



PSI news



Call our warmline
1-800-944-4PPD

Visit us on the web
www.postpartum.net

Come to Sunny LA, in January for the PSI Bright Lights Winter Weekend – an educational and inspirational event!

PSI is hosting an exciting weekend of events over the MLK Jr weekend at the beautiful Biltmore Hotel in the heart of downtown Los Angeles. Visit the website link below for information and links to register for the Jan.14 Best Practices Training, Jan.15 Fundraising Gala, and Jan.16 Reproductive Psychiatry Seminar. You can come to one, two, or all three. Invite your friends and family to the Saturday Benefit Gala to raise funds for PSI Programs. We're excited to announce that we will be joined by special celebrity guest *Carnie Wilson* -- singer, actress, author, and mom of two. Enjoy a delicious Biltmore reception and play games at Casino Night brought to you by Dr. Merrill Sparago, psychiatrist and Casino Games expert. To reserve a beautiful Biltmore Hotel room for you or your guests, click on the Millennium Biltmore logo below or call 1-800-245-8673 and identify yourself as part of the Postpartum Support group. Any room reserved through our link for any day during the week of January 11 - January 18th benefits PSI! You need

to make those reservations through our link before January 6 for the guaranteed reduced rate. Put it on your holiday wish list or buy a stay at the Biltmore for some deserving person in your life. Register now and join us there!

Visit the PSI Website here for more information [click here](#).

If you have questions, contact Wendy Davis at wdavis@postpartum.net

Here are the Bright Light Weekend Events:

PSI Best Practices Training by Birdie Meyer, RN, MA, CLC and Diana Barnes, PsyD, LMFT

Acclaimed PSI standardized curriculum
Friday, Jan 14, 8:30am-5pm
psitraining.eventbrite.com/

PSI Bright Lights Winter Gala
Delicious reception, glorious raffle,
special celebrity guest, music, mingling,
and Casino Night!
Saturday, Jan 15, 7pm-midnite
psibrighlights.eventbrite.com/

Reproductive Psychiatry Seminar, facilitated by
Adrienne Einarson from MotherRisk in Canada
Meet top-notch psychiatric providers at this
stimulating seminar
Sunday, Jan 16, 12:00-5:30pm
repro-psych.eventbrite.com/



PSI's 25th Anniversary Conference "Whole Care for the Whole Family" Seattle, Washington

When: Sept. 14-17, 2011
Pre conference Sept. 14 & 15
Coordinators Meeting Sept. 15
Main Conference Sept. 16-17
Where: Seattle, Washington

PSI and PSI-Washington are working together to plan the 25th annual PSI conference at the Red Lion Inn in the heart of downtown Seattle, with stunning views of the Puget Sound and Elliott Bay, the Cascade Mountains to the East and Olympic Mountains to the

West. Reduced rates are available at \$149/night single or double. We are working now to secure sponsors and exhibitors. If you know of an organization or individual that might be a compatible sponsor, or you would like to help with planning, please contact Heidi Koss, Executive Director of PSI of WA at heidibethkoss@gmail.com. You can skype or call in to meetings. A call for speaker proposals is available and registration will come soon, so stay tuned! www.postpartum.net or www.ppmddsupport.com.

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About PSI

Postpartum Support International
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 Warmline: 800.944.4PPD (4773)
 E-mail: psioffice@postpartum.net
 Web: www.postpartum.net

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.

We Offer

- A website, 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

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 PSI News Coordinator Beth Bassett at news@postpartum.net and include "PSI News" in the subject line. Material may also be sent by regular mail to PSI, 6706 SW 54th Ave, Portland, Oregon 97219, USA. Please include a notation that you are submitting information for PSI News.

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Lianne Swanson, PSI Office Administrator

PSI Office moves to Portland, OR

In August 2010 we moved the PSI office from Santa Barbara to Portland, Oregon. This move is a step forward because our Program Director Wendy Davis also lives in Portland, creating more efficient coordination and oversight of all PSI activities. PSI Founder Jane Honikman, who started our organization in beautiful Santa Barbara, is fully behind this move. She is already at work imagining her next project -- maybe a PSI training facility in sunny California? We said goodbye to our office staff Devani who did an excellent job in Santa Barbara, and we welcomed our new Office Administrator, Lianne Swanson, who helped make a smooth transition to Portland. The move happened with hours of help from Treasurer Carin Ezal, advice from Jane Honikman, and past treasurer Mary Lou and Gary Kravetz, and optimism of Wendy and Lianne. We have a new mailing address, office phone, and fax. Our Warmline 1-800-944-4PPD is the same. Lianne has picked up two shifts on the warmline, which she answers with great compassion and dedication. Lianne comes to us with a background in sales, advertising, marketing, and grand-mothering. Her experience in customer service and as a board member of Oregon's Baby Blues Connection mom-to-mom support organization makes her a wonderful representative for PSI. Additionally, previous Alaska Coordinator Beth Bassett now lives in Portland and helps with admin tasks, including newsletter coordination.

Please contact the office with any questions or just to say hello at psioffice@postpartum.net or 503-894-9453.

President's
 Corner


Letter from PSI President Lucy J. Puryear, M.D.

Dear PSI Colleagues and Friends,

Greetings from Continental Flight 665 as I return home to Houston from the joint PSI/Marcé conference in Pittsburgh, PA. What a wonderful time we all had and what a marvelous conference. I was so proud to represent PSI at this meeting which was an eclectic mix of health care professionals, researchers, and consumers. We learned about the latest genetics of postpartum mood disorders, the effects of prenatal stress on the long term health of the fetus, and heard from survivors who talked about their needs to have postpartum mood and anxiety disorders represented in the soon to be released DSM 5.

Being a psychiatrist who specializes in treating PMAD'S allows me the unique opportunity to be a bridge between the clinicians and researchers, and those who suffer from postpartum mood and anxiety disorders. I understand both the need for exacting scientific standards, and the need to hear patient stories and their understanding of their experiences.

One of my missions during my tenure as PSI president is to increase the awareness of PSI amongst physicians and to increase their participation and support of our organization. Our primary mission will always be social support and physicians need to be more aware of PSI's expertise in this area. It was gratifying to hear in presentation after presentation that stress, including social stressors, may be the largest factor in triggering PMAD'S; and that ameliorating stress may be the best way to mitigate the long term negative effects of PMAD's on our children. What a terrific position PSI is in to be leading that cause.

I also hope that over the next two years of my presidency that PSI becomes a household name, and that mothers, their

families, and health care professionals look to us to provide the information and resources they need to heal and to treat their patients. One of our first initiatives is to develop standards of care that can be the model for the kind of care mothers need to expect and clinicians need to provide to those who need help. These standards will be posted on our website for anyone who needs to know -- what do I need, what do I do.

Nothing we do would be possible without the thousands of volunteer hours we all provide. My special thanks goes to the PSI Board who supports the growth and development of PSI, to Lianne Swanson and Wendy Davis, our paid staff (they both work way harder than we pay them for) who keep the organization well-oiled and on track, and the hundreds of PSI coordinators and volunteers who are in the field doing the work. Thanks to everyone who made the Silent Auction in Pittsburgh such a success, helping us maintain our valuable services to mothers and families. And not least, a special thanks to Jane Honikman who had a vision and a passion and made it happen. Where would we be without you?

Yours,

Lucy J. Puryear, M.D.

President, Postpartum Support International



IF not for YOU

We end 2010 with immense gratitude for our volunteers, supporters, friends, and families. If not for your donations of funds and services, there would be no free and resourceful warmlines, no website, provider training materials, scholarships, ready volunteers, videos, brochures, guidebooks, newsletter. With your help in 2010, we were able to begin production on a Spanish DVD, run Chat with An Expert for both Mothers and Dads, maintain and enhance our website, support volunteers, translate and disperse educational

materials, and strengthen partnerships. Only through your generosity will we be able to continue and build on what was accomplished in 2010 to make 2011 even a better year. We hope you will end the year with PSI in your giving plans. It's easy - just visit the website here www.postpartum.net/Join-Us/Donate.aspx. Your tax deductible contribution will help us to continue to provide communities worldwide with reliable, compassionate and much needed support, resources, and informed professional care.

Thank You to our donors May-Dec 2010

PSI is the grateful recipient of generous grants, gifts, and all sorts of donations. Because of this support, we are able to work towards our mission to advocate, educate, and provide support for maternal mental health worldwide. We'd like to express our gratitude and acknowledge these significant sources of recent funding.

On August 7, 2010, Luminant Sandow/Three Oaks Diversity Advisory Council held their widely successful 2nd annual Charity Golf Tournament in Hutto Texas to raise funds for PSI programs. In the process, they also raised awareness in their community and inspired our appreciation for the generosity and commitment of Luminant and its participating sponsors and donors. Luminant and its employees have a strong commitment to give to community efforts and worthy causes, and we are now grateful recipients of that tradition.

How did this happen? Last year, Luminant employee Jim Stanley and PSI Coordinator Lauren Hale connected online. Jim was looking for support and information as a postpartum grandfather; Lauren saw his post and connected immediately. About receiving telephone support from Lauren, Jim said, "After many hours of personal conversation, I started to understand. I cannot even begin to tell someone how valuable this information was to me. At least I was able to sleep again at night, and sleep deprivation was indeed beginning to affect my performance at work. I couldn't afford to lose my job in this economy. So impressed by Lauren's work, I wanted to make a difference too. It's just by chance at this time that I am a member of my Luminant Diversity



Lucy Puryear with Luminant supporters



Council. The Diversity Council's mission is to promote positive community relations and create a favorable environment for all of their employees."

Jim introduced PSI to Luminant's Diversity Council to see if this was a cause that they would like to support, not only for the good of the community but for the mental health of its own employees. After the Diversity Council viewed PSI's educational DVD and met Birdie Meyer and Lucy Puryear via teleconference, the council voted to host a golf tournament fundraiser to help PSI continue their work. PSI and the council worked jointly to enlist statewide involvement from sponsors, donors and participants. The PSI Board voted to send Lauren Hale so that she could celebrate the real benefit that comes from two earnest and dedicated volunteers, she for PSI and Jim Stanley for Luminant. President Lucy Puryear was also able to attend. By the end of the day, they raised more than \$7,000 for PSI! Thank you -- Luminant Diversity Council, Jim Stanley, Lauren Hale, and all of the sponsors, donors, and participants in this event. We are proud to know you!

Great Thanks to Major Donors since June:

Diane Dodds, Thomas Groves, Luminant Diversity Council, Lynne McIntyre, Katheryn and Ed Meek, Mine Service, Inc, Jennifer Mudd Houghtaling Foundation, Yvonne Moore, Karen & Marc Sackstein



PSI DVD WINS 2010 NATIONAL HEALTH INFORMATION AWARD!

PSI's new DVD, Healthy Mom, Happy Family was selected as a Bronze Medal winner in the 17th annual National Health Information Awards program. This was a serious competition with winners such as media corporations and large healthcare systems. The National Health Information Awards program honors high-quality consumer health information and is organized by the Health Information Resource Center (HIRC), a national clearinghouse for consumer health professionals who work in consumer

health education fields. Thank you to all the PSI members who participated, Wade Bowen for bringing the dream to fruition, and to Jenny's Light for helping us spread the word! *See a preview and order at [click here](#).



PSI Coordinators at the Pittsburgh Conference

It was a joy to see the forty-two PSI Coordinators who were able to come to the Pittsburgh Conference in October. We had a wonderful pre-conference Coordinator's meeting, where we learned from each other about running support groups and warmlines, recruiting and training volunteers, fundraising and organizational development, and talked about the question of chapter formation. We had a lovely dinner with the PSI Board, and felt the strength of camaraderie. A panel of PSI Coordinators presented, "Starting and Sustaining Perinatal Support Groups" to an early bird crowd Friday at 7am. It was wonderful to hear the combined expertise of these PSI Coordinators leading support networks and organizations around the country. We were proud to represent PSI at the conference, and by the end of the week I think that every conference participant had heard what PSI Volunteers do around the world, providing informed and compassionate support, information, and resources to families and providers. As the conference went on, I noticed that fewer people in the Q & A sessions said, "I don't know where to refer women who need help," as they learned that PSI can be relied on for that help. The increased awareness of PSI included a powerful viewing of the PSI DVD. What a great video – effective and moving all the way from Mom's groups to an audience of researchers and providers. Sitting in that audience, I felt so proud of our volunteers, staff,



Panelists Linda Meyer, Wendy Davis, Anne Wimer, Adrienne Griffin, Tonya Fulwider, Sonia Murdock, Birdie Meyer, Heidi Koss

board, and I knew that we are making a difference every day. We surely missed our coordinators who weren't there and hope to see you in Seattle 2011 for our 25th Annual Conference.

Wendy Davis, PhD, PSI Program Director

PSI Support Warmlines in English and Spanish – open every day!

Hello, from the PSI English Warmline Team! We are a team of nine wonderful women at the moment, covering the PSI 1-800-944-4773 phone line from 8 am until 8 pm Eastern Time, 7 days a week. Our goal is to make a return call to each message within 24 hours – a goal that has been met easily and consistently since our team began taking the calls on March 1, 2010.

Our current volunteers include MacKenzie Casad, Anne Waller, Jenny Duke Pirtle, Karen Crain, Lianne Swanson, Lindsay Gerszt, Lauren Hale, Lorraine Caputo, Diane Ashton; Polly Syc-Vega. Previous volunteers were Walker Karraa, Licia Freeman, Devani Priest, Alison Palmer, Marcie Ramirez, Julie O'Neill. One recent email sums up what a lot of us feel:

My name is Lindsay Gerszt. I worked the Warmline today for the first time. It felt so good to make these calls and speak to these women. 2 1/2 years ago I gave birth to my son. Soon after I experienced many different forms of postpartum depression. It has been a very big struggle but doing things like this makes me feel like there was a purpose for it all. I'm so excited to be a part of PSI!

We generally finish between 2 and 3 calls per shift but when the phone can be picked up "live" at the PSI Office, finished calls have reached 7 in one day.

Lorraine Caputo, warmline volunteer and PSI Board member, had this to say recently:

I would like to have it said that many of the women who I have spoken with over the phone since March do not have access to the internet or do not have a computer or laptop, which makes our Warmline number that much more important. Recently, a young mother from Kentucky called the Warmline after her MD had given her our number. She did not have a computer and I was able to go on our website for her and find her several resources for her area. In spite of the fact that most of the world seems to be online, not everyone has the resources to access the internet. And, there are many towns in the Adirondacks (upstate New York) where there is no broadband service. The Warmline number rocks!!!!!!!!!!!!!! I have really enjoyed working on the warmline and have really enjoyed getting to know the other volunteers.

We currently have one or two shifts available, especially for volunteers in the Pacific and Mountain Time zones. If you would like to add another level of fulfillment to your life, call the Warmline and leave a message--we'll return your call within 24 hours.

– Diane Ashton, PSI English Warmline Coordinator,
Pacific Regional Coordinator

News from the PSI Spanish Warmline

The PSI Spanish Warmline is a free service devoted to promptly respond to requests for help, support and resources from the Spanish speaking community. The Spanish Warmline uses the 800-944-4PPD number, and is staffed by seven volunteers all around the country who take turns in retrieving calls from women and their families. We respond to them timely, consistently and, what is most important, compassionately. Six other volunteers stand on call for when there is a need for back-up. Volunteers in the warmline bring a wealth of experience in the area of perinatal mood disorders. Some are professionals working in their communities all around the nation to help and support women affected by PPD. Others are survivors trained

as volunteers who bring the empathy that only their experience with PPD can evoke. All of them are educated in how the issues of PPD affect the Latino woman, are culturally competent, and well versed in the support systems and resources available to this population all around the country, and even in places like Puerto Rico, Argentina, Mexico and Spain. We are proud of our volunteers and their work with the women who call the warmline and just thinking about them warms our hearts with gratitude. Thank you, Laura, Sandra, Gladys, Marisa, Estella, Maria, Cristina, Julia, Martha, Susan, Stephanie and Andrea! If you are fluent in Spanish and would like to be part of this excellent team, please, contact Spanish Warmline Coordinator Marina Pessler at mpessler@gmail.com. On behalf of the Spanish Warmline team, have a wonderful holiday season!

– Marina Pessler, PSI Spanish Warmline Coordinator

PSI Social Media Coordinator Lauren Hale

Lauren Hale begins as PSI Social Media Coordinator. We are happy to announce that Lauren Hale, who has been a PSI Support Coordinator in Georgia, will now help PSI express itself and its mission in 21st century media! Lauren is a volunteer on the PSI English Warmline, author of the blog My Postpartum Voice, Founder and co-author with David Klinker of The Postpartum Dads Project, and a Community Leader on iVillage Postpartum & Pregnancy Message Board. She recently started on online chat at [@PPDChat@Twitter.com](https://twitter.com/PPDChat). PSI is so fortunate to have Lauren's help to raise awareness and strengthen our support network using social media.

PSI Events and Partnerships

Women in Government Conferences put Perinatal Mental Health on the agenda



PSI Program Director Wendy Davis was invited to speak at two recent conferences of the Women In Government Foundation. Women in Government is a non-profit, bi-partisan organization of female state legislators across the country which provides educational resources, expert forums, networking and leadership opportunities. In August, Wendy and PSI Washington Coordinator Heidi Koss presented together at the Outreach to Vulnerable Populations conference in Seattle. In November, Wendy presented at their first Annual Healthcare Summit in Washington, D.C.

Both conferences were comprehensive events that covered a wide range of issues including women's health, chronic diseases, healthcare IT, public health systems, and healthcare reform. They included nationally known expert speakers discussing the issues with an emphasis on what state policymakers can do to improve the lives of their constituents.

"Women In Government has a long history of developing sound healthcare policy," says WIG President Emeritus

and former Indiana State Representative, Susan Crosby. "Women are overwhelmingly responsible for healthcare decision making, so it is increasingly important that they have the resources available to make informed decisions."

From Wendy: W.I.G. is a wonderful organization that provides sound research, resources, and forums for legislators around the country. It was an honor and completely rewarding to meet such receptive legislators with very positive responses to the topic of perinatal mood disorders and maternal mental health. I felt proud to represent PSI and to talk about effective actions they could take as legislators. I told them, "Every one of you lives near a friend of mine. We have the best volunteers and I can't wait to introduce you. Our PSI Coordinators are there as a resource for you, to give you information, local resources, and to help as an advocate in your state." It was overwhelmingly positive to be there in our nation's capitol, speaking as an "expert" and at the same time remembering how I felt 16 years ago, struggling with my own postpartum journey and wondering if I would ever leave my house again. I am so grateful to PSI for the opportunity to advocate, educate, and learn about the power of community.

If you would like to learn more about legislative actions or connect with legislators in your state, please contact Wendy at wdavis@postpartum.net. For more information about the wonderful, progressive Women in Government organization, visit their website www.womeningovernment.org

PSI Trainings

Our standardized best practices training course, “Perinatal Mood Disorders: Components of Care,” continues to receive excellent evaluations while educating healthcare and social support providers around the country. We have completed successful trainings throughout the United States and in Canada. Most of the trainings are sponsored by one or two local agencies, organizations, or hospitals, who work together to bring the training to their community. Through these evidence-based trainings and the extensive

training manual, we have been able to reach a broad range of providers and advocates, and have been able to present conferences in both rural and urban communities. It is so rewarding to know that PSI is increasing the numbers of informed providers available to families and other providers. We’d love to come help you build an informed provider network in your area. For more information about our Certificate of Completion Course visit the PSI website [click here](#).

PSI Certificate of Course Completion: Perinatal Mood Disorders, Components of Care

Spring Trainings around the U.S.

March 10-11, 2011—Grand Rapids, MI

Faculty: Birdie Meyer, RN, MA, CLC;
Nancy Roberts, RN, CCE; Psychiatrist
Shama Tarreen, MD; Pediatrician William
Stratbucker, MD.

March 3 & 4, 2011-- Lexington, KY

Faculty: Birdie Meyer, RN, MA, CLC; Wendy
Davis, PhD; Sheila Ward, CNM, PMHNP.

May 19 & 20, 2011—Indianapolis, IN

Faculty: Birdie Meyer, RN, MA, CLC;
Wendy Davis, PhD; Lucy Puryear, MD

4th World Congress on Women’s Mental Health

March 16-19, 2011 - Madrid, Spain

International Association for Women’s Mental Health conference brings together faculty from broad range of disciplines to present on women’s mental health across the lifespan. For more information visit the IAWMH website at www.iawmh2011.com/

PSI building bridges with Childbirth Professionals

PSI Volunteer Walker Karraa, MFA, MA, CD(DONA)

“SPAM”

When I did my birth doula training in 2004, I saw the syllabus for the four day training had no information on mood disorders. A PPD survivor myself, and trained Clinical Psychologist/MFT, I called the instructor and asked if I could bring in my own notes and teach 10 minutes to the class, and give local resources. Birth and postpartum doulas and childbirth educators contribute invaluable care to childbearing women. However there remains an absence of training, awareness, or most importantly, consumer information regarding PPMAD on an organizational level. And too often doulas and childbirth educators are left on their own to navigate a client through a perinatal mood disorder, forced to make decisions regarding care well beyond the scope of practice. And ironically, a common argument is that PPMAD is beyond our scope of practice.

There is much work to be done. To date, certifying childbirth education and/or doula organizations have not published a White Paper, or public position paper on PPMAD. The certifying birth professional organizations in the United States are: Doulas of North America (DONA), Childbirth and Postpartum Professional Association

(CAPP), International Childbirth Educators Association (ICEA) and Lamaze. Currently, these organizations:

- Do not provide hyperlinks to perinatal mental health services, providers, or support groups on their websites.
- Do not publish national suicide hotline, or PPMAD warm-line information on sites or training materials.
- Do not train birth or postpartum doulas on to screen for depression. Rather the doula is encouraged to help the mother self-screen, but there are no educational links, brochures, pamphlets, or written materials given to clients in the event they need help getting screened.

What I have been doing is a lot of nagging, volunteering to do the work myself, losing faith, then finding some inspiration and trying again. Probably sounds very familiar to the grass roots advocates out there. Along the way, I have been told: “My doula clients don’t seem to need those services”; “It is beyond the scope of our practice to screen”; “Women who take our childbirth method don’t get postpartum depression”—just enough comments like this keep me trying, and get me brainstorming ways to connect PSI with these groups.

I even went so far as to self-nominate myself to the Director of Education position on the Board of Directors for ICEA. I pulled in PSI “big guns”, offering letters of recommendation

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PSI Regional Volunteer Retreats

This summer the PSI Board voted unanimously to approve a new budget item to financially support regional PSI Volunteer Retreats. PSI Regional Coordinators can apply for retreat funding of \$500 for a planning or training retreat; the board will review the applications and fund two retreats a year as well as pay for Program Director Wendy Davis to travel there. The first Regional Retreat was held in California in July and was a wonderful success; it was initiated by PSI Founder Jane Honikman and past board treasurer Mary Lou Kravetz in Santa Barbara, and it serves as a model for other regions. Kim Simons, California Coordinator, wrote this article about the retreat.



July 2010 First CaPSI Volunteer Retreat in Santa Barbara

By Kimberly Simons, PSI Coordinator

On July 11, 2010, PSI California Coordinators and Volunteers met for a mini retreat in Santa Barbara, CA --the birthplace of PSI. Several of us were finally able to meet each other—putting faces to names; to finally meet the founder of our wonderful organization, Jane Honikman; to see a number of past and present board members; and to meet our current fearless leader, Wendy Davis, PhD.

There was so much to discuss regarding what was happening with the PSI Coordinators throughout California and what challenges each of us was facing, especially gaps in the Lake Tahoe, North and East Orange County, High Desert, and Palm Springs areas of California. Also, some of us expressed frustration that hospitals and providers are still currently underutilizing PSI Coordinators as a

resource. We all want to educate more families, new parents, providers, etc., about PPMDs.

Furthermore, we held a brainstorming session; assigned tasks and roles for building a California state network; decided on starting a California Yahoo! Group [click here](#) and, we are hoping to gather again for another retreat in Northern California.

Of the major decisions to come out of the retreat, one was to create a statewide support system, called CaPSI, with a toll-free warmline and email

so that families and providers in California can access the CA system of support with just one phone number and email. As with all of our warmlines, it will provide information, support, and local resources to those who contact CaPSI. We will be compiling a statewide resource list and keeping it current. CaPSI members will be able to volunteer in whatever way they want: to help set up or coordinate the CA warmline; to return voicemails; answer emails; gather or maintain the resource list; do provider outreach; fundraising. We were all very excited after the retreat ended.

We look forward to seeing each other again in the near future!

PSI “Chat with an Expert” Phone Forums

PSI has free open phone sessions every week called “Chat with an Expert.” These sessions provide a supportive forum for information, support, and connection. There is a call every Wednesday for moms and supporters, and the first Monday of every month for Dads.

Callers can join the call to talk or just to listen to others discuss resources, symptoms, options and general information with an experienced licensed professional. Sessions are open to anyone with questions and concerns about themselves, a loved one, friend or family member. Facilitators report that the chat volume can be anywhere from one to several callers; if a solo caller, they will receive some expert one to

one support and information, and when several call a virtual group is created on the spot. We value these callers whether one or many, and are proud of our PSI experts who continue to volunteer their time.

Our professional facilitators from around the country volunteer their time and expertise, providing reliable and compassionate support and information. Facilitators are: Diana Lynn Barnes, Psy.D; Ilyene Barsky, LCSW; Barbara Byers, MD, MPH; Ann Dunnewold, PhD; Helen Jones, PhD, RN, APN; Linda Klempner, PhD; Birdie Meyer, RN, MA, CLC; Yvonne Moore, MD, MA, FACOG; Ann Smith, CNM; David Miller, MD, PhD; Susan Dowd Stone, MSW, LCSW.

We have plans to develop Chats in Spanish in 2011!

For more information and codes for weekly calls, visit the PSI website [click here](#).

PSI Members Receive Awards

1 Susan A. Hickman Memorial Research Award 2010: Ruth Paris, PhD

Dr. Ruth Paris of Boston University was awarded the 2010 Susan A. Hickman Memorial Research Award at the annual PSI/Marce Society Conference in Pittsburgh PA on October 29th, 2010. Dr. Paris is an Associate Professor at the Boston University School of Social Work and specializes in family therapy with a particular interest in young mothers and postpartum depression.

Dr. Paris' award winning entry, "Experiences of Postpartum Depression in Military Families" explores the impact of postpartum depression and access to resources and supports on military families involved in Afghanistan or Iraq.

The Susan A. Hickman Memorial Research Award is given each year to an individual involved in a scholarly research project that contributes to the field of perinatal mental health. The idea for an annual research award was first proposed in 1994 to promote and foster the interest of beginning researchers in the conduct of scientific investigation and knowledge development about perinatal mental health and psychiatric illness. The award was named in 1996 in honor of PSI Board member Susan A. Hickman, following her sudden death. The award gives \$500 and our thanks and recognition for the original and valuable research.

Every year, PSI receives wonderful research descriptions and proposals from new researchers. All submitted proposals are reviewed without name by members of the PSI Research Review Committee. Proposals for 2011 must be submitted by July 1 and will be presented at the PSI Conference in Seattle Washington in September 2011.



Corinne Reilly

2 Jane Honikman Award 2010: Corinne Reilly & Benta Simms

My first recipient came into my life when I hired her to operate the PSI office outside of my home in 2004. Corinne Reilly had just graduated from the University of California, Santa Barbara. She only worked for PSI for one year because she decided to return to school. Her interest in PSI

continued when she volunteered to become the coordinator of PSI's Pen Pal Network. Corinne is now a newspaper reporter covering military events including traveling to Iraq. She is able to juggle her life as a journalist with that of a compassionate supportive friend to incarcerated women. Corinne is a unique young woman who is dedicated and devoted to a topic that is difficult to grasp. Corinne's presentation about the Pen Pal Network will be on Saturday. I cannot thank her enough for



Benta Sims and Jane Honikman

continuing the network that PSI started in 1990.

My second recipient is a survivor of postpartum depression. She has been a PSI State coordinator and run support groups in her community since 2003. Like so many other PSI volunteers, she has gone above and beyond that role. It is an honor to share with you how her support has helped one particular mother immensely. She entered into this woman's life in the Fall of 2005 while she was incarcerated at the local county jail. First she reached out to her in writing and then was there for her during the sentencing hearings. She has been resourceful professionally, as well as on a personal level, as she continues to support this woman. Benta Sims truly deserves being publically acknowledged for her listening ears, gentle guidance, insight, and compassion. Thank you Benta for being so dedicated!



Larry Kruckman, Jane Honikman, Sonia Murdock

3 Robert & Mary Ellen Logan Award 2010: Dr. Larry Kruckman

At the PSI/Marce Society conference in Pittsburgh, Dr. Larry Kruckman was given the 2010 PSI Dr. Robert & Mary Ellen Logan Awareness Award. Past award recipients have included: Former Governor of New Jersey Richard Cody and Former First Lady Mary Jo Codey, Brooke Shields and Susan Stone.

Dr. Kruckman created our original PSI website www.postpartum.net, and was wise enough to create ownership of that domain name for PSI back in 1996. Last year, Larry and his wife Carolyn generously donated the domain names of postpartum.net and postpartum.com to PSI. The Logans say that they still chuckle at a question in 2001 at a Board meeting in Santa Barbara, California: The serious question was: "How does the use of a website further the PSI Mission?"

Over the years, Larry worked with over 30 students and various faculty members at Indiana University of Pennsylvania and personally gave between many hours a week creating and maintaining the PSI website from 1996-2006. He was a collaborator with The National Institute of Health in creating the US federal PPD website. During the Andrea Yates tragedy, he served as one of our important spokespersons with the media.

Dr. Kruckman has also helped pioneer the role of social support as prevention. His research article, "Reinventing Fatherhood," was one of the first studies on the role of fathers in the postpartum period. Many of the ideas for postpartum prevention were stimulated by his ethnographic field research on birth rituals in South American and Micronesia. His reviews and research have appeared in the journals Social Science

Cont. on pg 10

Cont from pg. 9

and Medicine, Medical Anthropology Quarterly and the American Anthropologist. He published a reference book, *Pregnancy and Postpartum Events: A Transnational and Psychological Perspective*.

Larry served on the PSI Board from 1996-2004, is a member of the PSI President's Advisory Council, and is currently a Professor of Anthropology at Indiana University of Pennsylvania. In giving this award, Bob and Mary Ellen said "Dr. Kruckman, we give our heartfelt thanks for your tireless dedication to our cause and Postpartum Support International." The rest of us at PSI join the Logans in their appreciation and respect for Dr. Larry Kruckman.

New Hampshire Coordinator Alison Palmer, RN receives AWHONN award

4



Alison Palmer, RN, receiving her award for her Poster Presentation at the National AWHONN

Alison received a national award from the Association of Women's Health, Obstetrics and Neonatal Nurses (AWHONN) for her poster presentation describing the perinatal mental health program she helped develop at the Eliot Hospital in Manchester, NH. Her poster was titled "It Takes a Village to Mother the New Mother:

Development of a Support Program to Address the Mental Health Needs of Women along the Continuum of Perinatal Care."

The Elliot's Inpatient Postpartum Depression Risk Assessment Program provides universal screening of all new mothers for risk factors that may predispose them to postpartum depression. An 11-item self-assessment questionnaire is distributed to EVERY new mother after birth. Moms identified as "at-risk" view a PPD video, receive targeted PPD education and follow-up phone calls at home, are offered VNA visits, and are invited to attend the weekly PPD Support Group.

Cont from pg. 7

from Pec Indman, EdD, MFT, and Merrill Sparago, MD in my application. I was declined due to membership status, but received a phone call from ICEA outgoing President. There was a sign of hope.

During this time, I have shared every evidence-based article with the board members of DONA, CAPP, and ICEA. While I have no doubt I am officially marked "SPAM" in the email folders of many a doula and childbirth educator out there, one person responded.

Nancy Lantz RN, BSN, ICCE/CD, ICEA Director of Public Policy, and ICEA President elect-2011, called me the Monday after the PSI annual conference. She shared that the ICEA board met this month and has agreed to address PPMAD on an organizational and educational level. Furthermore, Nancy will be looking at future partnerships between ICEA and PSI. If in fact they go for it, ICEA would be the first childbirth organization in the United States to address perinatal mental health. I have handed this off to the capable hands of Birdie Meyer and will continue to support and monitor the progress of ICEA.

Another nice advancement has been made by Lamaze International. I asked their new consumer website (www.givingbirthwithconfidence.org) if I could be a contributing blogger on the topic of perinatal mental health. They

agreed. My first post was a review of perinatal anxiety disorders offering an interview with our very own Pec Indman. Last month I was able to share an interview with a teratogen information specialist from CTIS; and I am delighted that PSI founder, Jane Honikman, MS, has agreed to an interview for my next post. Some momentum was created... due to the kindness of the PSI community to support me along the way. I was honored to present a poster at Marce/PSI, where I also met my PSI family. I will share the upcoming article when it is published!

Walker Karraa, MFA, MA, CD(DONA) is a certified birth doula (DONA), and maternal mental health advocate. She holds a Masters degree in Clinical Psychology (Marriage and Family Therapy) from Antioch University Seattle, and a BA and MFA degree in dance from UCLA. A survivor of postpartum depression and PTSD secondary to childbirth, Walker passionately advocates for the advancement of perinatal mental health in the birth community. She presents trainings to doula organizations on perinatal mental health and doula intervention. She is currently working on her PhD in Psychology. She blogs about perinatal mental health for [click here](http://click_here); and about life at www.fullydilated.net

SEARCH for Fund Development Chair

News from the PSI Fund Development Committee. We have an immediate opening for a Fund Development Chair on the PSI Board. Please contact us if you have experience working with grants, foundations, and strategic planning for fundraising and development, and are interested in serving on the Board or the committee. Write to Program Director Wendy Davis at wdavis@postpartum.net with any questions, interest, or nominations. We'd love to hear from you!



PSI world news

Local Governments Help Raise Awareness

We now have heard from five states and two counties in the United States that have declared an Awareness Day, Week, or Month for perinatal mental health. You can see that there is a variety of names attached to these proclamations, but no matter what it's called we celebrate the progress spurred on by advocates, legislators, and families to bring the emotional wellness of pregnancy and postpartum families into full view. Here is the list that we've collected. Read more details about these initiatives in the states section below. If you have news to share about your area, or you'd like more information about making this happen where you live, please contact PSI Program Director Wendy Davis at wdavis@postpartum.net.

- **Arizona** – April 2010 proclaimed as “Perinatal Mood Disorder Awareness Month” by Governor Brewer
- **California and LA County** – May of each year declared “Perinatal Depression Awareness Month” by legislation
- **Illinois** – May 2010 proclaimed “Perinatal Mood Disorders Month” by Governor Quinn
- **Michigan** – May 2010 proclaimed “PPD Awareness Month” by Governor Granholm
- **New Jersey** – Oct. 20 of each year proclaimed “Postpartum Depression Awareness Day” by Governor Codey
- **New York (Suffolk County)** – May of each year declared “Perinatal Mood Disorders Awareness Month” by legislation
- **Oregon** – May of each year declared “Maternal Mental Health Awareness Month” by legislation

News from our AREA COORDINATORS

ARIZONA

Thanks to the support of the Jenny's Light Grant, our education committee put together a community education program, “Shedding Light on the Dark Side of the Womb” that will be presented around the state to promote awareness, identification and treatment of perinatal mood disorders. In September, 10 volunteers met to learn about the new curriculum and the tool kit that they will use at 25 presentations. In September, Yavapai Community College, Prescott, hosted two new educational opportunities offered by the AZ

Postpartum Wellness Coalition (APWC): Advanced Training in Diagnosis and Treatment of Perinatal Mood Disorders, Christina Hibbert, and Starting and Sustaining a Perinatal Mood Disorders Support Group, Carole Sheehan. Many thanks to Education Committee Chair Eileen Vachon-Vierra Cottonwood for organizing these programs.

During the Summer and Fall, several new support groups were established around the state. These include Sierra Vista Regional Medical Center; Banner Desert Hospital; Banner Thunderbird Hospital; Flagstaff Medical Center; and El Rio Health Center. The Arizona Warmline, 888-434-MOMS continues to offer 7 day a week phone support through the dedicated volunteers who serve the warmline at least 2 days each month. Our new Spanish speaking support volunteer, Maritsa Beltran has also assisted the APWC by translating the curriculum for

our Jenny's Light education initiative.

In Tucson, the Tucson Postpartum Depression Coalition (TPDC) hosted its quarterly meeting at University Physician's Healthcare on October 13, 2010. Over 50 members attended representing 25 agencies and private practices in Tucson. The presentations on alternative modalities to support perinatal anxiety and depression were enthusiastically received. Topics included aromatherapy, Reiki, and Chinese movement therapy. The APWC is gearing up to host another 2 day professional training in the Phoenix area in early February.

The beat goes on in support of inmate Hope L. King. Having completed 10 of a 40 year sentence in Perryville Women's Prison, advocates from our coalitions and the AZ Justice Project continue to move forward towards a presentation to the County Attorney based on new

science and the absence of address of perinatal mental illness in her initial trial. Hope loves receiving the PSI newsletter from Corinne Reilly and all the support Corinne has mustered through her penpal network. If you would like to write a letter of support to Hope, please contact either Christi or Carole for her mailing address.

Submitted by Co-coordinators Carole Sheehan carole_sheehan@hotmail.com and Christi Hibbert chibbert@postpartumcouples.com.

CALIFORNIA

Submitted by Diana Lynn Barnes

The Motherhood Consortium is gaining momentum in Southern California. Started by Diana Lynn Barnes, past PSI president, and Cathy Dore, incoming PSI PR chair, this organization is an inclusive community of professionals who provide care and nurturing for mothers, families and their babies either through education, enrichment or social/emotional support. Monthly breakfast meetings for networking and education are held by current chapters in the San Fernando Valley and the San Gabriel Valley. For more information please visit www.themotherhoodconsortium.com

IOWA

Iowa Coordinator Tricia Rivas reports an increase in phone calls in the past few months and wonders if other coordinators are experiencing the same. She recently presented to the Women's Prison system in Iowa on Tuesday Oct 19th. She has heard many heartbreaking stories in the past from these women. "Some of these stories are just so sad. If they would have only reached out for help and knew that they weren't alone. Trixie's Salon will be making another donation to PSI at our Holiday Open House Nov. 18th. Last year we raised a good amount of money. We will be striving to break the goal. Have a great fall."

MASSACHUSETTS

Postpartum Legislation becomes Law in Massachusetts

Thanks to the leadership of Rep. Ellen Story of Amherst, MA, PSI members, and advocates for postpartum mothers across Massachusetts, our PPD Legislation was signed into law this past August by Governor Duval Patrick. We are pleased that advocates for mothers were pro-active and were able to enact a law that will push for universal screening, education for providers, and identify best-practice models to promote across the state. Rep. Ellen Story recently spoke about our successes at the Western Massachusetts Pregnancy and Postpartum Support Coalition meeting.

Franklin County Massachusetts Pregnancy and Postpartum Support Coalition announces Universal Screening for mothers

Franklin County, MA is a rural county with one small city, Greenfield, and approximately 500 births each year. There is one OB/midwifery practice and one hospital. The county deals with a 40% poverty rate amongst mothers and a community that is dealing with issues of rural poverty. Additionally, there is a high rate of teen pregnancy in the county. www.motherwoman.org provided a comprehensive training entitled "The Postpartum Emotional Spectrum: Assessment and Treatment" to the obstetrical nursing staff at the local hospital over 2 years ago. This training has since inspired the OB nursing team to provide postpartum mothers with concrete support during the critical months. Another important outcome of this training was that a powerful coalition of key stakeholders, including the hospital staff, emergency services, mental health services, Ob/Midwifery practice, pediatricians and family physicians was formed. The Coalition has been convening for over a year and during that time has identified and created the key components needed to support mothers in the region. An anonymous gift of \$20,000 was given to support their efforts making the "MotherWoman" Postpartum Support Group a reality. The MW Support Group began in February 2010 with five mothers attending the first week. Now there is an average of 10 women participating each week. Additionally,

the Coalition created a Resource and Referral Guide for the community, and brought in "MotherWoman" to provide professional training. This Coalition has worked hand in hand with the community of physicians to create appropriate protocols to provide universal screening to all mothers and or children's primary caregivers during pregnancy and the first year of well child visits. The Coalition looks forward to working with the University of Massachusetts - Amherst in data collection and research on the results of the interventions and services now available for mothers.

Submitted by PSI Western Massachusetts Coordinator Liz Friedman

NEW HAMPSHIRE

If you would like to be involved in the NH Perinatal Depression Learning Collaborative, please contact Alison Palmer at (603) 663-8927 or palmer1@elliott-hs.org. We would like to encourage representatives from hospitals around the state to attend and learn from the best practices and resources that other organizations and communities have in place to support maternal mental health. The next meeting will be Friday, January 14th, 2011 in Concord.

See the Awards News on page 9 to learn about New Hampshire Elliot Hospital's postpartum depression screening and support program for new mothers.

OHIO

Tonya Fulwider reports to Healthy Start/HRSA collaborative on improvements her local Healthy Start Agency did to further support and treatment for women in Ohio.

In June, PSI Coordinator Tonya Fulwider served as a Maternal Depression focus team member of the Healthy Start and Maternal and Child Health Bureau/HRSA Interconception Care Learning Collaborative. Tonya also serves as the Executive Director of POEM, Inc, in Ohio. www.poemonline.org/. POEM is a contractor with "Caring for 2", the Columbus program of the federal Healthy Start Initiative. POEM is also an active member of the Franklin County

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Maternal Depression Task Force, whose members represent all Central Ohio hospital systems, other social service agencies, public health, researchers and healthcare providers. Tonya was selected as the keynote speaker for the Task Force conferences, educating over 225 healthcare providers. In coordination with POEM, the Task Force developed and distributed nearly 2000 Maternal Depression Provider Directories. The detailed booklets list emergency contacts, simple screening questions and mental health professionals who treat pregnant and parenting women of all income levels. Provider listings state their status on specialized PMD training, eligibility requirements, wait time, interpreter services, bus line and parking access, evening or weekend hours and payment types accepted. POEM maintains updated listings, recruits new providers and has developed the third edition scheduled to print in January 2011.

Through support from the Central Ohio March of Dimes, POEM has recently completed an outreach project disseminating information and resources regarding prenatal depression to local obstetric and gynecological practices.

In addition to working on education and awareness in Central Ohio, POEM held an outreach-focused workshop for its volunteer coordinators throughout the state in September. The workshop and materials, generously supported by a grant from Jenny's Light, provided the opportunity to increase working relationships with agencies and care providers throughout Ohio.

OREGON

PSI Coordinators Wendy Davis, Csilla Andor, Amy-Rose White, Gia Seutter, and Maria Addessi are happy to report great progress in statewide efforts to raise awareness, provide trainings, and pass legislation for maternal mental health in Oregon. In 2009, the Oregon legislature passed HB2666, the creation of a statewide Maternal Mental Health Workgroup. Chaired by Wendy Davis, the Workgroup brought together experts and advocates from across the state to

study and report back to the Oregon legislature in Sept 2010. From those recommendations, they have drafted the next piece of legislation: a 2011 Maternal Mental Health Patient and Provider Education bill. The bill would require hospitals and health care providers serving pregnant, postpartum and post-loss patients to provide informational materials on maternal mental health to families, and would have the Oregon Health Authority coordinate training and informational materials to prenatal and postpartum healthcare providers. The hard work and collaborative efforts between statewide public and private partnerships and Representative Carolyn Tomei has resulted in this progress across the state. It is rewarding to be at the table and to feel respected for our unique role in providing resources, support, and advocacy as PSI representatives.

TEXAS

Texas Coordinator Kelly Boyd, Austin, Texas

Austin, TX is now in the process of forming a local non-profit organization supporting pregnant and postpartum families! Our new name will be The Pregnancy and Postpartum Health Alliance of Texas. The following women met to begin this new group for Austin families and the community: Kelly Boyd, PsyD, Sally Rumsey LPC, Beth Arthur LCSW, Kelli Foulkrod MA, Emily Ludwig, Katie Astoria. A website, logo, and advisory board will soon follow! We look forward to providing resources and awareness to the city of Austin and state of TX.

Maria Zeitz, LPC,MS,RN, San Antonio, Texas

Texas Co-coordinator Maria Zeitz is teaching a class every month called Beyond Baby Blues. It is a 2 hour class that is held once a month within the Methodist Healthcare System. Parents are invited and it is free with free parking. She reports that class numbers have been increasing thanks to the Methodist Healthline answering service. This class is part of the Childbirth Series and is becoming very popular in this series. Additionally there is a PPD Support

Group is being offered the 1st and 3rd Thursdays of the month. This group is free for all mothers during and after pregnancy. Individual, couple and family therapy is offered at the Marriage and Family Institute.

WISCONSIN

Former North Carolina PSI coordinator Shirley Halvorson now lives in Wisconsin, and joined the Wisconsin Perinatal Task Force in Feb. 2010. This task force is working on a new pamphlet for mothers and families and will begin arrangements to screen for postpartum depression throughout the state.

--Shirley Halvorson, Former North Carolina Coordinator

WYOMING

Our Wyoming Coordinator Melissa Turley wrote to say that she and her colleague Elizabeth Cheroutes, LCSW, have created the Jackson Hole Perinatal Advocacy Project. www.jhpostpartum.org. They wrote two grant proposals, in which PSI acted as the fiscal umbrella and gave an endorsement, and they received generous grants from L'Or Foundation and the Community Foundation of Jackson Hole to launch their activities. With funds from these local foundations, they were both able to attend the 2-Day PSI Training in Montana last Spring, and have developed a program that includes giving community presentations, a referral line, and a free weekly support group for expecting and new parents. They have embarked on an educational campaign for medical providers, women, and their families in Jackson Hole. This summer they made a presentation at their local hospital as part of their "Lite Lunch" series that was attended by a diverse crowd of close to thirty new and expecting moms and dads, doulas, nurses, counselors, childcare providers and interested members of the public. Melissa was interviewed for a column for mothers in the local newspaper. They also ran ads to raise awareness and announce the launch of our new support group that started July 26.

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International News

ISRAEL

The Israel Childbirth Education Centre is planning to start an innovative training programme for postpartum doulas and mother/baby support group leaders in January 2011 in Haifa. The programme will consist of 30 full-day workshops given by professionals in the field of women's health, child development and play, breastfeeding and first solid foods, first aid and safety, yoga and massage for mothers, infant mental health issues and stages of normal postnatal adjustment. In addition, the Centre's own counsellors will work with the students on the aims and structure of support groups and ideas for outreach. Subjects will cover fatherhood, cultural sensitivity and supporting mothers through first year transitions such as returning to work. The course will be in Hebrew but library materials and written course work will be accepted in English. The course coordinators are Wendy Blumfield, president of the organization and Shani Lieberman, both experienced prenatal and postnatal counsellors. The year 2011 will celebrate the 30th anniversary of the founding of the Israel Childbirth Education Centre which was modelled on Britain's National Childbirth Trust.

NIGERIA

Hello -- I'm Pamela Ugbaja and I'm a PSI coordinator in Nigeria. Not many women here know about PPD so the struggle has been long and hard to get the word out, but we are making progress. This year our organization, Flora Initiative for Mothers, has started to reach out to expectant mothers. We offer three free psycho-education lectures each year to hospitals that conduct antenatal classes. During these lectures we enlighten women about PPD, screen for PPD using the Edinburgh Postnatal Depression Scale, discuss exercise and nutrition tips, and distribute educative materials. Presently we have concluded this project at two hospitals and hope to extend our program to even more hospitals in the New Year. Flora Initiative for Mothers also started a group on www.facebook.com/group.php?gid=185738590625, and a florainitiativeformothers.blogspot.com/, where we educate not only women but the general public about PPD and provide ante partum and postpartum care advice. Women have responded tremendously well and gradually we are building a cyber community of information thirsty women! We appreciate all the encouragement and information exchanged in the PSI yahoo group- they have been extremely helpful. Tons of projects have been laid out for the New Year and I am certain that in 2011 we will have an even greater impact!

Pamela Ugbaja
Coordinator Flora Initiative for Mothers
Coordinator PSI Nigeria

SCOTLAND

Our geographical area in highland covers 10,000 sq miles with a sparse population scattered widely over this area. HAPIS (Highland ante/natal depression illness support) SCOTLAND is based in the main town of INVERNESS. However, we are very aware of the mothers who cannot access our resources easily because of the geography. To offset this issue we have organised a peer buddy support system where recovered mothers are given a short training in telephone support and given a mobile phone, which is paid for and kept full by HAPIS funding .This way mothers can request a buddy just for themselves ,and be given peer support until they feel they can manage. During the last year HAPIS has secured funding to make a DVD especially to reach out to isolated mothers, which is now completed and can be bought online on www.hapis.org.uk. It has 3 fifteen minute sections, which can be used as teaching tool or shown at parent craft classes .It is called "HAREBELLS in the WIND" , reflected on our logo that depicts the Scottish harebell, fragile and beautiful, but with inner strengths just like the mothers we support . With best wishes to all, Anne Simpson, Scotland Coordinator

PSI Partners with Ann Dunnewold, PhD and Diane Sanford, PhD, in their launch of their "Self Care Challenge"



In October 2011, Anne Dunnewold and Diane Sanford, authors of "Life Will Never Be The Same: The Real Mom's

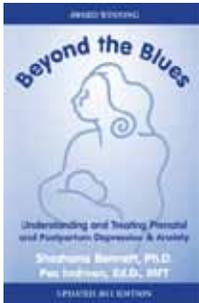
Postpartum Survival Guide," Partnered with PSI as well as other organizations, blogs, and websites to launch a 21-day Self-Care Challenge.

Dunnewold and Sanford believe that practicing self-care is the cornerstone of emotional health for moms and all women. They decided to design an online self-care campaign which would be easy for women to practice in their daily lives. The campaign received so much positive feedback, they decided to post self-care tips throughout the year through these partnerships and on their blog, livingselfcare.wordpress.com/.

The 21-day challenge will still happen twice each year, in October in conjunction with Mental Health Week, and in May to celebrate Mother's Day and Mental Health Month. You can subscribe, listen in, or learn more at their Living Self Care blog and join through twitter, facebook, or email. Learn more about their book, "Life Will Never Be the Same" on page 15 of this news, in the New Books section.

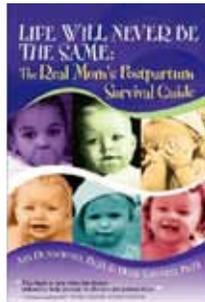
New Books and Videos

Buy these books at the PSI Bookstore
[click here](#)



Beyond the Blues, 2011 - Pec Indman EdD, MFT & Shoshana Bennett PhD

The new 2011 edition of "Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety" is now available. Written by PSI's chair of Education and Training, Pec Indman EdD, MFT, and former PSI president Shoshana Bennett PhD, this book has been recommended all over the country to women and families suffering and the healthcare providers who treat them. Brief and concise, this new edition reviews the latest research, including medications and complementary and alternative therapies during pregnancy and postpartum. Copies of the book can be ordered on Amazon through PSI's bookstore. [click here](#) Bulk rates for five or more copies are available through www.beyondtheblues.com.



Life Will Never Be The Same: The Real Mom's Postpartum Survival Guide - Ann Dunnewold, PhD and Diane Sanford, PhD

In their groundbreaking book, the Postpartum Survival Guide, Dr. Ann Dunnewold and Dr. Diane Sanford shattered the silence about the enormous emotional challenges of postpartum adjustment and motherhood. Now, in "Life Will Never Be The Same: The Real Mom's Postpartum Survival Guide," they present their clinically-proven strategies for surviving and thriving during both the post-birth period and a lifetime of motherhood. For the past 25 years, Drs. Dunnewold and Sanford have devoted their careers to helping women lead healthier, more balanced lives. "Life Will Never Be the Same" is the first in a series of books about motherhood and emotional health, which provides their detailed self-care plan for surviving post-birth changes. Although much attention is paid to physical health during pregnancy and post-birth, they know from counseling hundreds of moms that emotional health is just as critical, if not more!

"Fantastic! Highest Recommendation! Have been a fan of the original "Postpartum Survival Guide published in 1994! Carry it in my briefcase...great resource...wonderful book to recommend to my clients. Now, we have Drs. Dunnewold and Sanford's newest book. Read it! Loved it! Will carry it in my briefcase as a companion to the original guide. I never leave home without them! Have a new grandchild on the way...my daughter in law is getting this book."

Susan Ellis Murphy, MA, BSN, RNC-OB, LPC

Coordinator - Regional PPD Support Services
 Southern New Jersey Perinatal Cooperative

"This book is just what the doctor ordered to help prevent or alleviate postpartum blues."

Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom and other titles.

"Dunnewold's and Sanford's new book provides important advice and practical strategies to support women with the transitions of pregnancy, birth, and motherhood, while reminding them that 'no authority can improve upon their own wisdom.' The authors offer expert counsel on this crucial topic while never losing sight of the uniqueness of every mother, baby, and family. With recent media accounts of postpartum depression and psychosis, their book is timely and compelling."

Jeannette Crenshaw, MSN, RN, LCCE, IBCLC, Past President, Lamaze International

You can excerpts from the book and buy the book, including bulk discounts, at www.realmomexperts.com.



Dropping The Baby and Other Scary Thoughts - By Karen Kleiman & Amy Wenzel

"Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood" addresses the nature of the intrusive, negative, and anxious thoughts pregnant and postpartum women can experience. Although the volume is geared toward the women who struggle with scary thoughts, it will also be a useful resource for healthcare professionals

who work with these women. DROPPING THE BABY AND OTHER SCARY THOUGHTS will provide a resource for consumers and clinicians who must confront these negative cognitions by outlining what these thoughts are, why they are there, and what can be done about them. The compassionate tone of the book will be a voice that is familiar to many women in the postpartum community, as the words will be written by two clinicians who have established themselves as leading experts and authors in this specialized field.



Despertando Tu Amor Para Recibir a Tu Bebé: Cómo Prevenir la Tristeza y Depresión en el Embarazo y Después del Parto - Ma. Asunción Lara & Teresa García Hubard

Este libro está dirigido a mujeres embarazadas y, particularmente, a quienes experimentan depresión en ese momento, pero también quienes han dado a luz recientemente y puedan estar pasando por una depresión. Contiene lecturas y ejercicios prácticos y está escrito en forma clara y amena para que, aún personas que no están acostumbradas a leer mucho, puedan seguirlo. El libro

también se diseñó para que una orientadora pueda usarlo como material básico para formar grupos con mujeres gestantes.* La finalidad, para quienes están embarazadas, es mejor el estado de ánimo y reducir el riesgo de depresión posnatal y para quienes ya son mamás, ayudarlas a comprender este trastorno y darles elementos para lidiar con este trastorno. Consta de diez capítulos que se describen a continuación.

Delving into the world of postpartum depression, this mother's handbook, written in Spanish, focuses on preventing and treating depression both during pregnancy and after giving birth. Through written exercises, mothers-to-be will learn to prevent, detect, or treat depression. Including illustrations of the different stages of pregnancy, this companion is a welcome addition for moms struggling with depression or hoping to prevent it. Ma. Asunción Lara is a PSI Coordinator in Mexico, and doctor of medical science who teaches applied psychology. Teresa García Hubard is a

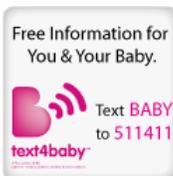
psychotherapist. Please [click here](#) for more info.

Maternidad Tabu by Katia Thiele



Katia writes about the myths of pregnancy and postpartum, including her testimony as PPD survivor and concise information about symptoms, risk factors, treatment, and prevention. Katia writes with mothers in mind; her book is informative and accessible to mothers in Spanish. She brought copies of her book for PSI members to review to the PSI/Marce conference in Pittsburgh. Katia will be working with the other PSI Mexico Coordinators to develop a support network there. Read more about her book [click here](#).

Text4baby Announces Plans to Reach One Million Moms



Commitment from Johnson & Johnson Enables Growth of Nation's Largest Mobile Health Initiative

In November, the National Healthy Mothers, Healthy Babies Coalition (HMHB) announced a major expansion of its groundbreaking text4baby program, a free mobile information service offering practical information for improved maternal and infant health. The expansion of the platform and community reach, made possible by a multi-million dollar multi-year commitment from Johnson & Johnson, will help many more new and underserved mothers get access to information that they need to take care of their health and give their babies the best possible start in life.

Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 receive free SMS text messages each week, timed to their due date or their baby's date of birth. The

U.S. Government is strengthening outreach efforts to users of government programs who may benefit from the text4baby service, including through Medicaid, WIC, and federally-supported health clinics and Healthy Start sites. It is also conducting two formal evaluations of text4baby, especially for underserved settings, and the Department of Defense is conducting an evaluation to understand the value of text4baby for military families.

Text4baby has quickly demonstrated that public and private partnerships can have a profound effect. Launched by an unprecedented group of public and private partners, each partner has played a key role in making this free service available to women in need. Text4baby is the largest free national mobile health initiative to date. PSI is one of the non-profit partners of the Text4baby program; texts include the PSI Warline phone number as the resource for stress, emotions, or mental health. Past-PSI President and President's Advisory Council member Susan Stone is now a board member of the HMHB Coalition which is doing such progressive work in this and other programs.

Pediatricians Care about Moms Too!

American Academy of Pediatrics states that pediatric providers should ask about Mom's Mental Health

In October 2010, a landmark AAP article in the Journal Pediatrics stated "Pediatric practices, as medical homes, can establish a system to implement postpartum depression screening and to identify and use community resources for the treatment and referral of the depressed mother and support for the motherchild (dyad) relationship. This system would have a positive effect on the health and well-being of the infant and family. State chapters of the American Academy of Pediatrics, working with state Early Periodic Screening, Diagnosis, and Treatment (EPSDT) and maternal and child health programs, can increase awareness

of the need for perinatal depression screening in the obstetric and pediatric periodicity of care schedules and ensure payment. Pediatricians must advocate for workforce development for professionals who care for very young children and for promotion of evidence-based interventions focused on healthy attachment and parent-child relationships." (Pediatrics 2010; 126:1032–1039.) In the last year, an increasing number of PSI members and volunteers have been involved in partnerships with AAP and pediatricians around the country. Dr. Kellie Haworth, Army Pediatrician and PSI Military Support Coordinator, is working with the AAP Task force for their Preventive Services Improvement Project (Pre-SIP), integrating maternal depression screening in pediatric practices. Oregon Coordinators Wendy Davis, Csilla Andor, and Maria Addessi, have been assisting with the Oregon Pediatric Society START trainings, a Train the Trainers program launched in 2009 in which pediatricians train other medical providers to screen and refer for perinatal mood disorders.