WISHING YOU THE WARMEST HOLIDAY GREETINGS FROM PSI

Whether your holiday time is peaceful or stressful, we want to remind you that we are here - every day - to provide support, information, and connection.

Call, text, or message us - we are here for you.

Call the PSI HelpLine at 1-800-944-4773(4PPD) or send a text message to our helpline at 503-894-9453

33RD ANNUAL PSI CONFERENCE: CALL FOR PROPOSALS AND SUSAN HICKMAN RESEARCH AWARD

PROPOSAL DEADLINE DECEMBER 31
PSI Conference Request for Proposals is Open!

We're excited to announce that the PSI Annual Conference website is open for submissions. We welcome presentations with research data as well as those addressing clinical expertise and community projects. Conference presentations will include topics relevant to: psychopharmacology; psychobiology; emerging technology; psychotherapy; community systems, peer support; diversity and culturally-informed services; integrated systems; and fathers, families, and partners. READ MORE

Create an account and submit proposals here.

Susan Hickman Research Award

The Susan A. Hickman Memorial Research Award is given by PSI each year to an individual involved in a scholarly research project that contributes to the field of perinatal mental health. The recipient is selected by the PSI Research Committee among qualified applicants. The research award is $5000, and also includes conference registration and a stipend for travel to attend the annual PSI Conference. The 2020 award will be presented at the conference in New Orleans on July 10, 2020.

Visit here for more info on the Hickman Award
Create an account and apply here
Deadline: April 1st, 2020
On Giving Tuesday, we sailed passed our matching gift goal of $7,777 raising a total of $10,357. Thanks to your donations, we will be able to help more parents. You can still help! We set a goal of 500 Giving Circle members in 2019 -- and we are halfway there. **If you are interested in donating to support PSI, now is the time.**

We want to thank every person who has participated in Giving Tuesday and our #NoParentAlone campaign. Your donations and message have made a difference in the lives of moms, dads, parents, and families everywhere! Because of YOU, we can continue to provide our HelpLine and online support groups to families, expand professional education opportunities, and spread global awareness of perinatal mental health. Your donations will ensure that more parents feel heard, supported, helped and healed.

**We appreciate your continued support. Thank you!**

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**MEMBERSHIP CORNER**

Looking back over the two years I’ve been with PSI, I continue to be impressed by the PSI community. What an amazing group of capable people, committed to sharing knowledge and helping new parents/families.

We are here for you. If you are a provider, we want to help strengthen your practice and connections. If you are a student, we want to help you towards your future career. Our member benefits aim to foster learning & networking -- from discounts on trainings & educational resources, to our online groups for providers to connect with each other. If you have ideas for additional benefits, or if you are with an organization/company that can offer a benefit such as a discount to our members, please reach out to me.

You can join/renew at any time of the year, since our memberships aren’t based on the calendar year, but this is still a good time to check to make sure your membership is current. Email me if you aren’t sure, so that you can go into 2020 knowing you are fully connected to PSI!

Our online learning/networking groups for providers continue to be a popular benefit. Tip: You can choose a digest version, or even a no-email version, to reduce email overload -- let me know if you’d like help changing your subscription to one of the online member groups.

More about PSI membership & enrollment is [here](https://postpartum.z2systems.com/np/clients/postpartum/viewOnlineEmail.jsp?emailId=c86f0f884ded7478738920dc245208e3cm76380c86).

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- **Edith Casterline, Membership & CRM Manager**
UPCOMING PSI TRAININGS

NEW! Maternal Mental Health Certificate
Webinar

Hosted by PSI and 2020 Mom
February 24 - June 1, 2010
Deadline for registration: Wednesday, February 19,
9pm Pacific Time
Register HERE

PSI Certificate Trainings

2-Day Perinatal Mood and Anxiety Disorder: Components of Care Training taught by experienced and engaging faculty, is a thorough and evidence-based curriculum designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood disorders.

PSI’s Advanced Perinatal Mental Health Psychotherapy Training is an evidence-based curriculum designed for mental health and psychotherapy providers who have previously completed at least 14 hours of perinatal mental health training. This advanced training covers differential diagnosis, evidence-based psychotherapeutic approaches, and advanced therapeutic issues. It combines expert presentation with case studies, group discussion, and practical examples of treatment approaches.

PSI’s Advanced Perinatal Mental Health Psychopharmacology Training, provided by perinatal psychiatric experts, is an evidence-based training on psychiatric prescribing during pregnancy and lactation. It is designed for psychiatric prescribers who have previously completed at least fourteen hours of perinatal mental health training. This advanced training combines expert presentations with case studies, group discussions, and practical examples. It is an interactive, case-based advanced seminar, covering differential diagnosis, medication challenges, and your questions. This course is an approved prerequisite for the perinatal mental health certification in the psychopharmacology specialty.

Upcoming PMAD Certificate & Advanced Trainings

- February 5-6, 2020, Arlington, Texas (2/7 Advanced Psychotherapy*)
- February 26-27, 2020, Los Angeles, California (2/28 Advanced Psychotherapy and Psychopharmacology)

* PMAD Certificate Training (OR an approved equivalent): is a pre-requisite training for the Advanced training and the PMH-C Certification

* Advanced Psychotherapy Trainings: The advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification, Psychotherapy or Affiliate Track.

* Advanced Psychopharmacology: This Advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification, Psychopharmacology Track.

* You can see alternative courses approved as prerequisites here.

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**NOW RECRUITING CLIMB LEADERS FOR 2020**

Have you considered starting a Climb in your area? Or have you led a climb in previous years? We are now recruiting volunteers to become Climb Leaders in 2020.

*What is a Climb?* Imagine a play date in a park where all the people attending have been touched by perinatal mental health in some way. The attendees mill around, talking about their experiences, hear some inspiring words and then go on a short walk.

*When is the Climb?* The Climb will occur 3 times in 2020. May 20th, June 20th and September 27 2020.

*Are you interested? Here are the next steps:*
NEW RESOURCE AVAILABLE: National Provider Directory

PSI recently launched the National Perinatal Mental Health Directory with over 1000 providers (and growing). If you are looking for a provider in your area that has training and experience in Perinatal Mental Health, take a moment to look at this new resource. You can search the directory based on location, language, insurance, specialties, and much more! Search the directory to find a provider near you: psidirectory.com

Are you a provider and would like to join the directory? Learn more and join for free here.

VOLUNTEER SPOTLIGHT

Marisa Perera, Miami, Florida
PSI Helpline Volunteer

I volunteer because I consider it a privilege to be available to individuals experiencing a difficult moment. My passion for perinatal mental health is driven by my background as a clinical health psychologist in training. During my training, I’ve learned about the great need for more and better perinatal mental health services. I learned about PSI during my search for volunteer opportunities that involve directly serving
this important community. I am honored to advocate for perinatal mental health through my volunteer work with PSI!

PSI HELPLINE
Over the last two months, PSI's HelpLine has experienced a significant jump in the number of calls received. Our helpline volunteers logged a total of 1463 calls and 320 texts in November.

Call the PSI HelpLine at 1-800-944-4773(4PPD) or send a text message to our helpline at 503-894-9453. Our helpline is available in English and Spanish and helpline messages are returned every day of the week.

CONGRATULATIONS TO THE NEWEST CERTIFIED PERINATAL MENTAL HEALTH PROFESSIONALS (PMH-C)

Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in November 2019. You can find the full list of PMH-C recipients HERE. To learn how to become a Certified Perinatal Mental Health Professional, visit our website.

We are now offering the option to have a professionally printed version of your PMH-C Certificate. The certificate is for those providers who have already passed the PMH-C exam, and are PMH-C Certified. Visit the store to order!

Do you have questions about the PMH-C? PSI is now hosting a monthly call where we can answer your questions! This is the time to have questions answered about qualifications, exam preparation, etc. Join us on Zoom the first Friday of the month.
at 1pm PST/4EST. Find all the information on the PSI certification page. (Under Questions near the bottom of the page)

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<th>New PMH-C Recipients from November 2019</th>
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You are not alone. You are not to blame. With help, you will be well.

24/7 Helpline number: 1.800.944.4773

GET HELP | LEARN | JOIN | PROFESSIONALS
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