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

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: https://psi.societyconference.com/v2/

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,
Visit here for more info on the Hickman Award: https://bit.ly/2yVjZIm
Create an account and apply here: https://psi.societyconference.com/v2/
Deadline: April 1st, 2020

SPECIAL FEATURE: Friendship for New Mothers

Alexis E. Menken, PhD
Clinical Psychologist
Montclair, NJ
NJ Coordinator/Advisory Council
Postpartum Support International

They say it takes a village to raise a child, but it also takes a village to truly nurture and sustain a new mother. Of course, friendships are helpful in every stage of life, but its emotional bonds formed during the 4th trimester of pregnancy are especially critical. This is a sensitive time, when every aspect of a woman’s identity, and body is in transition. Because there is so much uncertainty as we become mothers, a community of peers who understand, empathize and help us navigate this pivotal period can have an outsized impact on our wellbeing. And yet the importance of building a mother’s circle during the final stages of pregnancy is often underestimated.

Read Entire Article Here

NO PARENT ALONE

The idea behind no parent alone is to let moms, dads, and families know that PSI is here and available to help! Are you a mom or dad looking for resources to help your spouse? Are you a mom or dad who just needs to talk? Well, PSI is here to tell you
that you are not alone! PSI provides direct support to families, trains professionals, and is the bridge to connect them. More than that, PSI and our army of volunteers work tirelessly to ensure that no one suffering from postpartum depression is alone when they need help. #NoParent Alone #NoMom Alone #NoDad Alone

The No Parent Alone campaign will help PSI broaden its reach through:

- Improving technology and resources for the PSI HelpLine,
- Educating more professionals to ensure every person can find the care they need,
- Expanding awareness of PSI and Perinatal Mental Health to ensure that Perinatal Mental Health is a national priority.

**How can you help?**

**JOIN.** Join the PSI community of partners who are committed to helping PSI spread awareness of Perinatal Mental Health, to make sure that no mother, father, partner, or family is alone in their fight for Perinatal Mental Health. Join us on Facebook, Instagram and Twitter.

**SHARE. #NoParentAlone is growing on social media!** Can you help bring awareness to Perinatal Mental Health and the resources PSI offers? Post a photo of yourself, you and your kids, your family or anyone you love and add the hashtag #NoParentAlone #NoMom Alone #NoDad Alone and the helpline phone number: 1-800-944-4773. Let your friends know that PSI is here to help, and they are not alone. (Make your own or Download a printable PDF here) Make sure to tag us on your post (FB/Insta @PostpartumSupportInternational and Twitter @postpartumhelp) #NoParentAlone #NoMom Alone #NoDad Alone

**GIVE.** Make a donation and join the PSI Giving Circle! Our goal is to have 500 Community and Solidarity Circle Members by the end of 2019! Click here to learn more about the PSI Giving Circle.

**Together we can build a movement designed to bring awareness, access, and services so no parent feels alone.**

Donate Now

**MEMBERSHIP CORNER**

We just moved our online learning/networking groups for members to a new platform; they are now even easier to use. About PSI’s Reproductive Psychiatry

https://postpartum.z2systems.com/np/clients/postpartum/viewOnlineEmail.jsp?emailId=a8cb655c8cc851a86a35646b5f96962eam319447a8c&secure...
online group, member Dr. Jennifer Rhodes recently told us: “I love it. I use it to read about other practitioner’s cases, and also to ask my own questions if I have a challenging case. It’s an incredible resource.”

If you are a PSI member and haven’t yet connected to the online groups or other member benefits, log into the PSI portal, click on the “What would you like to do?” button, and choose “Access my member benefits” for links and instructions. Feel free to email Edith at membership@postpartum.net with any membership questions.

More about PSI membership is here.

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UPCOMING PSI TRAININGS

PSI Certificate Trainings

The 2-day PSI Certificate of Completion Course, 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 PMD Certificate & Advanced Trainings
December 11-12, 2019, San Diego, California (12/13 Advanced Psychotherapy*)


February 5-6, 2020, Arlington, Texas (2/7 Advanced Psychotherapy*)

February 26-27, 2020, Los Angeles, California (2/28 Advanced Psychotherapy and Psychopharmacology)

* PMD 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.

MILITARY FAMILY APPRECIATION MONTH

Military families make sacrifices that many of us will never know. Being away from friends and family, uprooting and relocating to new locations regularly, having to communicate with a spouse or partner via letters or online videos, and constantly being in fear for the safety of their loved one who is deployed.

Raising a family away from a strong support system is another significant issue and a risk factor for developing postpartum depression (PPD). In the general population, postpartum depression (PPD) affects 1 in 7 moms and 1 in 10 dads. These numbers increase for our military families for many of the reasons listed above.

Mental health issues can be difficult for anyone to talk about, but oftentimes it’s even harder for our service members and their families. Please know that we are here for you and we have resources specifically for you. One of those resources is a free and confidential online support group that meets every Wednesday. We’d love for you to join us and be surrounded by other mothers who understand the uniqueness of your situation. For more information please visit the PSI online support services page (scroll down to the bottom to register and find your time zone).

Thank you for your sacrifices and we want you to know that you are not alone.
FEATURED PSI MEMBER: Sara Rashid, MA, LCPC

Sara Rashid, MA, LCPC
Psychotherapist and Founder, Frame & Shoelace Psychotherapy
Chicago, IL

“The client leads; I walk alongside.” Sara Rashid is a psychotherapist and founder of Frame & Shoelace Psychotherapy. In this brief interview, she shares with us a glimpse of her practice and the path that brought her to working with perinatal mental health clients.

For the full interview, click here.

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.

*Are you interested? Here are the next steps:*

- Visit the Climb Map to see where 2019 Climbs are taking place. If you live in an area where a Climb is already happening contact the Climb Leader listed on the map (click the pin to see specific details).

- Join the Climb Leader Facebook group.

Interested? Have questions? Email Emily Newton

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.

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**VOLUNTEER SPOTLIGHT**

Sarah Coffman, MSW, LCSW  
Rite of Passage Psychotherapy  
Adjunct Instructor, Washington University Brown School, St. Louis, MO  
Postpartum Support International MO Co-Co-ordinator  
HER Foundation Board Member

My journey with PSI began nearly 15 years ago when I attended the PSI conference in Kansas City. I was working as a clinical social worker in the NICU at St. Louis Children’s Hospital at the time, and I witnessed suffering and traumatized mothers every day and needed more knowledge and tools to help.

Over the years, I’ve taken on many different roles – the highlight for me was probably being a Presenter at the PSI Conference in 2015 where I shared my personal, professional, and research experience with Hyperemesis Gravidarum (HG).

No matter what I’ve done for PMAD issues in my community, the one thing that has remained stable is my devotion to providing support and resources to moms and their families as a PSI Coordinator. I have the honor every day of supporting these amazing women through a dark and confusing time, and my efforts were always with the goal of instilling hope that they have the strength to endure this difficult moment in time.

As I transition out of the role of PSI MO Co-Co-ordinator I can without reservation pass the baton to someone with a bit more energy and time than I possess at this moment in my life. I plan to continue my work with the PMAD community in a variety of ways, primarily as a PMAD mental health provider and through my HG work on the HER board. In fact, a colleague and I started the first international support group for HG a few months ago, and it is a powerful resource I wish I had had when surviving and recovering from the battle of my life. (Please send your HG moms to the group www.herfoundation.org).
PSI HELPLINE
Our helpline volunteers logged a total of 1190 calls and 383 texts in October.

**HELPLINE CALLS/TEXTS**

- 76%
- 24%

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.

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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 September 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)

**New PMH-C Recipients from October 2019**
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
RESOURCES | BLOG | ABOUT

Donate
To unsubscribe from future mailings please click here.