartumcouples.com)

#### INDIANA

We are still going strong here in Indiana!

There are now eight therapists trained in PMD at the Family and Children's Center in South Bend. One of those therapists speaks Spanish. Kathy James from the Family and Children's Center is making rounds at local mothers' groups. A PMD educational session was provided for one of the OB/GYN groups at St. Joseph Regional Hospital. The Family and Children's Center received a \$10,000 grant from United Way this year to run the PMD program. The center offers a weekly support group with steadily increasing numbers.

The Clarian Health PMD program continues to receive 300-350 phone calls



per month. We now offer two daytime support groups which are held at Clarian North and Clarian West. The 2-day PSI Certificate of Completion course will be offered in Indianapolis on April 22-23, 2010. Speakers include Lucy Puryear, MD; Wendy Davis, PhD; Birdie Meyer, RN, MA; and Sara Pollard RN, BS. Please contact Sara Pollard at [spollar2@clarian.org](mailto:spollar2@clarian.org) for more information. Three of the four Clarian Health hospitals are now screening and educating for PMD during the hospital stay. The fourth hospital is in the planning stages of a screening and education program.

St Francis Hospital in Indianapolis is in the process of starting both a support group and inpatient screening program. Birdie Meyer, RN, MA has been assisting in this process.

Sara Pollard RN, BS has presented half day PMD trainings on behalf of Indiana Perinatal Network at various locations around Indiana. These trainings provide an overview of PMD as well as a time for brainstorming current and potential area resources for PMD sufferers.

A new support group has begun in Evansville, IN. Candace Landmark is the facilitator and Mental Health America sponsors the group. Both Birdie and Sara enjoyed assisting Candace in formation of this much needed support group.

There is currently a study at Kinsey Institute in Bloomington, IN regarding Oxytocin and PMD.

We are so excited about the changes that are taking place in Indiana!!!

Respectfully submitted,

Sara Pollard RN, BS  
Clarian Women's Services  
1701 N. Senate Blvd.  
Indianapolis, IN 46202  
[spollar2@clarian.org](mailto:spollar2@clarian.org)

## MASSACHUSETTS

Massachusetts has an "Act relative to Postpartum Depression" being proposed that will require at least three perinatal OB screenings, and four mom screenings in the pediatric setting in the first year, as well as a focus on collaborations, statewide training and a public awareness campaign. There's a big effort being made to get widespread involvement, in the hopes of getting it passed. It has been endorsed by PSI as well.

Also, PSI of MA is happy to have been getting a number of new members interested in helping and becoming coordinators throughout the state this year, including Lisa Waxman North of Boston, Amy Smith in Central MA, Amanda Peterson south of Boston, and Mary Curlew in Bedford MA.

Suzan Wolpov LMHC, LRC/CRC  
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1938 fax

## MINNESOTA

Pregnancy and Postpartum Support Minnesota participated in the Birth and Baby Expo sponsored by ICAN - Twin Cities (International Cesarean Awareness Network), held October 10 in Midtown Global Market, Minneapolis. We talked to pregnant women, mothers and fathers about resources and support; we introduced ourselves to other professionals and organizations; we distributed copies of our Minnesota Perinatal Mental Health Resource List. It was a wonderful opportunity to offer support and information.

Suzanne Swanson, Ph.D., LP  
Pregnancy and Postpartum Support  
Minnesota  
Postpartum Support International MN  
Co-coordinator  
651 221-9709

## TENNESSEE

Greetings from Middle Tennessee... When I moved to Murfreesboro, TN (about 30 miles south of Nashville) not even a year and a half ago I was shocked that there was absolutely nothing in place to help new families dealing with postpartum depression.

Since that time there have been some really exciting changes!

\*Three therapists in strategic parts of Middle TN have had training and are now counseling moms and families with PMDs.

\*Two support groups are forming, one in Murfreesboro and one in Nashville. Someone else wants to start a support group for couples dealing with PMDs.

\*The Maternal Mental Health Task Force of Middle Tennessee has formed and has a wonderfully diverse set of women who attend.

\*Baptist Hospitals now ask about PPD symptoms at their 7 day follow up call and will directly connect patients who want referrals to a therapist.

\*A Postpartum Care Class is being formed that will not only teach about keeping a strong, healthy family after baby but will also provide resources for services.

\*We have been offered a free training for "Bootcamp for New Dads" so we can get them excited about the importance of their roles as new fathers.

Marcie Ramirez  
PSI Coordinator of Middle Tennessee  
Survivor PPD/PPA/PPOCD  
[www.postpartum.net](http://www.postpartum.net)  
615-556-3037

**INTERNATIONAL NEWS**



PSI Founder, Jane Honickman met two of our new European coordinators in July 2009. Top: Dr. Isolde Eckle in Zurich, Switzerland. Bottom; Andreja Troppan in Slovenia.

**AUSTRALIA**

My name is Melissa Hughes and I run a supported playgroup for families suffering with any form of perinatal mood disorder. I am a perinatal psychotherapist and I work with a male colleague facilitating two hours of group therapy for Mums and Dads while the children are taken care of in a specialised child care facility.

In March this year on International Women's Day, March 8th, I was awarded a short listed prize by the Centre for Leadership for Women, for my work with postnatal depression. The group continues to go from strength to strength and we hope to be able to roll out more groups in the next two years.

Many thanks

Melissa Hughes  
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**FRANCE**

News from the French speaking group of the Marcé Society (SMF)  
([nine.glangeaud@inserm.fr](mailto:nine.glangeaud@inserm.fr))

1) A new book (in French) is published this week on mother-baby unit care, by the Francophone Marcé Soci t  on "what we can learn from their experience?"

Title: Orages   l'aube de la vie. Liens pr coces, pathologies puerp rales et d veloppement des nourrissons dans les unit s parents-b b 

Francois POINSO and Nine MC GLANGEAUD-FREUDENTHAL (eds)

You can order it on the website of the publisher  
<http://www.editions-eres.com/resultat.php?Id=2394>

2) The annual meeting 2010 of the SMF will be in Marseille on "Home intervention for mental health perinatal care"

Best wishes for PSI.  
Nine Glangeaud,  
[nine.glangeaud@inserm.fr](mailto:nine.glangeaud@inserm.fr)

**MEXICO**

Dear Colleagues and PSI members,

For various reasons I won't be able to be with you in LA this year. I will miss you because it's a long time since I last saw you. However, I would like to tell you what we have been doing in Mexico.

Our "self-help" book designed for pregnant women to prevent postpartum depression was finally published:  
Abriendo tu amor para recibir a tu beb .  
C mo prevenir la tristeza y la depresi n en el embarazo y despu s del parto.  
[Opening your Love to Welcome your

Baby. How to Prevent Sadness and Depression in Pregnancy and the Postpartum] Lara & Garc a-Hubard, Ed. Pax. M xico, 2009. It will hopefully be available at Amazon in a few months, but for the time being, we can post it if needed.

We also designed a brochure for the general population, and a manual for facilitators who want to use this book individually or in groups will be published soon.

We have now an on-line self-help program for depression for women: <http://www.ayudaparadepresion.org.mx/> It has a section on postpartum depression and a link to PSI (to your page in Spanish). It has been visited by over 600 people in two months and it seems that women are finding it useful, which is very encouraging. We are planning to do some more systematic research to find out what its potential is.

As PSI coordinator, I have not had much time to organize more coordinators in this country, although help for depression in the postpartum is urgently needed here. For the time being I don't think I will have time to do this, but I hope to be able to do so in the future.

Most of my time is spent doing research. Some articles on depression in pregnancy and the postpartum are due to come out soon in national and international journals, and I will let you know when they are published.

I wish you all the best with the conference - you are a wonderful organization.

ASUNCI N LARA CANT , PHD

**UNITED KINGDOM**

Back in 2004 I had finished writing my story of puerperal psychosis and asked the then president of PSI if she would look at the manuscript as I wanted to know if it would be relevant in the USA and not just my native UK. Diana Lynn

*continued from page 9*

Barnes was most supportive and even wrote me a wonderful foreword for it.

Since 'Eyes without Sparkle – a journey through postnatal illness' (Radcliffe, 2005) was published my life has changed beyond recognition! I was asked to give talks and lectures and eventually I gave up my teaching career to become a full-time speaker and campaigner on postnatal illness. Last October I addressed the European Parliament about the need for more recognition and facilities to treat women affected by PNI. Through my talks and my website I am kept up to date with what is happening right now as many people contact me! I was thrilled to speak at the Marce society in Sydney last September and my room-mate was Jane Honikman - so I have no excuse not to join PSI!

I add to my blog regularly with any news and developments on the area of perinatal mental health. I learn a great deal on my travels about good practice and I see part of my role to cascade that knowledge. So please let me know if you would like me to add anything to it.

Kind regards,

Elaine A Hanzak

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See my blog

at: <http://elainehanzak.blogspot.com/>

## First Lady Michelle Obama and Dr. Jill Biden open Service Nation Event: PSI Among National Partners



First Lady Michelle Obama, Doctor Jill Biden, wife of U.S. Vice President Joe Biden, and Alma Powell listen to Rob Gordon during the ServiceNation launch of 'MISSION SERVE: Forging A Continuum Of Service' at George Washington University on November 11, 2009 in Washington, DC. PSI past president Susan Stone is on the far right.

On this past Veterans Day, November 11th 2009, at George Washington University in Washington DC, First Lady Michelle Obama and Dr. Jill Biden contributed opening remarks to the official introduction of Service Nation volunteer partnerships. Service Nation is an organization devoted to increasing volunteer efforts among civilians, non profits and other entities in communities across the United States with special emphasis on provision of services to military families.

Among the organizations recognized for their volunteer contributions were Postpartum Support International and Give an Hour, a non profit established by Dr. Barbara Van Dalen to encourage mental health practitioners to donate a weekly hour of professional service to military families.

Susan Dowd Stone, LCSW, Chair President's Advisory Council of PSI was

invited to take the stage behind the First and Second Lady of our country as PSI's representative, standing when the name Postpartum Support International was read. Stone commented "While this invitation is a memorable honor, the Obama Administration's emphasis on mental health as part of overall health care brings a holistic perspective to this critical initiative. PSI's inclusion brings more consistent visibility to our issue along with a level of exposure and awareness that will

help spread our mantra, "You are not alone, you are not to blame and with help, you will be well".

If you are a mental health professional willing to donate some of your time to help a military family, including treatment for postpartum depression, please visit Give an Hour's website and sign up! There's no better way to acknowledge and support our military families.

Meanwhile the petition in support of the The Melanie Blocker Stokes MOTHERS Act continues to grow and offering moral suasion to legislators currently debating health care who frequently visit the site to evaluate support for postpartum depression initiatives. If you have not yet added your name, please do so today by emailing Susan ([susanstonelcsw@aol.com](mailto:susanstonelcsw@aol.com)) with your name, state and any affiliation, i.e. mother, survivor, health care practitioner etc.!

visit

postpartum.net

# A note from Wendy Blumfield, Israel Childbirth Educator Centre and joint PSI Israel Coordinator

*We are working closely with the COHI midwives and other maternity health professionals and trying to spread their message. Stories like that of Rochel Englander will not be found in the media.*

## Update from Sudan

By Rochel Englander, Group Organizer of the Sudanese Refugee Project Circle of Health International (Circle of Health International is a 501c3 nonprofit organization supporting the empowerment of conflict- and disaster-affected women through the provision of women's health initiatives. Learn more at [www.cohintl.org](http://www.cohintl.org).)

Being an active member of the Sudanese/Hillel refugee project is hard work. You have to be alert and ready at all times of the day and night to assist helpless refugee couples and pregnant women. But nothing can beat the satisfaction you get when you see the joy on a mother's face when her baby is handed to her for the first time. For those who are not aware, a group of midwives volunteering with COHI are participating in the Sudanese/Hillel Project in Arad, a small town in southern Israel, and in a women's shelter in Northern Israel. The aim of the project is to help and empower refugee women throughout the birthing process. But unfortunately, not every birthing story has a happy ending. Working in this position exposes you to your fair share of heartbreaking situations. Here is one such story:

Recently, I was called in to deal with a Sudanese couple who had been through a harrowing experience. The young couple had come from Sudan to Egypt in mid-April. The couple, along with the group that they had fled Sudan with, had attempted to jump the Egyptian border to

get to Israel, but unfortunately, not everyone made it. The rest of the group was shot by the Egyptian border patrol and the young couple fled to the desert where they wandered for two days without any food or water.

The wife, 19 years old and pregnant for the first time, gave birth to a baby boy on a mountaintop in the desert. Because of the unforgiving desert conditions, the baby was dead by the time the Israeli army found them. The army doctor transported the couple on a helicopter to a hospital in Be'er Sheva. He stayed with them the entire day and even helped them find a Catholic priest and cemetery to bury their son. I cannot begin to express how impressed I was by the gentle treatment given to the couple by the army doctor and the Israeli border police. And it didn't just end there – it seemed like the entire community came to their aid, even students from the local university who donated clothes to the young couple. It appeared everyone was trying in their own way to soothe the pain of the turmoil that they had been through.

Unfortunately, the experience had left deep scars, not just physical but emotional as well. I stayed with them and explained what was going on as best I could. I helped the hospital staff in their care and was able to bring the community leaders from Arad to help explain the situation. But the husband was inconsolable and terrified. He didn't believe that the border police was not there to hurt him. He thought the nurses were typing a deportation notice on the computer, when in fact they were simply entering medical records.

The couple seemed a little reassured when the Sudanese community leader came and talked to them. They felt even better when they were released from the hospital, because they weren't sent to a



Top: Hillary, COHI volunteer, with Sudanese refugees (photo: Jessica Alderman)  
Bottom: Newborn baby at a consultation with a COHI volunteers in Arad, Israel, April 2009 (photo by Jessica Alderman)

detention center but were free to do as they pleased. The wounds from the turmoil that the young couple went through cannot be easily healed. But when I, along with other members of our Program, went to visit them the young wife said they were doing a lot better but her "body still weeps a little bit." When you've lost your first born in such terrifying circumstances, what mother's wouldn't?





# DEBRA LYNN GINDORF GRANTED CLEMENCY

On March 29, 1985, while suffering from a severe postpartum mental disorder, Debra Lynn Gindorf tried to kill herself and her two babies, a 3-month-old son and a 21-month-old daughter, using sleeping pills. She awoke in the morning to find her children dead. Following a trial at which the word “postpartum” was never uttered, she was convicted of the murders of both of her children.

On May 1, 2009, Debra finally received the justice, mercy and forgiveness that she deserves when Illinois Governor Pat Quinn granted her executive clemency and commuted her prison sentence to time served. Debra’s miracle was the result of over two decades of effort augmented, here and there, with bits of remarkable good luck.

I was assigned to serve as Debra’s defense attorney on her direct appeal. Debra’s defense was insanity; however, none of the experts who evaluated her for the purposes of her trial considered the possibility that her actions were related to a postpartum mental disorder. The defense and prosecution experts agreed that she had been a loving, caring mother who acted with the unreasonable belief that it was necessary for her to take her children to Heaven rather than to leave them on Earth to lead lives of misery and despair, like hers. Tragically, the judge who presided at her bench trial found her guilty but mentally ill of the two murders. In Illinois, despite the finding of mental illness, because Debra killed more than one person, the law required that she be sentenced either to death or natural life in prison without any hope for parole. Fortunately, Debra did not receive the death sentence. However, at age 21, she was ordered by the court to remain in prison until she died.

I was not surprised when Debra’s convictions and sentence were affirmed on direct appeal. There was almost nothing to work with in the case, given the nature of the experts’ testimony at the trial, which did not describe the narrow range of behavior that qualifies for a finding of not guilty by reason of insanity. Yet, I could not simply accept the result in the case and move on. Debra was a gentle, caring and law-abiding person. Her crimes and her extreme sentence made absolutely no sense.

Our first experience of remarkable luck occurred in 1988, while the appeal was still pending. Debra happened to be in her cell watching TV when the Donahue Show came on. The topic was a little known illness: postpartum depression. One of the guests appearing on the show was a psychologist who had testified as a defense witness at Debra’s trial. To Debra’s utter amazement, during the show, the psychologist casually described Debra’s crimes as having been committed during an episode of postpartum depression.

As soon as Debra told me about this, I obtained a transcript of the show. Although I was then myself a reasonably well-educated 36-year-old mother of two, I had never heard the term “postpartum depression.” The scant information conveyed during the discussion on Donahue opened a new world for me. The knots tied by ignorance that bound Debra to the horrible status of murdering mother finally began to loosen and, eventually, allowed us to unwind those bindings and set her free.

Unfortunately, my own ignorance regarding postpartum mental disorders was not at all unusual in the 1980s. By far the biggest hurdle we faced was the need to educate the Prisoner Review Board and the Governor’s office as to the very existence, not to mention the nature, of postpartum-related illnesses. To do that, we had to find both professional and lay supporters who would verify our claim that a postpartum disorder could cause a loving mother to want to kill herself and her children. We had almost no money to work with and, at the very outset, almost no support beyond the handful of experts who had first assessed Debra’s case (without charging us

for their services) and opined that she and her children were victims of postpartum depression or psychosis.

Initially lacking the benefit of the Internet, gathering the information and the support that was needed to make our clemency request viable in the eyes of Illinois government officials was a slow, painful process that took about 20 years to accomplish. One of the most significant and lucky breakthroughs came in 1991, when I stumbled upon a magazine article about Jane Honikman and Postpartum Support International. Jane’s positive response to my initial contact was incredibly uplifting. The possibility of gaining the support of an international organization like PSI gave us good reason for hope. Through PSI, we were able to obtain dozens of letters from women who had experienced postpartum disorders and professionals who had treated such afflicted women. Over the years, the stories and the expertise that we collected through PSI legitimized our claim and raised awareness of PPP/PPD both in the Illinois government and in the general community.

PSI also helped Debra on a personal, emotional level. Debra became involved in the PenPal Network, which allowed her to communicate with other women who had committed terrible crimes while suffering from a postpartum disorder. Having contact with others who were in the same boat helped her hold on through the fear and disappointment of having her first three clemency petitions rejected. Discovering that other women who had done the same sorts of awful things were nevertheless decent, caring people helped Debra find her way towards self-understanding and self-forgiveness.

It is impossible for me to fully express Debra’s and my own gratitude to the many kind and generous souls at PSI who have helped us over the years. PSI shares this victory. Not only has Debra been set free, but her story has served to educate thousands of women and professionals regarding the need for awareness of PPP/PPD and for health care systems and practices that have some good chance of preventing tragedies like those suffered by

*continued on page 13*

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Debra and her children. Debra also has taught us that, when the worst happens, we can use our understanding of PPP/PPD and our human capacity for empathy to forgive the seemingly unforgivable.

Today, Debra is staying temporarily with a close friend and trying to acquire the resources she needs to move into her own place and to begin to live her own life. She is doing reasonably well and is eager to become a self-supporting, contributing member of society. The obstacles she faces are many and include a lack of money. When she left Dwight Correctional Center, the prison gave her \$24.00 and some odd change—a dollar for each year she was there with some pennies to make up for extra days. She has received a few monetary gifts from supporters and has earned money working odd jobs in her new community. If you would like to help Debra, you can send a check made out to her, Debra Lynn Gindorf, to my office: Kathleen J. Hamill, Assistant Defender, Office of the State Appellate Defender, 2010 Larkin Avenue, Elgin, IL 60124. I will forward all mail addressed to Debra to her new address.

Kathleen J. Hamill, Assistant Appellate Defender  
OFFICE OF THE STATE APPELLATE DEFENDER  
2010 Larkin Avenue  
Elgin, IL 60123  
(847) 695-8822

## Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek Their Help

(Routledge, 2008) by Karen Kleiman, MSW, Director, The Postpartum Stress Center



### *About the Book*

This book provides a comprehensive look at effective therapy for postpartum depression. Using a blend of

professional objectivity, evidence-based research, and personal, straight-forward suggestions gathered from years of experience, this book brings the reader into the private world of therapy with the postpartum woman. Based on Psychodynamic and Cognitive-Behavioral theories, and on D.W. Winnicott’s “good-enough mother” and the “holding environment” in particular, the book is written by a therapist who has specialized in the treatment of postpartum depression for over 20 years. *Therapy and the Postpartum Woman* will serve as a companion tool for clinicians and the women they treat.

Karen Kleiman, MSW, licensed clinical social worker, is the author of *This Isn’t What I Expected: Overcoming Postpartum Depression* (with V. Raskin), *The Postpartum Husband: Practical Solutions for Living With Postpartum Depression*, and *What Am I Thinking? Having Another Baby After Postpartum Depression*. As a noted expert, she has been breaking new ground in the field of postpartum depression through her writing and clinical practice for over 20 years. A native of Saint Louis, Missouri, Kleiman

has lived in the Philadelphia area since 1982 with her two children and her husband. In 1988 she founded The Postpartum Stress Center, an outpatient treatment facility for perinatal mood and anxiety disorders. The Center provides compassionate support and state-of-the-art treatment for women and their families. Kleiman’s pioneering work has paved the way for healthcare practitioners, clinicians and women who struggle with postpartum depression to gain a deeper understanding of this disorder and its impact on the family. In addition to her writing and teaching, Kleiman maintains her private practice at The Postpartum Stress Center in Rosemont, Pennsylvania and Voorhees, New Jersey.

“Healthcare professionals are just now beginning to realize that postpartum mood disorders are a unique set of illnesses requiring specialized knowledge for the most effective treatment. Karen Kleiman has written a much-needed book about her extensive experience helping women with these devastating illnesses recover. Therapists from all over the country should be clamoring to get their hands on this book.”

- Katherine Stone, Postpartum Progress, [postpartumprogress.typepad.com](http://postpartumprogress.typepad.com), and PSI Board Member

*SaraBear continued from page 6*

neutral and girl pattern. They will carry the informational hang-tag specifically designed to increase awareness of PPD and PSI. SaraBear® Company continues

to explore opportunities to assist new parents. Hibernate is the SaraBear® Company blog, which shows the human side of the company, with everything from a mom’s wisdom to new developments.

[www.hibernate.sarabearco.com](http://www.hibernate.sarabearco.com).

Visit [www.sarabearco.com](http://www.sarabearco.com) to find out more about the caddies and their availability throughout the country.



# Duke University Medical Center Shares Its Approach to Using the Edinburgh PPD Scale

Increasingly, more programs are screening for postpartum depression using the Edinburgh Postpartum Depression Scale.

While screening using this scale is important, the manner in which it is done is critical.

I have written an explanatory letter (shown below) so that others might wish to see what we are doing here at Duke, and even improve upon it.

At first, after providing mothers with the attached letter, we were simply seeing or calling those mothers who scored 12 or higher, or who had endorsed that they ever have considered self-harm.

Subsequently, we added an item at the letter's end, which allows mothers to say that they would like a follow-up phone call, even if their score is not above 12. Surprisingly, a significant number of mothers request a call and seem most grateful to receive it.

Anyway, please feel free to re-print any of this information if you think others would find it useful.

Kind regards, Bill

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Departments of Psychiatry and Ob/Gyn  
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### *Why we are asking you ten simple questions:*

Dear New Mother,

We hope that your baby is fine, but we want to be sure that you are, too.

While nine out of ten new mothers may feel little more than the baby blues, one out of ten feels worried or depressed.

If you are sad or worried, we want to know so that we can work together to be of help.

If we see that you are at high risk for depression, someone from our staff will either talk with you while you are here or call you within the next two days.

All mothers should be able to get needed help. No new mother should feel alone.

Thank you.

Please provide your name \_\_\_\_\_ today's date \_\_\_\_\_ and a contact phone number - \_\_\_\_\_.

Yes \_\_\_\_ or No \_\_\_\_ Even if I am not at substantial risk, I would welcome a check-in phone call for a chat, from you or someone in your Department, in the next several days.

### 2010 PSI Mystery Readers' Lunch Reply Card

Yes, I would love to attend! Please reserve \_\_\_\_\_ places at \$85 = \_\_\_\_\_

Yes, I will sponsor \_\_\_\_\_ tables at \$800 each = \_\_\_\_\_

No, I cannot attend, but would like to support PSI with a donation of \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

*Please write names of guests and table requests on back of card.*

I am enclosing a check (payable to PSI)

I wish to pay by credit card     VISA     MC     AMEX

CC # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

*Please respond by January 4, 2010. Reservations will be held at the door.  
\$50 per person tax-deductible. For more info, call PSI at 805.967.7636  
Federal Tax ID # 77-0196208*

Please mail your reply to:  
Postpartum Support International  
P.O. Box 60931  
Santa Barbara, CA 93160

***Thank you!***