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TEXAS FUNDRAISER WITH WADE BOWEN A GREAT EVENT

By Birdie Meyer
 November 2 and 3, 2008 in Waco, Texas

Wade Bowen, country music artist, contacted PSI last summer to see if he could partner with PSI on a fundraiser. His wife, Shelby, experienced PPD two years ago with their first baby. Wade wrote a beautiful song called "Turn On the Lights" about that experience. PSI was, of course, thrilled that Wade wanted to help us get the message out there. This was Wade's 11th annual fundraiser. He donates the proceeds to a charity and this year he chose PSI! We are so honored and thankful.

Wade, his business manager Pete Olson, and event organizers Big Hearted Babes, otherwise known as Mandy Smart and Deanna Kenisell, planned the 11th annual Wade Bowen Fundraiser. It was amazing! An all-star concert was given on Sunday, November 2nd. The bands who played were Randy Rogers & Brady Black, Stoney LaRue, Cross Canadian Ragweed, and Wade Bowen. The concert drew 1400 people! It was my first experience speaking in front of a concert crowd. I had a great time. I know I shouldn't have said "Go Colts!!" to a crowd of Dallas Cowboy fans when I introduced myself, but I did make that mistake. Have you ever been "booed" by 1400 people?! I can now say that I have had that experience.

Wade performed his song, "Turn On the Lights" with a slide show playing at the same time on a large screen. Many of our own members provided pictures, as well as

Wade, his wife Shelby, and their two boys. The video is educational as well as hopeful and inspiring. Go to PSI's website to click through to see the slideshow of the moms, dads, and families set to "Turn on the Lights."

On November 3rd, Wade's crew put on a golf tournament with a silent auction, with all net proceeds donated to PSI. 140 people entered the golf tournament. We couldn't possibly say



PSI President Birdie Meyer with Shelby and Wade Bowen.



Gives thanks to...

Wade Bowen
 Cross Canadian Ragweed
 Randy Rogers
 Brady Black
 &
 Stoney LaRue

For helping raise awareness & support to those who suffer from Postpartum Depression

enough thanks to Wade and all involved for bringing in over \$84,000.00!!!! There were many private donations also. PSI will receive monies after all expenses for the weekend are paid. This is the most money ever raised and donated to PSI and we are so grateful and thankful. Thank You Wade, Pete, Mandy, and Deanna! I know there were many others involved behind the scenes, and I say thanks to all of you.

It was a warm beautiful two days for me in Waco. I

cont. on pg 4



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ABOUT PSI

Postpartum Support International (PSI) is an international network focusing on perinatal mental health and social support. The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women often experience during pregnancy and after the birth of a baby. PSI is a nonprofit organization. Your donations are tax-deductible. Membership is on an annual basis. To become a member or make a donation, please contact PSI at (805) 967-7636 or psioffice@postpartum.net, or visit the website at www.postpartum.net. Members now have access to a special Members Only section of our website.

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 Jan. 15, April 15, July 15, and Oct. 15. Material may be submitted to 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.

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

*We would like to make
a shameless plea to all
our members to please
include PSI as you plan
your end-of-the-year
charitable contributions.*

Thank you!



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PRESIDENT'S MESSAGE



Hello to PSI friends and family. We have had a very exciting fall with two successful fundraisers. Both fundraisers

were on the same weekend...November 1, 2, and 3. See the articles about each fundraiser in this newsletter.

Our Santa Barbara committee had their 7th Annual Mystery Readers Luncheon on November 1st. Thanks so much to Kathy Piasecki, Jane Honikman, Carol Thompson, Claire VanBlaricum, Mary Lou Kravitz, and Devani Priest for all the planning and time they gave for this event.

The other fundraiser was in Waco, Texas on November 2nd and 3rd. Wade Bowen, country music artist, contacted PSI last summer to see if he could partner with PSI on a fundraiser. Please read the article on the front page about this wonderful event that I was fortunate enough to attend. We love you Wade and Shelby!

PSI is thankful for NJ State Senate President Richard Codey for a wonderful donation made by The Harrah's Operating Company, Inc, as requested by the Codeys. We have now received a check for \$10,000 as a result of Mary Jo and Richard Codey's continuing generosity to PSI.

We continue to answer inquiries about our PSI trainings around the country. We provided our 2-day training, "Perinatal Mood Disorders: Components of Care" in Oak Lawn, Illinois (Advocate Christ Medical Center and University of Illinois at Chicago) in September and in Tampa, Florida (University Community Hospital) in October. We also did a 1-day Social Support Training in Logan West Virginia

sponsored by Able Families. We have many trainings in the planning stages for 2009. See related article on trainings in this newsletter. Also watch the New Events section on the PSI homepage for updates.

Many of our members have given presentations all around the world in their own communities and surrounding areas. I'm so thankful that as an organization we are making Perinatal Mood Disorders and Postpartum Support International known all over the world. More and more women, families, and professionals are being informed and this will continue our goal of dispelling myths and ignorance surrounding PMD's.

Jane Honikman, our founder, was invited to the annual meeting of the International Marce Society in Australia to give a presentation on Developing Social Support Networks.

Please read about some of our latest heroes in the Newsletter:

Sylvia Lasalandra was honored by The Heart of Gold Award from the Hudson Perinatal Consortium in New Jersey.

Helen Jones, PhD, RN, APN, was honored at a gala hosted by The New Jersey League for Nursing for her dedication, advocacy and personal commitment which has advanced the cause of nursing.

Katherine Stone, the public relations chair of the PSI Board and creator of Postpartum Progress, the nation's most widely read blog on perinatal mental health, has been selected as one of four WebMD's Health Heroes for 2008!! The third annual WebMD Health Heroes Awards honor four Americans who face health issues with the vision and drive to inspire others to action. Please join me in congratulating these women on this richly deserved honor!!

Adrienne Griffin, PSI regional coordinator for the Mid-Atlantic States and Virginia State Coordinator, has connected us with the national Stroller

Strides organization, which now includes a page devoted to PPD and resources including PSI. Thank you to Adrienne and to Stroller Strides!

Childbirth Connection released their New Mother's Speak Out 2008 Report. The Wall Street Journal wrote an article about the report and the incidence of Post Traumatic Stress Disorder in postpartum women. The WSJ quoted Susan Stone, Cheryl Beck, Shari Lusskin, and gave information about PSI. So, PSI made the Wall Street Journal!! After that article was released, many places around the country did news articles, TV spots, etc. about PP PTSD. They discovered the website created by Jodi Kluchar, www.ptsafterchildbirth.org and interviewed her. Jodi has been seen all over the country on TV spots and in newspaper articles. Thank you Jodi, for telling your story to help others.

Thank You to the PSI Board and President's Advisory Council for all they do. I am thankful for every one of our members. I am especially thankful for all of our PSI Coordinators all over the world who volunteer their time to help other women who are reaching out for help. We all need to remember that what we do makes a difference EVERY DAY.

I would like to extend a special thank you for PSI's only employee, Devani Priest. She works in our Santa Barbara office and keeps our organization running. She stays beyond busy most days keeping up with all the phone calls, e-mails, correspondence, and general running of the office. Thank You Devani for all you do!! We appreciate you so much!

Don't forget to "save the dates"—PSI's 2009 annual conference in Los Angeles on August 4-7, 2009. PSI Board members, Kimberly Wong and Merrill Sparago, are co-sponsors of the 2009 conference. They are already busy

cont. on pg 5

Wedding Bells

WEDDING BELLS RING FOR THREE PSI VIPS

Several very important members of our PSI family have very recently tied the knot. We couldn't be happier for them, and wanted to share their information with all of you.

Diana Lynn Barnes, past president of PSI, member of the PSI PAC: She writes, "Married September 6 at my mother's home in Calabasas to Jerry Cohen. Ilyene Barsky and Sonia Murdock stood up for me at the ceremony."

Deborah Sorensen, PSI Vice President: She writes, "Here

are the official details: Mark Rene Montez and Deborah Renae Gober Sorensen were married at The Grand Pineapple Beach Resort on the Caribbean island of Antigua on November 5, 2008."

Devani Stumpf, PSI Office Administrator: She writes, "My hubby's name is Brandon J. Priest. My newly married name is Devani Lisa Priest signature Devani L. Priest. We married in beautiful Emerald Bay, South Lake Tahoe, California with close family and friends on August 24th, the day before my birthday (Aug.25th)." Congratulations, ladies! We wish you all the best.

CHERYL JAZZAR LAUNCHES NEW BLOG

A new blog aimed at complementary care approaches was launched this summer. WellPostpartum Weblog serves to bring information on adjunctive, complementary and alternative care to perinatal professionals and families.

PSI member and former Oklahoma Coordinator Cheryl Jazzar is the author of WellPostpartum Weblog. Cheryl outlines current research on individual nutrients and their links to mood, providers currently focusing on integrative care, books on the topic and organizations providing education for both consumers and professionals.

WellPostpartum Weblog (www.wellpostpartum.com) was created to serve the typically unmet needs of half of PSI's target population; those women who are reluctant to seek care. Information is also available that may help medications to be more effective.

The twice-weekly format offers a simple way to stay current on new advances in the field. Occasionally, a Guest Author Series is published, showcasing the work of people like Dr. Kathleen Kendall-Tackett, Dr. Dean Rafflelock and Dr. Shoshana Bennett.



"Cheryl Jazzar at the author's table for PSI's 2008 conference. Seated from front to back: Cheryl Jazzar, Ann Dunnewold, Shoshana Bennett, Lucy Puryear, Diana Lynn Barnes. Standing: George Parnham, Meg Spinelli"

Cheryl says, "The nice thing about this blog is that it not only provides information, but it is an interactive format, as providers typically respond to questions posted by women and PSI advocates. The goal is to help those who would not otherwise seek care to understand that many different kinds of help are available. I hope that all PSI members will subscribe to WellPostpartum Weblog and learn the research behind different approaches."

cont. from pg 1

enjoyed the concert and riding around on a cart at the golf tournament with Deanna and Mandy. The bands all gave of their time without pay and all ticket sales were donated to PSI. The golfers' fees were also donated. It was an awesome sight for me to see all those golf carts lined up before the start of the day. The silent auction contained items we've never had at a PSI fundraiser. It included things like...a George Strait autographed hat, guitars signed by all the band members, one signed by Willie Nelson, a Wade Bowen neon sign, and many

CD's, T-Shirts and other band memorabilia.

Wade wants to stay involved with furthering PSI's message and mission. We are discussing many ideas with him about what would be the next best step for our partnership. You can plan on hearing him perform the song live in Los Angeles at our annual conference.

MANY THANKS to Wade Bowen, his wife Shelby, and their two beautiful boys!! We look forward to working with you.

cont. from pg 3

planning a great conference. I do know that the cut-off date for getting discounted hotel rates is going to be a month before the conference. So, be planning ahead.

The following year, 2010, PSI will be partnering with the International Marcé Society to have our conferences combined together. The dates for this conference will be October 27-30, 2010. We may add another day to these present dates. For now, I just want you

to save the date and be aware of this exciting opportunity. PSI and Marcé had their conference together in 1998 in Iowa. So, for those of us who have been accustomed to a June PSI conference these past years, this will be a change. Marcé and PSI will hold this joint annual conference in the city of Pittsburgh, PA, the home of Marcé President, Dr. Katherine Wisner. I wish you all a beautiful and happy upcoming Holiday Season!! Our membership is represented by a diverse

group of people. Some will be celebrating Hanukkah, others Christmas, some will celebrate Kwanzaa, and many other traditions will be enjoyed. So, I say, "HAPPY HOLIDAYS TO ALL!!" Enjoy the season, stay warm, and spend time with friends and family.

Thankfully Yours,

Birdie

“NEW MOTHERS SPEAK OUT” REPORT PAINTS A TROUBLING PICTURE OF AMERICAN WOMEN IN POSTPARTUM PERIOD

Many Mothers Face a Broad Range of Social, Emotional and Physical Health and Workplace Challenges, Often With Little or No Support

NEW YORK, NY, August 5, 2008 – Childbirth Connection, a leading national not-for-profit organization that works to improve the quality of maternity care, today released New Mothers Speak Out, National Survey Results Highlight Women’s Postpartum Experiences. The report is based on new data from the national Listening to Mothers II Postpartum survey, and includes relevant results from the national Listening to Mothers II survey, which was conducted six months earlier and focused on childbearing experiences of the same women. Combined survey results from these landmark surveys provide an in-depth look at women’s postpartum experiences during the first eighteen months after giving birth.

Persistent Physical and Emotional Health Problems

Many mothers grappled with ongoing physical and emotional health problems while caring for their baby. The women reported high rates of newly experienced

problems in the first two months after birth. At six or more months after birth, substantial proportions of mothers were still feeling stressed (43%), had problems with weight control (40%), experienced sleep loss (34%), lack of sexual desire (26%) and backache (24%). Among those who had a cesarean birth, 31% reported numbness and 18% reported continued pain at the incision site after at least six months. One-third of mothers reported that during the first two months after birth, their postpartum physical health (33%) or emotional health (30%) interfered at least “some” with their ability to care for their baby, with 44% of all mothers reporting that physical and/or emotional health impairment had interfered with the care of their babies. A year after giving birth mothers reported a net weight gain of six pounds from their pre-pregnancy weight.

The survey utilized validated tools to screen for postpartum depression and traumatic stress associated with childbirth, and found that notable portions of mothers experienced symptoms of depression and of traumatic stress many months after giving birth.

“Postpartum mothers experience a troubling burden of physical and

emotional health challenges after giving birth. Although many of these problems abate over time, far too many women were still experiencing them from 6 to 18 months after birth. With more than 4.3 million births each year in the United States, it is an urgent priority to better understand the reason for these challenges, their implications for women and their families, ways to prevent distress and morbidity, and ways to help women and families before they experience detrimental effects,” stated Maureen Corry, MPH, Executive Director of Childbirth Connection.

Breastfeeding Experiences

Although 61% of the mothers had intended to exclusively breastfeed as they neared the end of their pregnancies, just 51% were doing so a week after the birth. Those mothers had experienced high rates of hospital practices that can disrupt breastfeeding such as water or formula supplementation and formula samples or offers. Fewer than half (46%) of the mothers who were breastfeeding at one week and not breastfeeding at the time of the Listening to Mothers II Postpartum survey reported that they had breastfed as long as they wanted. One-third or fewer of black non-Hispanic women, younger women and women with lower incomes breastfed as long as they wished.

cont. on pg 11

PSI NOW CAN PROVIDE RESOURCES FOR MILITARY FAMILIES



PSI is proud to announce that we now have three Coordinators for Military Families who will offer support and information to women in all branches of the United States military. Valerie Roseberry is our new Navy, Coast Guard, and Marines Coordinator; and Kellie Haworth and Ceola Butler are co-coordinators for the Army and Air Force. This division of coordinators will include support for both Active Duty and Reserve components of the Armed Services. They are available to any woman afflicted with a perinatal mood disorder who has ties to the military, either herself or as a spouse.

Valerie is a Navy wife, mother of two, and postpartum survivor based out of Washington state. Kellie is an Active

Duty Army Pediatrician, mother of two, and postpartum survivor based out of Fort Knox, Kentucky. Ceola is a full-time student and Army Reservist, mother of two, and postpartum survivor based out of a suburb of Atlanta, Georgia. Valerie and Kellie have started support groups on their bases, working with other military providers. Kellie has instituted screening on her base and is gathering data for ongoing research.

A need was recognized among military women after studies showed that spousal deployment might be considered an independent risk factor for postpartum depression. Unfortunately, many women involved with the military are left alone with their newborns while their spouses are deployed for several months overseas. In addition, oftentimes these women are isolated on a military facility away from family members. They most likely have frequently moved, leaving friends behind. Lack of social support is a known risk factor for postpartum depression among the general population, and obviously plays a significant role in the military as well. Visit the PSI website for Jessica Banas' summary of research on the high rates of postpartum depression in military wives. www.postpartum.net/resources/healthcare-pros/report-military-deployment

The United States military system currently contains no official or federally-funded support program for women diagnosed with a perinatal mood disorder. Some military installations have small private support groups or offer a referral to the community network for

evaluation and treatment of postpartum depression. However, a majority of bases and posts around the country have no available resources for the women locally who have been recognized as having a perinatal mood disorder. This new development among PSI's resources will provide an outlet to those women who need more than what their individual duty station has to offer.

Coordinators for Military Families are dedicated to obtaining resources, both civilian and military, for women afflicted with any perinatal mood disorder. They will offer a network of support via internet and phone and will collect resources within the military networks. Each military branch has separate federal funding and mission, making it difficult to unify resources. In having three separate PSI military coordinators, we hope to reach as many women within their own scope of experience as possible. It is the goal of Postpartum Support International to one day add to the list of Military Coordinators specific representatives of the Air Force, the Marines, and the Coast Guard.

If you would like more information or want to help, please contact one of our Military Families Coordinators. Find them on the PSI website under the "Resources" tab (www.postpartum.net/resources) and at the bottom of the Support Map page, along with our other specialized coordinators - for Dads, Online and Spanish support. (www.postpartum.net/local-support).

HELEN JONES HONORED

Former PSI Board member Helen Jones, RN, PhD, MN, was recently honored by the New Jersey League for Nursing for her years of service and dedication to nursing. Helen is a professor of Health Sciences Education at

Raritan Valley Community College in New Jersey.

The New Jersey League for Nursing, a constituent league of the National League for Nursing presented the Nurse Recognition Awards at its 2008 Autumn Gala, celebrating some very special nurse honorees and 93 years as an organization that fosters nursing education and service throughout New Jersey. Only ten New

Jersey nurses are recognized each year with this prestigious award.

Helen reports, "It was a wonderful evening with about 400 people attending. My daughter flew in from San Diego. (She's having a baby!! I am so excited.)"

All of us at PSI add our congratulations to Helen for this well deserved honor!

COORDINATOR NEWS FROM AROUND THE WORLD

Coordinator News 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

In an effort to be more effective around our vast and diversified state, we are beginning to 'regionalize.' Modeled after our mother organization, we have begun the process where the known committed volunteers live and work. We are thrilled with the work of Eileen Vachon -Vierra in Cottonwood, AZ who has begun the process of organizing local pockets of support in Prescott, Prescott Valley, Flagstaff, Kingman and the Verde Valley. The Phoenix metropolitan area is also under development. In Tucson, a local coalition has actively led the community in promoting awareness and developing resources over the past several years. Every quarter, at least 50 Tucson professionals attend the Tucson Postpartum Depression Coalition meeting.

We are currently focusing much time and attention to our Stakeholder's Perinatal Mood Disorders workgroup which is grateful to have the support and hard work of State Representative (and now State Senator-elect) Linda Lopez to lead the way. In collaboration with our state coalition, the AZ Postpartum Wellness Coalition, we will be hosting a Lunch on the Lawn on January 22, 2009 to welcome back and educate the legislators about the importance of PMDs and encourage their vote for our legislative action. We are excited to have gained funding for this event through the local regional behavioral health authorities including the Community Partnership of Southern AZ, and Cenpatico Behavioral Health, several hospitals including Catholic Healthcare

West, Carondelet St Joseph's Hospital, Maryville Hospital, and the AZ Council of Healthcare Providers. Unable to get a nationally-known celebrity to address our luncheon, we were very pleased that Marie Osmond's publicist agreed to have us read a statement by Marie in her absence.

We continue to be passionate about our work in AZ and developing new leaders in the state to help carry the torch.

Carole Sheehan RN
PSI-AZ Coordinator

CALIFORNIA

PSI Board member Pec Indman will be teaching a one day Perinatal Mood Training at the University of Santa Clara, Santa Clara (San Jose area) on January 31, 2009. Continuing education units offered. For more info call 408-551-1981.

Pec Indman EdD, MFT
PSI Training/Education Chair
408-255-1730 (PST)

FLORIDA

Ilyene has presented at 2 conferences since the last newsletter: On October 3rd she presented at the "Celebrating Birth" conference at Regency Medical Center in Winter Haven (Central Florida). Participants included the medical staff, who attended during Grand Rounds. On October 24-25 Ilyene worked as a co-presenter, with Birdie Meyer, for a PSI 2 Day Certification of Completion Course at The Women's Center at University Community Hospital in Tampa, FL. She describes this as a wonderful experience and is now proud and honored to represent PSI as one of their national trainers.

Ilyene continues to work with

Healthy Start's Maternal Depression Task Force as they look forward to offering a conference on perinatal mood disorders in June 2009.

Ilyene has mailed out more than 300 letters to health care providers in her community, discussing the impact of the current economic crisis on women (and their families) suffering from PPD. She notes that there has been a disturbing trend to get and keep these women in treatment due to economic constraints and/or loss of insurance coverage due to lay offs and unemployment. She and the staff at The Center for Postpartum Adjustment notice more women arriving in crisis mode, but unable to utilize or continue treatment in ways most beneficial to them and their families. The Center does all it can to accommodate these women and is relying more and more on social service agencies to fill the gaps.

As she has consulted with other PSI mental health providers, there is an understanding that this not unique to Florida but, sadly, a national epidemic. She stands cautiously optimistic that the state of healthcare in The United States will begin to turn around with our country's new administration.

Ilyene Barsky, LCSW
PSI South FL and SE Regional
Coordinator
Director: The Center for Postpartum
Adjustment

MARYLAND

I average about 1 call or internet interaction per week as a result of the PSI website. I am still building up a network and PR in this region. (The closest psychiatrist who deals with PPD is over an hour away.) I am also teaching the postpartum classes for the childbirth education series held at the medical center and I am in the process of setting

up support groups through this regional medical center as well. I have done one workshop for professionals and talked to the local MOPS (Mothers of Preschoolers) and I am starting to see more moms in my shop who are seeking resources in this area. I will be helping Adrienne Griffin with the PSI training to be held next spring in DC area.

Martha Ogburn

MIDATLANTIC REGION

Postpartum Support Virginia (www.postpartumva.org) is the latest addition to PSI's network of state organizations providing information about postpartum depression. Postpartum Support Virginia was established in June 2008 to provide hope and help for new mothers. In keeping with PSI's tradition, Postpartum Support Virginia provides support and encouragement; information and resources; and outreach and education. Postpartum Support Virginia has 14 volunteers throughout the state running 8 support groups and has compiled a list of over 50 health care providers and resources who work with women with postpartum depression.

Mark the date now! PSI training is coming to the MidAtlantic! PSI's two-day training session will be held in Washington DC May 7-8, 2009. The National Institutes of Mental Health and Postpartum Support Virginia are partnering to host this fantastic training session in the Washington DC metropolitan area. More information to come. Questions? Contact Adrienne Griffen at Adrienne.griffen@gmail.com.

Coordinator update: Many thanks to Trish McGarrigle who is taking a break from serving as PSI's Pennsylvania coordinator as she works on her Masters degree. Anyone interested in filling in for Trish, please contact Wendy Davis at wdavis@postpartum.net.

Congratulations to Sara Evans, Maryland co-coordinator, for launching a new support group in Gaithersburg. Sara was featured in an article in the Baltimore Examiner about postpartum depression research at Johns Hopkins University in Baltimore.

PSI update about partnership with Stroller Strides: PSI and Stroller Strides, a national franchise organization of fitness classes for new moms and their babies, have been developing a partnership to reach out to women and share information about postpartum depression. Stroller Strides has recently included a terrific page on their website that discusses postpartum depression and lists PSI as the number one resource for finding help. Check out www.strollerstrides.com/postpartum_depression.php for more information.

NEW JERSEY

Margaret Howard was a keynote speaker along with Susan Stone, Shoshanna Bennett and Karen Kleiman at the Annual meeting of the Southern New Jersey Perinatal Cooperative, Princeton, New Jersey, October 10, 2008. Her talk was on the Day Hospital Treatment Model.

RHODE ISLAND

Families First RI is a grassroots organization that pairs moms in need - some with diagnosed PPD, others who are at risk - with highly trained volunteer moms. Since its launch in January 2008, Families First RI has evaluated sixty-five moms, and fifty of them have been successfully matched with a volunteer. To learn more, go to www.familiesfirstri.org, or contact: Sally Harrison, Clinical Program Director at (401)383-9933 or sally@familiesfirstri.org

Studies about to be started in RI with Margaret Howard as co-investigator:

“Placebo-Controlled Trial of Sertraline and Interpersonal Psychotherapy for Postpartum Depression” (Co-Investigator). The major goal of this two-site project is to compare sertraline and interpersonal psychotherapy to placebo in women with postpartum depression in terms of efficacy on depressive symptoms, anxiety and social functioning.

Date of project: 9/14/07-5/31/12
NIMH, Principal Investigator: Caron Zlotnick, Ph.D.
R01 MH074919

“Development of a Home-Based Family Treatment for Postpartum Depression.” (Co-Investigator)
Date of Project: 11/1/08-4/30/11
NIMH, Principal Investigator: Cynthia Battle, Ph.D.
R34 MH083065

From Michele Chaudhry
PSI Co-Coordinator Maryland
www.barefootbabyboutique.com

WISCONSIN

In an effort to bring local attention to this national problem, the CARE Network of Milwaukee and the Well-Rounded Maternity Center brought a portion of the Safe Motherhood Quilt Project to Milwaukee as part of a program on the Prevention and Treatment of Postpartum Depression held on October 12.

Inspired by the AIDS Quilt, the Safe Motherhood Quilt Project is a national effort developed to draw public attention to the current maternal death rates, as well as to the gross underreporting of maternal deaths in the United States, and to honor those women who have died of pregnancy-related causes since 1982.

The Project is the vision of Ina May Gaskin, midwifery pioneer and author of *Ina May's Guide to Childbirth* and the

classic Spiritual Midwifery, who has been instrumental in bringing this issue to the public light.

The Quilt Project's sponsor is the Safe Motherhood Initiatives, USA, an organization founded to improve maternal mortality rates in the United States.

We are adding a quilt square to the quilt to remember Jennifer Mudd Houghtaling, an Oak Creek mother who took her own life following the unsuccessful treatment of her postpartum psychosis.

The program brought together local childbirth professionals for a panel presentation about Causes, Prevention and Treatment of Postpartum Depression

Lisa Hebgen

INTERNATIONAL

FRANCE

Some information from France and from the Marcé Society from Nine Glangeaud
The International Marcé Society has a new president from Pittsburgh (USA), Katherine Wisner, who is planning for 2010 an international congress in her town and she has many other interesting projects.

For more information
<http://www.marcesociety.com/>

Jane Honikman (PSI founder) has been co-opted to be a member of the Executive committee of the Marcé Society to represent "users" associations.

I am personally very impressed by all the work she and PSI have done since many years now.

The next annual meeting of Francophone group of the Marcé Society will be in Fort de France (Martinique), 23-24th of March 2009. It will be in French on: prevention for perinatal mental health including workshop on attachment, fathers, toxicomania, liaison psychiatry and

perinatal care.

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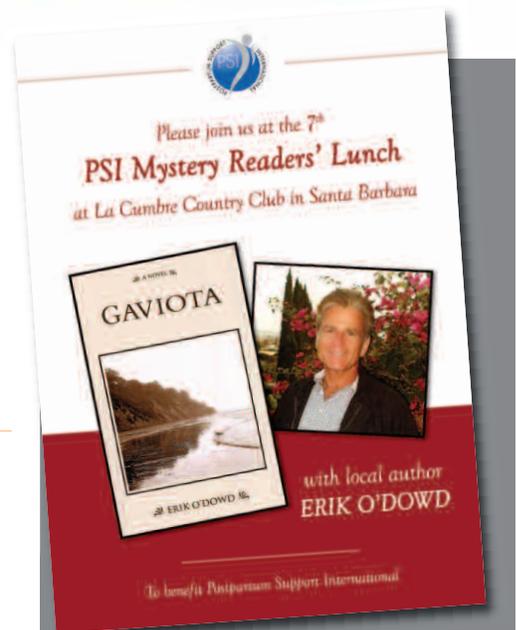
ISRAEL

From Wendy Blumfield, Hon President Israel Childbirth Education Centre, Israel Co-ordinator PSI Tutor childbirth educator, postnatal and breastfeeding counselor, National Childbirth Trust UK

The Israel Childbirth Education Centre changed direction this year, or, more correctly, returned to its original path of training courses. For three years, the organization merged with the Ridman Alternative Medicine College mainly to expand our marketing and accessibility. The ICEC decided that we had more autonomy and academic control by retaining our independence, so after training a new team of tutors and co-ordinators we are back on track, running our own training courses for childbirth educators, doulas, breastfeeding counselors and mother-and-baby group leaders.

Some of our counselors attended the wonderful conference of the World Association for Womens Mental Health in Tel Aviv earlier this year. Shari Lusskin was the keynote speaker and was very inspiring.

There is a new study starting at Ichilov Hospital in Tel Aviv and counselors are asked to refer clients experiencing post-natal disturbance to them. More news on this next time.



MYSTERY READERS' LUNCH A SUCCESS

On Saturday, November 1, the seventh annual PSI Mystery Readers' Lunch fund raising event was held in Santa Barbara at the beautiful La Cumbre Country Club.

Approximately 75 guests enjoyed a wonderful meal, a chance to shop for a variety of goods and services in the very successful silent auction, and an opportunity to hear local author Erik O'Dowd talk about researching and writing his fascinating mystery, *Gaviota*. This is Erik's first novel, and it is a very well written, intriguing tale that spans the time from World War II through the early 1990's. Erik, a retired litigator, was generous enough to donate the entire proceeds from sales of his book at the event to PSI.

A very significant part of the event was the unveiling of the new Spanish language version of PSI's awareness poster, underwritten by the generosity of long-time patrons Dr. Robert and Mary Ellen Logan. This wonderful resource is now available through the PSI office, as is the English language version, at no charge.



KENDALL-TACKETT JOINS PSI PAC

Welcome to Kathleen Kendall-Tackett, PhD,

IBCLC, as a new member of PSI's President's Advisory Council. Kathleen is a Health Psychologist and Researcher and is an International Board Certified Lactation Consultant. She is a Clinical Associate Professor of Pediatrics at Texas Tech University School of Medicine in Amarillo, Texas, and Acquisitions Editor for Hale Publishing. Here is a link to further information on her work for Hale:

www.ibreastfeeding.com/pages/mmm_2006.html.

Dr. Kendall-Tackett is a Fellow of the American Psychological Association in both the Divisions of Health and Trauma Psychology.

She is the author of more than 180 journal articles, book chapters and other publications, and author or editor of 17 books in the fields of trauma, women's health, depression, and breastfeeding, including *Depression in New Mothers* (2005, Taylor & Francis), and *Non-Pharmacologic Treatments for Depression in New Mothers* (2008, Hale Publishing). Kathleen wrote a chapter on "Complementary and Alternative Treatments for PPD" in the book, *Perinatal and Postpartum Mood Disorders, Perspectives and Treatment Guide for the Health Care Practitioner*, edited by Susan Stone and Alexis Menken.

With the New Hampshire Breastfeeding Task Force, she developed a resource: "A Breastfeeding Friendly Approach to Depression in New Mothers - A Curriculum & Resource Guide for Health Care Providers."

She brings together research and knowledge in both fields of perinatal mood disorders and breastfeeding.

Welcome Kathy!!!

PSI BOARD MEMBER KATHERINE STONE HONORED BY WEB MD

WebMD Health Corp. has announced the honorees of the 2008 WebMD Health Heroes awards, featured in the November/December issue of WebMD the Magazine. The third annual WebMD Health Heroes Awards honors Americans who are working to improve healthcare and the lives of those struggling with serious health conditions in the U.S. and abroad. One of this year's four honorees is Katherine Stone, creator and author of Postpartum Progress (<http://postpartumprogress.typepad.com>), the most widely-read blog in the United States on perinatal mood and anxiety disorders, including postpartum depression (PPD).

Since its inception in 2004, Stone has reached 200,000 visitors to her blog with the latest research, events and resources and well as an unflinching look at what it is truly like to experience PPD and related illnesses like antepartum depression, postpartum anxiety, postpartum PTSD and postpartum psychosis. A resident of suburban Atlanta, she started the blog after experiencing postpartum obsessive-compulsive disorder in 2001 with the birth of her first child.

Stone serves on the board of directors of Postpartum Support International (PSI), 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 U.S. 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.

WebMD the Magazine reaches more than one million physicians and more than seven million consumers in doctors' offices across the country. Published by WebMD.com, the leading health information site for consumers, the website and magazine give patients the information they need for a better visit to the doctor. The WebMD Health Network reaches more than 40 million visitors a month through its leading owned and operated health sites that include WebMD Health, Medscape, MedicineNet, eMedicine, eMedicine Health, RxList and theHeart.org.

The Health Heroes Awards are an annual, national program to recognize individuals who overcome challenges and help transform healthcare. For more information on Health Heroes please visit www.webmd.com/healthheroes.

cont. from pg 5

Co-sleeping and Demographic Variation

The study reveals significant disparities in experiences across major U.S. race/ethnicity subgroups in a practice that has been the subject of considerable attention – infants sleeping in the same bed as their parents. Overall 18% of mothers reported that their baby “always” slept in bed with them and another 10% reported their infant “often” did in the first six months after birth. Among black non-Hispanic mothers more than a third (36%) reported their baby slept with them “always” compared to 30% of Hispanic mothers and 12% among white non-Hispanic mothers. Dr. Eugene Declercq of Boston University School of Public Health and lead author of the report stated, “Co-sleeping was one of the many areas, including breastfeeding, pregnancy intention and circumcision rates, in which we found postpartum experiences of mothers varying widely by race/ethnicity. These variations merit further research.”

Nonexistent or Insufficient Social Support from Husbands, Partners and Others

Having a spouse or partner did not necessarily ensure that women received various forms of support. Overall, most of the mothers (73%) said that they provided more of the child care than their husband or partner. Even among mothers who were employed full time, 49% reported they provided most of the child care, in contrast to just 3% of husbands or partners who provided most of the child care and 48% who shared it equally. About 20 percent of women with a husband or partner reported that person provided affectionate, emotional, enjoyment or practical support “none” or “little” of the time.

Meager Paid Maternity Leave Benefits and Multiple Employment Challenges

Of those mothers who had been employed by someone else during pregnancy, 40% said that their employer provided paid maternity leave benefits, with 50% of those working full-time and 14% working part-time receiving these benefits. Among mothers who received paid maternity benefits, 50% indicated they received 100% of pay. Thus for the entire survey sample, the results indicate that of those women employed full-time outside of their home while pregnant, 23% received at least six weeks of their full pay as a maternity benefit and 38% received at least six weeks of half-pay or more as a maternity benefit.

Almost 3 in 10 (29%) of the mothers in the postpartum survey said they were currently employed full-time. Another 14% were employed part-time. Those mothers currently employed were more likely to have one child rather than two or more and be unmarried with a partner rather than married. Among formerly employed mothers more than a third had returned to work by 6 weeks, and most (84%) were back to work by 12 weeks. About half (48%) of mothers who had returned to work by the time of the survey said they had not stayed home as long as they wanted. The leading reason cited for returning to work prematurely (81%) was because they could not afford more time off. When we asked employed mothers and mothers on maternity leave what would be the ideal amount of time off with their baby, the overall average was seven months, with 60% of mothers naming six months or more as the ideal maternity leave. By contrast, just 1% of mothers who had been employed outside the home during pregnancy had fully paid leave of four or more months.

Mothers returning to work reported

facing numerous challenges. For example, 79% reported that being apart from their baby was a major or minor challenge in their transition to employment, followed in frequency by childcare arrangements (50%), breastfeeding issues (37%), amount of support by partner/spouse (36%) and lack of support in the workplace as a new mother (29%).

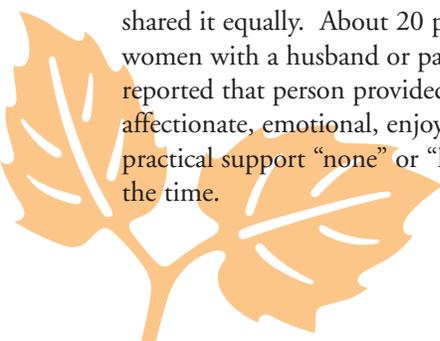
“This important new study underscores the urgent need to improve maternity and pregnancy-related benefits for women in the United States,” said National Partnership for Women & Families President Debra L. Ness. “While nearly every other economically competitive nation provides paid maternity leave and stronger supports for working mothers, women here struggle to cobble together the time off, income and childcare they need. This survey shows the toll that is taking on mothers and families. We can and must do better.”

“The overall picture is of recent mothers engaged in a juggling act, carrying multiple and sometimes conflicting responsibilities while experiencing high levels of social, physical and emotional health challenges. There are concerns about whether large segments of this population have access to adequate health and social services and social support. We are letting our mothers and babies down at one of the most critical and vulnerable times in their lives. These survey results are a clarion call to action for programs, policies, clinical services, and research to better understand and improve the experiences of new mothers and their families,” said Corry.

About “New Mothers Speak Out”

“New Mothers Speak Out, National Survey Results Highlight Women’s Postpartum Experiences,” is based on

cont. on pg 13





Heart Strings

The National Newsletter of Depression After Delivery, Inc.
1-800-944-4PPD / www.depressionafterdelivery.com

MORE THAN THE BABY BLUES...

As the days passed, I secretly wished for a miscarriage. I wasn't supposed to feel this way. It wasn't right. My father's words loomed before me, "Don't forget, you were a second child." I buried the pain deep inside, dismissed my negative thoughts, and superficially accepted my fate. It was meant to be, a 'blessing in disguise.'

My due date drew near. I had done all the appropriate things-gotten out the baby clothes, reviewed my childbirth techniques. I had even made a point of not apologizing for being pregnant, not to myself-not to anyone. But something just wasn't right. I was depressed, really depressed, all too often. It was the kind of depression that leaves you apathetic, alone, and helpless. The kind that drains you mentally and takes away what physical strength you might have. I seemed to cry daily, placing the blame on my husband's demanding schedule. My emotional state was certainly not conducive to pregnancy so it was no wonder I started having early contractions. My doctor, fearing I would have a premature baby, ordered me to stop working and stay in bed for the remaining ten weeks.

As our income dropped and my physical discomfort escalated, my resentment

mounted. How unrealistic to expect me to stay in bed and manage a toddler too! I begged to be induced. My doctor refused. I didn't care if I was four weeks early, I just wanted it to be over.

Finally I delivered, but I continued to block out what another child would mean, not only to me but Brandon as well. The fact that he slept most of the time simply reinforced my denial. It was easy for me to say, "Such a good baby.. .no trouble at all." But my maternal feelings for Brandon were so powerful that another child prompted a surge of resentment. Resentment that said, "How dare you try to take his place. How dare you expect me to share my love." Those once-so-special baby clothes were now being worn by another. I told myself how wrong I was to feel that way and pushed my thoughts aside, hoping time would erase the bitterness.

Somewhere along the line, this new addition began sleeping less and demanding more of my time and I could no longer ignore his presence. The reality of a third person in my life evoked an intense degree of anger. Where were all those maternal feelings - the protectiveness, the warmth, the sympathy? Preventing Brandon from becoming jealous or feeling abandoned had become the paramount issue. Something had to give. I could not continue to be so intolerant of this baby's existence.

It was not long before

these negative feelings surfaced full-force. It took a whole night of an inconsolably crying baby to let it all out. Brandon was sleeping peacefully in the next room and as usual, Nick was gone. I had tried everything: nursing, walking, rocking. Nothing worked. I was tired and getting angrier by the moment. I looked at the clock...4.OO A.M. I found myself shaking and yelling, "I don't want you. I don't want you. I'm not ready. I'M NOT READY!" Exhaustion and frustration set in. I cried. The next day I knew I had to take a closer look at what was going on. Surely I should've seen it coming - the denial, the anger, the resentment, the depression. I needed to talk. I reached for the phone and dialed a familiar number. Susan listened while I blurted out the awful feelings I had experienced the night before; all the thoughts I had never dared to speak aloud.

When I finally fell silent, Susan asked only one question, "Are you afraid you might hurt the baby?" The idea had never crossed my mind. Was she suggesting I might lose control?

"Of course not," I was quick to reply. "I'm mad but that doesn't mean I'm going to abuse my child. Save your psychiatric nursing for someone else."

"Are you sure?" she persisted. What a frightening thought. I found myself speaking involuntarily, in a detached sort of way, "No, I'd never hurt him. Never. . never. . ." But as I spoke, the events of the previous night flashed before me. I said good-bye and hung up the phone,

knowing all the while I had to take her question one step further.

I slowly made my way to the baby's crib and stood motionless above this helpless little human. Am I really capable of abusing my baby, I thought. How could I be mad at him anyway? It wasn't his fault. He had done absolutely nothing, except to be born, and that wasn't his choice. It wasn't even his fault that my pregnancy had been so unbearable or that I was now torn between loving two babies.

So who was I really mad at? I was mad at an ambiguous entity unable to wave a magic wand and make everything all better. "Ryan, Ryan," I heard myself saying, trying to make it sound real. Then for the first time, I focused in on this tiny stranger. There he was, a chubby little bundle with a triple chin and fuzzy blond head. I locked in on the blues eyes peering back at me. We held our gaze for a few minutes and then he broke into the widest, most toothless grin I'd ever seen. My heart melted. I knew it was time to give him another chance, a chance without anger.

(...Eight years have passed since that new beginning, eight years of loving and growing. I smile smugly as I reflect back, knowing I'd never trade this special boy for anything. You see, this morning after he bolted through our front door, hurrying to be the first at school, he paused, glanced over his shoulder and left me that same toothless grin once more.)

cont. from pg 11

new data from the national Listening to Mothers II Postpartum survey and includes relevant results from the national Listening to Mothers II survey, which was conducted six months earlier and focused on women's childbearing experiences. Combined survey results from these landmark surveys provide an in-depth look at women's postpartum experiences during the first eighteen months after giving birth.

The Listening to Mothers Postpartum survey reached 903 U.S. women, ages 18-45, who gave birth in a hospital to a single infant in 2005, with the infant still living at the time of the survey. The survey was carried out in partnership with Lamaze International

and conducted by Harris Interactive®.

The New Mothers Speak Out report, along with survey questionnaires, details about the survey methodology and related documents, are available at www.childbirthconnection.org/newmot_hersspeakout/

About Childbirth Connection

Childbirth Connection is a national not-for-profit organization that was founded in 1918 as Maternity Center Association. Our mission is to improve the quality of maternity care through research, education, advocacy and policy. Childbirth Connection is a voice for the needs and interests of childbearing families. More information about Childbirth Connection may be

obtained at www.childbirthconnection.org

About Lamaze International

Since its founding in 1960, Lamaze International has worked to promote, support and protect normal birth through education and advocacy through the dedicated efforts of professional childbirth educators, providers and parents. An international organization with regional, state and area affiliates, its members and volunteer leaders include childbirth educators, nurses, nurse midwives, physicians, students and consumers. More information about Lamaze International may be obtained at www.lamaze.org

**SYLVIA LASALANDRA
HONORED**

Written by Susan Stone,
PSI immediate past-president:

On the evening of November 13, as her family, friends, admirers, legislators and national PPD spokesperson Mary Jo Codey celebrated all she has done for our issue, PSI President's Advisory Council

Member, legislative advocate, author, and PSI fundraiser extraordinaire Sylvia LaSalandra was honored with The Heart of Gold Award from the Hudson Perinatal Consortium. A packed ballroom at the Liberty Restaurant in the shadow of the Statue of Liberty formed the fantastic backdrop to a magical evening honoring a person we are lucky to count among our own.

Sylvia's heartfelt words brought tears

to eyes and everyone to their feet in a show of inspired, uncontainable, support. As you can tell, I am still floating in the aftermath of such a beautiful evening - After tonight I have no doubt we can count many more believers and supporters for our issue because of her bravery.

Congratulations, Sylvia!

**PSI FOUNDER STRENGTHENS
LINK TO MARCÉ SOCIETY**

PSI Founder Jane Honikman presented Developing a Sustainable Perinatal Social Support Network at the Marcé Society biennial conference in Sydney, Australia in September. She has summarized her experience for our membership in a supplement to PSI NEWS. This supplement will come under a separate email.

Jane has accepted an

invitation to serve on the Marcé Society Executive Committee representing consumers. This opportunity provides an ongoing link between the PSI and Marcé memberships. We share the same mission and together can truly have an enormous global impact to accomplish our mutual objectives. Dr. Katherine Wisner is the newly elected Marcé Society President.

PSI EDUCATION AND TRAINING

Please continue to watch our website events listings on the homepage and the state pages for conferences near you.

We are adding new ones frequently.

Our planned 2-day conference dates for 2009 so far, are:

Indianapolis, Indiana - March 12 & 13

Detroit, Michigan - March 26 & 27

Wisconsin - March, TBA

San Jose, California - April, TBA

Gilbert, Arizona - April 16 & 17

Washington, DC (co-sponsored with NIMH) - May 7 & 8

Oklahoma - May 20 & 21

We will come to a city near you!!! Contact PSI Board Chair of the Education and Training Committee, Pec Indman, EdD, MFT, for information about PSI Trainings. We have developed a brochure to promote our trainings and will be mailing them out soon.

