

2020  
mom



2020mom.org

INNOVATION  
Awards



ZOMA Foundation



Moderated By:

**Joy Burkhard, MBA**  
Executive Director  
**2020 Mom**



**Diana Morelen, PhD**  
Assistant Professor  
Department of Psychology  
**East Tennessee State University**



**Matthew Tolliver, PhD**  
Assistant Professor  
Department of Pediatrics  
**East Tennessee State University**

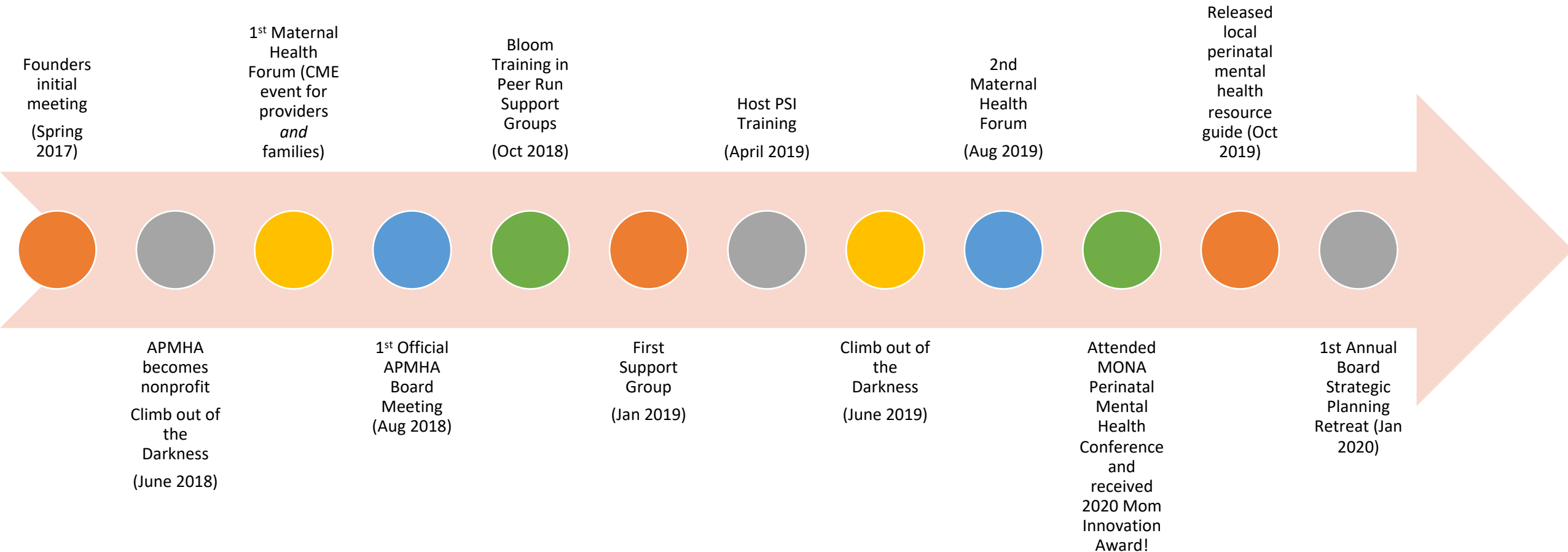
# Overview / Key personnel

Three central aims:

1. Raise awareness of perinatal mental health in the region
2. Decrease the stigma associated with perinatal mental health
3. Increase the capacity for our region to meet the needs of those with perinatal mental health concerns.



# Appalachian Perinatal Mental Health Alliance Timeline



# Source of Initial Funding / Sustainability

The alliance started out with \$0 and a conversation. Since then it has sustained funding through community outreach programs and corporate sponsorships.

- Climb Out of Darkness Event.
- In June 2018 APMHA officially became a nonprofit under the TN chapter of the Postpartum Support International as the Appalachian Branch.



Appalachian  
PERINATAL  
MENTAL HEALTH  
ALLIANCE



## Evidence of Impact

- 4 proclamations for the Maternal Mental Health month of May including the State of Tennessee
- Brought PSI Training to our region
- Hosted two Climb out of the Darkness events
- Bloom trained peer support groups
- Co-hosted two CME events around perinatal mental health
- Invited talks in community and at conferences



# Scalability

- Chapter of the Postpartum Support International TN, Appalachian branch.
- APMHA continues to be sustained by the input of board members who participate in the conversation while remaining active in the region they are serving.
- To maintain course APMHA will continue to engage the region by providing a local, compassionate resource that can help coordinate community efforts to address perinatal mental health concerns.

THANK YOU!



Upcoming Webinars:

- Tuesday Jan 14 – Better Postpartum, Social Media Campaign (Community Solutions)

**For more Information and to register:**  
**<https://www.2020mom.org/innovation-awards>**

**ZOMA**Foundation