



POSTPARTUM SUPPORT INTERNATIONAL
IMPACT REPORT
2020



Resilience

A YEAR OF RESILIENCE

You truly came through for parents in 2020.

The care of the community that surrounds PSI lifted us up and allowed us to absorb the growing needs and increasing acuity of need caused by Perinatal Mood Disorders in the wake of the COVID-19 pandemic.

Even while many of you were experiencing your own losses, and facing some of your worst fears you gave selflessly to help others, including those suffering from PPD, PPA, and other perinatal mood disorders (PMADS). You didn't forget them. You didn't forget us. And I hope you feel the gratitude in this report for the impact that your generosity had in 2020.

At the start of the COVID-19 pandemic, our amazing mental health providers were left to figure out how to quickly pivot to telehealth platforms, and your generosity made it possible for PSI to create and host webinars designed to assist in that move. Those who sought our help found themselves in uncharted territory. The mental health needs were undeniable, but suddenly so were other needs that exacerbated the crisis - food insecurity, economic crisis, isolation, and fear were just the beginning. It was no small feat, but because of your generosity, PSI met those who sought our help with the same high-quality care that we have always offered.

While phone calls and texts increased, our dedicated army of volunteers took on more than ever before; and our staff stood with them. When we found that large numbers of new groups of people needed our support - like pregnant moms facing unknowns in labor and delivery - we created new Online Support Groups for them. When we needed new courses, new webinars, new ways of training we made it happen with your help. Our annual International Conference had to be moved to a virtual format, but we had more participants than ever before - a small, happy victory for access in an otherwise challenging year.

Later in the year, we were faced with wildfires in the West and Pacific Northwest - we were suffering through this in Oregon where PSI is based, and where many of our staff live, work, and raise their families. And in the midst of this, we saw protests asserting something we have always known in our hearts, but recommit to working toward - that our Black brothers and sisters not only matter, but their lives are precious.

As I write this, we are at the helm of 2021, and our world is united in hope for better days ahead. 2020 taught us that we are resilient, we are strong, we can grow and still maintain the highest quality and this is why PSI is the leading global organization in Perinatal Mental Health.

I hope you'll be heartened by all that we were able to achieve with your support!

With warm wishes for a healthy year ahead,

Wendy

Wendy Davis, PhD, PMH-C
Executive Director



ABOUT US

OUR BEGINNING

Postpartum Support International (PSI) was founded in 1987 by Jane Honikman in Santa Barbara, California. The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. Approximately **15%** of all women will experience postpartum depression following the birth of a child. Up to 10% will experience depression or anxiety during pregnancy.

Our headquarters are located in Portland, Oregon, and we have members all over the world, including volunteer coordinators in every U.S. State and in more than **66** countries around the world.

OUR MISSION

The *mission* of Postpartum Support International is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

OUR VISION

It is the *vision* of PSI that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

CAROLANN'S STORY



"As first-time parents with a relatively smooth pregnancy, my daughter shocked us by arriving four weeks early. In less than three hours of labor, our lives were flipped upside down. Within 12 hours, we went from one life to the next, but we were elated. She was healthy and perfect and we were able to bring her home with us when I was discharged.

That elation continued, even as the baby blues hit me. But, once that passed, I started to feel a longing I couldn't understand. That longing turned into ruminating thoughts to the point I couldn't sleep at night. Sleep deprivation is the norm in new motherhood, but when you are exhausted, sleep is so essential for your physical, emotional, and mental health, and I couldn't sleep.

After countless nights, I knew something had to change. I couldn't keep ruminating on her birth, night after night. It consumed my mind, and I didn't understand the emotions that came with it.

There were so many and I didn't know which ones were for what reason. Did I miss my old life? Was I upset about her birth? Did I just miss my last month of pregnancy? Why was I upset when she was perfectly happy and healthy?

I couldn't shake the feeling that something was wrong, I just didn't know what. I had seen a therapist in the past before having my baby and was lucky enough to see one when I was two months postpartum. So, I decided to try that again. This proved to be incredibly difficult and frustrating. Between the timing, cost, and distance of my options, I had run out of hope.

By this time, my maternity leave was about to end, and I still needed help. I reached out to one more therapist, but sadly, she too was too expensive. Luckily, she pointed me to some very helpful resources, one of them being PSI.

When I read PSI's website, I found out about the texting option that would connect me to someone who could actually help me.

"I couldn't shake the feeling that something was wrong, I just didn't know what."

I am so glad I sent that text. I was quickly connected to a therapist, a community of other moms, and PSI's online postpartum support groups. I attended one and it gave me a connection I had been looking for. From there, I applied to be part of the Peer Mentor Program. The minute I spoke with the program manager, I felt relief. The support in just meeting me over a call made me feel like I could let go of the stress I was holding on to for so long in my journey.

I realized I wasn't alone and I won't be. It took a while, but I finally feel like I am being held and supported in my postpartum/motherhood journey and that's because of PSI".

For more information about our Peer Mentor Program, please visit: www.postpartum.net/get-help/peer-mentor-program

IT TAKES A VILLAGE

The well-known African proverb, "It takes a village to raise a child", took on a whole new meaning for the vast majority of parents in 2020. Millions of families had their *village* stripped away during the global COVID-19 pandemic.

What should have been a time of great joy and celebration, quickly became a time of grief, isolation, and loss. Gone was the traditional support system so many parents rely upon.

PSI became acutely aware of the pain the lack of resources was causing and began creating better ways to become the *virtual village* so many parents desperately needed. We are proud of how our programs flourished during the pandemic and were able to help a record number of families. The following information details the impact we were able to make.



HELPLINE

In 2020 the PSI HelpLine switched over to a brand new software system called iCarol. This helped us to simplify our volunteer management services and streamline the ever-increasing shift scheduling demands of our **65** volunteers. It also improved the support we were able to provide help seekers and increased PSI's ability to track individual outcomes and overall program success.

Throughout the unprecedented struggles of the COVID-19 pandemic, we were able to respond to **11,291** phone calls and **4,364** text messages. In total, we connected **15,655** Help Seekers to the resources they so desperately needed.

ONLINE SUPPORT GROUPS

In 2020, thousands of in-person support groups were shut down around the world. PSI was able to quickly expand our existing group offerings, welcoming more people searching for virtual support. We quickly doubled, then tripled, and finally quadrupled the number of groups offered each week. While the program began 2020 with a group of **11** amazing volunteers a total of **28** volunteers were leading groups by December. The types of support groups offered by PSI also grew and developed in 2020 from **four** group types in January to **13** by the end of the year. Each new type of group offered more specialized support for those seeking a peer-to-peer understanding of their struggles. We are pleased to say that we had a total of **5,033** parents attend our online support groups.

LIST OF SUPPORT GROUPS

- Apoyo Perinatal
- Birth Moms Support Group
- Black Mamas Matter
- Dads Support Group
- Desi Chaat: Support group for South-Asian moms
- Military Moms
- NICU Parents
- Perinatal (Pregnancy & Postpartum) Mood Support for Moms
- Perinatal Mood Support (Returning Attendees Only)
- Pregnancy and Infant Loss Support Group for Moms
- Pregnancy and Infant Loss Support Group for Parents
- Pregnancy Mood Support
- Queer Family Support

PEER MENTOR PROGRAM

Our Peer Mentor Program, pairs moms, as well as dads, struggling with perinatal mental health challenges with a trained volunteer who has also experienced and fully recovered from a Perinatal Mood Disorder (PMD).

Establishing a one-to-one connection with someone who has journeyed through a PMD offers invaluable insight, encouragement, and hope. Through weekly communication over the course of six-months, our Peers and Mentors build a strong relationship that removes isolation, provides education, and breaks down stigma.

PSI extended the program and had a total of **146** participants and our volunteers logged over **386** hours of support. For more information, please visit www.postpartum.net/get-help/peer-mentor-program

SUPPORT COORDINATORS

PSI Coordinators help connect moms, dads, and families to resources and local providers who are trained to treat perinatal mood and anxiety disorders (PMADs).

Our Coordinators are trained volunteers who provide support, encouragement, information, and resources by phone or text. A majority of our Coordinators are survivors of PMADs and enjoy giving back and helping those who are currently struggling.

We have **408** U.S. based Coordinators and **120** internationally in **66** different countries. In 2020, we increased our Specialized Coordinators (Coordinators with a specialized interest or experience) from **10** to **30**, allowing us to provide even more personalized support.





Community

VICTORIA'S STORY



I am grateful to be a group leader for PSI's online Queer Parents Support Group. I am a mother of two, a lesbian, and a survivor of birth trauma. My experiences through my former wife's pregnancy and my pregnancy and postpartum have led me to where I am today.

There are aspects to LGBTQIA parenting that only those of us who walk through it can understand. I've personally endured some unexpected and traumatic incidents along my journey of becoming a parent. Unfortunately, these are not isolated events and are all too familiar to my queer peers.

I knew the process of becoming a parent would have its challenges, but it never occurred to me just how painful some of these challenges would be. One event that was difficult was when I was going through the second-parent adoption process. A second-parent adoption is a process same-sex couples go through in order to have legal rights to their non-biological child.

During this time, we actually had to have a social worker come out to our home, just to verify my relationship with my child. Nothing could have

prepared us for the way that whole process made us feel. Another event occurred after I birthed our second baby. The nurse showed us to our postpartum room and happily pointed out to my wife, "there is the dad's bed". This led me down a spiral wondering how the traumatic experience of my son's birth could have been caused by what was now apparent homophobia from the staff that had been caring for us through a hard-unplanned hospital birth.

It is situations like these and the fact that there are often unique and painful family dynamics for queer relationships, that have led me to become an advocate for the LGBTQIA community. As queer parents, oftentimes our energy is spent protecting ourselves from misgendering, homophobia, and disrespect. These things can put stress on relationships and impact an individual's mental wellbeing. They also increase the risk of a parent developing a PMAD.

After all that I have been through, I deeply understand the value of peer support. Knowing that other parents needed to know that someone was listening, someone

"After all that I have been through, I deeply understand the value of peer support."

understood, and someone was there in the vacuum of solitude that a PMAD can create, I decided to become a postpartum doula which eventually led me to become a Program Manager at Perinatal Support Washington, an organization working on perinatal mental health.

I was excited when the Queer Parent Support Group was created and honored to have been asked to help facilitate it. It is a place where we create a safe space, share common ground, and can take our guards down. This allows us to share our experiences and be refueled by a simple nod, and a, "Yeah, that happened to me too. You are not alone."

None of us are alone.

For more information about our Queer Parent Support Group, please visit: www.postpartum.net/get-help/psi-online-support-meetings

STRENGTHENING OUR COMMUNITIES

Part of PSI's vision is that every woman and family have access to informed professional care and social support while dealing with mental health issues surrounding childbearing.

We promote this vision in part through collaboration with advocates and professionals within our local communities. Creating a sense of belonging allows mothers, fathers, and families to feel heard and supported and is essential during their journey through recovery.

The following programs are just a few of the ways we are working diligently to strengthen the resources available in local communities. We are proud to have specialized care in every U.S. state and in numerous countries around the world.

Serving families from all backgrounds and walks of life is a top priority for us, and we are dedicated to closing the gaps in perinatal mental health care.

CLIMB OUT OF THE DARKNESS® (COTD)

Climb Out of The Darkness® (COTD) is the world's largest event raising funds and awareness for the mental health of new families. The mission of COTD is to bring PSI resources and local support to survivors through fundraising and community building programs.

In 2020, we supported **110** virtual Climb events across the U.S. and in **three** different countries. Through the passion and dedication of over **1,000** participants and volunteers, our Climb Leaders and teams were able to raise an amazing **\$68,000** - while in the midst of a global pandemic. Find out more about us at: www.postpartum.net/join-us/climbout





STATE CHAPTERS (U.S. BASED)

PSI State Chapters further the mission of PSI on a statewide level. Each state is unique with its own systems, barriers to care, and opportunities. By providing the structure and support of the Chapters program, PSI empowers advocates to create change in their own state.

Our framework also allows for multi-state collaboration, education, and support, paving the way for future national initiatives. Chapter leaders are hard at work raising awareness, creating resources, and advocating for change. In short, chapters are helping to build systems that support families while also increasing access to treatment for perinatal mood disorders. In 2020, our **39** Chapters were able to raise a combined total of **\$33,320** through their Climb Out of The Darkness events and awarded over **\$13,000** in scholarships.

STATE CHAPTERS (INTERNATIONAL)

In furthering our global vision that every woman and family *worldwide* have access to the perinatal support they need, PSI has **120** International Coordinators in **66** different countries. These dedicated volunteers provide individual and family support, along with information, and resources to help them through their recovery from a PMAD.

International Coordinators join us from a wide range of backgrounds. They need to have a basic understanding of PMADs but are *not* required to have clinical experience or be a survivor. We provide all necessary training and ongoing support for this role. If you are interested in becoming an International Coordinator, please email Jessica Schultz, International Coordinators Manager, at international@postpartum.net.



PERINATAL MENTAL HEALTH ALLIANCE FOR PEOPLE OF COLOR (PMHA-POC)

PMHA-POC is a program within PSI geared towards building capacity in the perinatal mental health field to better support families and providers of color around PMADs. Our *vision* is to expand access to perinatal mental health professionals of color for all families of color. Our *mission* is to build capacity among perinatal professionals to better support individuals, families, and communities of color around perinatal mood & anxiety disorders.

In 2020, we worked diligently to create and establish our Board of Directors. Our current Board consists of **six** mental health professionals with various backgrounds and experiences, all dedicated to meeting the needs of the perinatal population in communities of color. We are proud to announce that in 2020, we fundraised to provide **16 scholarships**. The PMHA-POC is also pleased to share that PSI now has **246** providers of color on their Online Provider Directory.

We are excited to share a few testimonials with you from some of our 2020 scholarship recipients. These scholarships help us build capacity among professionals of color and allow us to better support individuals, families, and communities of color when dealing with perinatal mood & anxiety disorders (PMADs). For more information or to apply, please visit: www.pmhapoc.org/scholarships

PMHA-POC SCHOLARSHIP TESTIMONIALS



MICHELLE MILLER, LMFT

As a licensed LMFT, much of my work has centered on working with women and couples who've struggled with a variety of fertility challenges and postpartum issues. I am one of few African American therapists in my area and see firsthand the disparities that clients of color often experience in their journey to parenthood.

I applied for and was awarded a PMHA-POC scholarship and took the training in December 2020. I was pleasantly surprised by how inclusive and sensitive the training was in addressing the needs of clients of color. I would highly recommend this program! Thank you for the opportunity.



**KELLI BLINN,
EQUITY COORDINATOR**

The PMHA-POC scholarship has allowed me to further my level of expertise, compassion, and understanding of the women I serve at POEM. I've found that the ways I'm able to connect our clients with resources have become more fine-tuned because of what I gleaned from the training.

I appreciated the evidence-based curriculum and its accessibility to various types of professionals. Not only does this information aid me in my work as a mental health resource, but it also helps me better serve the clients I encounter as a childbirth educator, labor and postpartum doula.



**BRITTANY WATSON,
DOULA**

I started searching for opportunities to involve more POC in maternal/child health because it is a passion of mine and what I hope to go into after graduation. I applied for a PMHA-POC scholarship and was awarded one. This scholarship was very helpful for me to expand my learning of perinatal mood disorders and the effects they may have on childbirth and beyond.

It has assisted me with enhancing my recognition of potential risks for expectant mothers and fathers and developing ways to address them early in my birth work and my social work career.

SMART PATIENTS

The Smart Patients Postpartum community complements the programs of PSI by providing information and comfort to pregnant and new mothers suffering from PMADs. Smart Patients is an online community and alternative to Facebook, where women can receive peer support in a convenient and confidential forum.

In 2020, we were able to support approximately **1,202** mothers and families. For more information please visit: www.smartpatients.com/partners/ppd

SOCIAL MEDIA

In 2020, we grew our online audience by **69.2%** and had a total of **6,400,000** impressions across our social media platforms. We had an increase of **143%** in our posts and had close to **300,000** engagements, for an overall increase of **42.3%**. Here are a few additional key highlights from 2020 that we are very proud of are:

- **Selena Gomez/Chef Aarti Sequeira** featured PSI on an episode of *Selena + Chef* and donated **\$10,000** to PSI
- Reached close to **30,000** followers on Instagram
- Received between **\$4000-\$9000** in donations a month from FB/Instagram
- Provided a **59%** increase in the number of live videos we presented

In addition, our closed FB group helps 100s of parents a week and has **14,600+** members. Please follow our social media platforms and help us by sharing our resources.



SPANISH RESOURCES

Another way we are diligently trying to make sure every mother and family has access to appropriate care is by expanding our outreach to Spanish-speaking communities.

In addition to our Spanish HelpLine and weekly online support group, we now have a dedicated **Spanish Text Line** to support those who may not be ready to speak to a HelpLine volunteer but still need access to resources.

We also have **153** Spanish-speaking providers on our online Provider Directory and **27** Spanish-speaking Support Coordinators. Becoming a new parent and/or being far away from family or birth country can feel isolating, and we are here to help. Our hope is that Latinx families feel assured, comforted, connected with their partner and children, and empowered to begin the transformative process of becoming a parent. To learn more about our Spanish resources, please visit: www.postpartum.net/en-espanol

RECURSOS EN ESPAÑOL

Otra forma en la que estamos tratando diligentemente de asegurarnos de que todas las madres y familias tengan acceso a la atención adecuada es expandiendo nuestro alcance a las comunidades de habla hispana.

Además de nuestra Línea de ayuda en español y el grupo de apoyo en línea *semanal*, ahora tenemos una **Línea de texto en español** dedicada para ayudar a aquellos que no estén listos para hablar con un voluntario de la Línea de ayuda pero que aún necesitan acceso a los recursos.

También tenemos **153** proveedores de habla hispana en nuestro Directorio de proveedores en línea y **27** Coordinadores de apoyo de habla hispana. Convertirse en un padre primerizo y / o estar lejos de la familia o del país de nacimiento puede hacer que se sienta aislado, y estamos aquí para ayudarlo. Nuestra esperanza es que las familias latinx se sientan seguras, reconfortadas, conectadas con su pareja e hijos, y empoderadas para comenzar el proceso transformador de convertirse en padres. Para obtener más información sobre nuestros recursos en español, visite: www.postpartum.net/en-espanol

A PLAN OF ACTION

MIND THE GAP



A Strategic Roadmap to Address America's Silent Health Crisis:
Untreated and Unaddressed Perinatal Mental Health Disorders,
Led By Postpartum Support International

Another way we were hard at work in 2020 was partnering with a broad-based stakeholder coalition of over 30 professional and advocacy organizations to develop our Mind the Gap strategic report. This report outlines a plan of action to turn the tide on perinatal mental health (PMH) disorders.

Undiagnosed and untreated PMH disorders are a silent health crisis and national recognition and action are needed. Our Mind the Gap report outlines policy, program, and legislative recommendations, as well as guidelines, and actions to ensure PMH is a national priority.

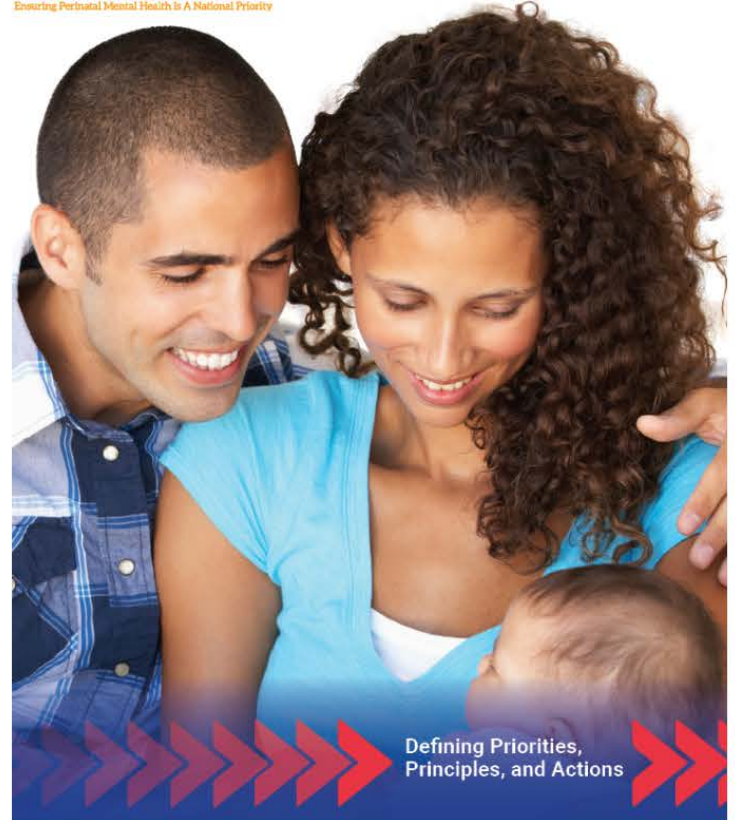
Through the creation of this report, we were able to advocate for policies to expand family and medical leave, tele-mental health services, suicide prevention efforts, screening services, and Medicaid extension. We presented our report and key policy recommendations to U.S. Department of Health and Human Services agencies including Health Resources and Services Administration (**HRSA**), the Centers for Medicare & Medicaid Services (**CMS**), the Surgeon General's office (**OSG**), and the Substance Abuse and Mental Health Services Administration (**SAMHSA**).

Thanks to the efforts of various Mind the Gap projects we were able to raise over **\$550,000** to advance Federal and State policy and advocacy for PMH. We distributed our report to over **300** media outlets and an estimated **12,000** advocates through coalitions and national organization listservs. We proudly presented our report and PMH recommendations to The Carter Center, the Well Being Trust Foundation, Trust for America's Health, and The Kennedy Forum. Also, by joining forces with national coalitions including the Mental Health Liaison Group and Mental Health for US (a Kennedy Forum coalition) we have been able to expand PSI's national leadership. To learn more about Mind the Gap, download a copy of our report, or to join our movement, please visit:

www.postpartum.net/mind-the-gap

JUSTICE AND ADVOCACY

The PSI Justice and Advocacy Program was developed out of the need to provide education and awareness of the plight of mothers who were implicated by the criminal justice system for infanticide or filicide. The goals of the program are to provide support to families, and resources for professionals involved with cases concerning perinatal mental illness in the criminal justice system including law enforcement, first responders, attorneys, maternal mental health expert witnesses, and psychiatric providers. In 2020, the Yates Children Memorial Fund joined with PSI and is now known as the YCMF PSI Justice and Advocacy. For more information about this program, please visit: www.postpartum.net/about-psi/justice-and-advocacy





Adaptable

"WHEN YOU CAN'T CHANGE THE DIRECTION OF THE WIND, ADJUST YOUR SAILS."

- H. JACKSON BROWN JR.



2020 was a year of change and adaptability, and PSI was there to provide support to help-seekers and professionals, alike. As providers around the world were having to adapt to providing services remotely, and the needs of parents worldwide were changing drastically, we were amazed, encouraged, and inspired that professionals were ready and able to adapt with us.

We experienced record-breaking attendance at our annual conference, and we were able to train more professionals than ever before. The PSI Virtual Conference was a remarkable event, exceeding expectations and bringing together attendees from **17** countries! Our 2020 conference was our largest to date, with **1,127** attendees over five days (pre and post-conference certificate trainings), **44** sessions, **80** speakers, three expert Sunday seminars, and three amazing keynotes. We were also pleased to present the following awards: *Jane Honikman Award* went to the PSI-South Dakota and PSI-Alabama state chapters, the *Susan Hickman Research Award* was presented to Courtney King, PhD of the University of South Carolina, and the *Kruckman-White Award* allowed us to present \$1,000 in scholarships for providers of color.

2020 VIRTUAL CONFERENCE

Our keynote speakers are always a highlight of every conference and this year was no exception. Each of our speakers presented relevant and informative information that allowed us to increase and deepen our understanding of these important topics.

PSI CONFERENCE KEYNOTE SPEAKERS



SAYIDA PEPRAH, PSYD

Dismantling Implicit Bias and Strengthening Cultural Humility in Maternal Health: Studies have identified implicit bias and lack of culturally appropriate care as a contributor to maternal and mental health disparities among marginalized and minority communities. Mitigating implicit bias among providers has been identified as a strategy to improve client/patient-provider communication and service/treatment decisions, contributing to improved quality of care and outcomes. Participants will have the opportunity to broaden their awareness of their personal cultural script and implicit biases (subtle, unconscious assumptions about others). Participants will also be equipped with tools to engage with pregnant, birthing, and postpartum clients with increased cultural sensitivity and humility.



NICOLE DEGGINS, CNM,
MSN, MPH

Examining the R.O.O.T.S. of Poor Perinatal Outcomes. Moving Toward Family-Centered Solutions: It is a known fact that the United States has some of the worst perinatal outcomes in the developed world. As we examine our birth outcomes, our perinatal inequities, and our inadequate obstetrical care options, we must acknowledge that the perinatal care system serving families today is not working. During this session using the acronym R.O.O.T.S. (Racism, Obstetrical Options, and Transparency in Services) we will discuss current standard obstetrical practice and how it can be detrimental to the well-being of pregnant families. We will discuss how placing the needs of families at the forefront and advocating for evidence-based individualized care, we can reduce mortality and trauma and improve overall birth outcomes and experiences.



LEENA MITTAL, MD

Perinatal Mental Health and Substance Use Disorders: Women diagnosed with substance use disorder that become pregnant are faced with immense challenges when attempting to engage in care and prepare for parenting. These women represent a particularly vulnerable population with high rates of traumatic experiences and adverse childhood experiences and greater rates of concurrent mental health conditions. For women of color struggling with mental health and substance use conditions, there are even further challenges as these women have less access to screening, assessment, and treatment. The systems of care for mental health, substance use treatment, and obstetric care are often ill-equipped to manage the complex and distinct needs of this population, leaving most with inadequate or disconnected care. Providers working with this population, therefore have an opportunity to learn how to provide more patient-centered and responsive care with the potential have a lasting impact on women and their families.

PERINATAL MENTAL HEALTH PROVIDERS



COMPONENTS OF CARE AND ADVANCED TRAININGS

PSI has developed an internationally recognized unique evidence-based training program for health providers and social support networks.

Our 2-day PSI Components of Care certificate course and advanced trainings, are designed for mental health providers, medical professionals, childbirth workers, social support providers, or anyone interested in learning about perinatal mood disorders (PMD).

In 2020, we had to quickly switch gears and transition all of our in-person trainings to a virtual setting. We didn't know what to expect and were concerned that attendance may be negatively impacted. But, much to our surprise, we had the **highest** attendance to date and were able to train a record number of **3,754** providers. As a result, we were able to add much needed resources to **all** 50 U.S. States, the District of Columbia, and **14** countries.

PROVIDER DIRECTORY

Our online directory is a place where moms, families, and providers can quickly and easily locate qualified perinatal mental health providers in their area.

We have **3,792** professionals across the United States, Canada, the United Kingdom and Australia. **1,241** of these providers offer teletherapy and/or telemedicine (*online treatment*), which significantly increasing the accessibility of providers and specialized care.

Additionally, our directory includes **269** providers of color, **407** support groups, and services available in **22** different languages, including American Sign Language (ASL).

To learn more or to list your practice, please visit: www.postpartum.net/get-help/provider-directory.

PERINATAL PSYCHIATRIC CONSULT LINE

The Perinatal Psychiatric Consult Line is a **free** resource available for *medical professionals* who have questions about the mental health care related to pregnant and postpartum patients, as well as for pre-conception planning.

The presentation of perinatal mental health disorder is not always straightforward, and medication is not always immediately effective. Our expert perinatal psychiatrists are available to share their skills and expertise with fellow medical professionals.

During 2020, our experts were able to assist **224** providers and their patients.

Our Perinatal Psychiatric Consult (877.499.4773) Line is for **medical providers only** and more information can be found here: www.postpartum.net/professionals/perinatal-psychiatric-consult-line



"CONNECTION IS
WHY WE'RE HERE.
IT IS WHAT GIVES
PURPOSE AND
MEANING TO OUR
LIVES"

BRENÉ BROWN

STRENGTH IN NUMBERS

MEMBERSHIP

Our members and volunteers are the *heartbeat* of our organization and without them, we would never be able to help as many mothers and families as we do. PSI members play an essential role in helping us create the *village* so many parents rely upon as they navigate through the demands and challenges of parenthood.

In 2020, we gained **627** new members, bringing our total to **2,551**. We value all of our members and are a stronger organization because of them. If you are interested in becoming a member, here are some of the benefits we offer:

- Discounts on PSI Trainings & Conference
- Forum/Listserv Groups for Providers
- Peer Consultation Groups
- Member Directory
- News Links
- Discounts with our Valued Partners

To learn more, please visit: www.postpartum.net/join-us/become-a-member

PERINATAL MENTAL HEALTH CERTIFICATION (PMH-C)

In 2018, PSI worked with Pearson VUE, to develop the first-ever perinatal mental health certification (PMH-C). The PMH-C program creates a structure for professional education and evaluation in the area of perinatal mental health, by creating a standardization for training and experience. Having a true certification program in perinatal mental health highlights the importance of the field and the need for specialists.

The PMH-C program continues to grow every year, and 2020 was no exception. In the midst of the pandemic and shutdowns across the globe, the PMH-C exam was deemed an essential certification exam, which allowed participants to continue to take the exam despite lockdown restrictions. The growth of the PMH-C program was further accelerated by applicants' ability to take PSI Certificate trainings online, and we saw training attendance skyrocket throughout the year. By the end of 2020, **967** providers have earned their PMH-C.

To learn more about our PMH-C, please visit: www.postpartum.net/professionals/certification





POSTPARTUM SUPPORT INTERNATIONAL

Congratulations to all of our 2020 PMH-C Professionals

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Acosta, Dailyn
Adedokun, Elizabeth
Aleksy, Emily
Alford, Valon
Alfred, Dorienna
Amankrah, Shatiera
Anderson, Enjonae
Arauco, Andrea
Arias-Valenzuela, Melisa
Armer, Erin
Arnold, Chasity
Arnold, Brigette
Asuncion, Megan
Avila, CorrieAnn
Awad, Najwa
Babbitt, Jessica
Bachelder, Melissa
Badach, Lori
Baldwin, Laura
Balgobin, Chandrika
Ball, Jacqueline
Banialis, Christina
Barga, Anna
Barille, Jacqueline
Barlage, Anna
Barnes, Meagan
Barreras-Cruz, Tania
Barron, Jessica
Barry, Erin
Barton Shelton, Amanda
Baruth, Rebecca
Basler, Jennifer
Batt, Laura
Batts, Alexine
Beaudoin, Tania
Beck, Richard
Beeghly, Jessica
Begendorf, Erin
Belletti, Sonya
Beltran, Emily
Benzan-Monteiro, Vanessa
Bermudez, Daniella
Beschen, Karin
Bishop Lapierre, Ashley
Blair, Simara
Blanchard, Amber
Bochum, Megan
Bodie, Chelsea
Bojie, Sara

Bolan, Ashley
Bono Midgley, Heather
Boudreaux, Stephanie
Bowers, Rachel
Bowmaker-Kareem, Cinthya
Boyden-Deidric, Chanda
Boyle, Jeri
Brabec, Rachel
Brandon, Anna
Bresnick, Tiffani
Brinkerhoff, Brandin
Brown, Morganne
Brubaker, Ashley
Brueggert, Victoria
Bullock, Brittany
Burd, Abigail
Burton, Elizabeth
Bush, Ashley
Butts, Laura
Buysse, Theresa
Caetano Francy, Izabel
Camelford, Kellie
Campana, Kayanna
Cannon, Megan
Cano, Bethany
Cardenas, Esmeralda
Carroll, Karen
Carter, Sarah
Cassell, Kasie
Catania, Christina
Cespedes, Ashlee
Chaffin, Kylie
Chambless, Jenna
Champagne Post, Ashley
Champignon, Kristy
Chavis, Lacy
Clark-Keeler, Jessica
Cohen, Suzanne
Cohen, Sarah
Cohn, Rachel
Colangelo, Felicity
Collins-McCullum, Anita
Colozzo, Amy
Conyers, Tiffany
Cooper, Caren
Corona-Zitney, Nayeli
Cosin, Emily
Covarrubias, Monica
Cramer, Melissa

Crew, Haley
Crow-Fuentes, Chelsea
Cruz, Kasey
Cruz, Kara
Cunningham, Christine
Curran, Kelly
Dabach, Michelle
Daley, Amy
Davis, Megan
DeForest, Katlyn
Delardas, Stavros
DeLucco, Nina
Demla, Jessica
Deneault, Jeanne
Derevjanik, Elise
Diamantis, Anna
Diekman, Jeanette
DiLella, Nicole
Dizon, Veronna
Dobkin, Sarah
Donahue, Dana
Drake, Jodi
Dubuque, Nicole
Dumont, Kathryn
Duson, Sherry
Dwyer, Brittany
Edelstein, Amy
Einri, Katherine
Ellrich, Candace
Enerson, Nichole
Enlow, Amanda
Esmay, Amy
Fairbourn, Maria
Falvey-Hogue, Erin
Fernandez, Tanairy
Ferrary, Elise
Finch, Daniel
Finley, Weluna
Fisher, Sharon
Fitzgerald, Kim
Fitzharris, April
Fleischmann, Alicia
Fleming, Janetta
Flowers, Alison
Flowers Tomekowou, Caroline
Fossiano, Nicole
Franco, Janett
Frazier, Hailey

Freda, Sondra
Freed, Megan
Freeze, Emily
Freiburg, Stephanie
Frieder, Ariela
Friedman, Michelle
Ganberg, Laurie
Garcia, Alexandra
Geiger, Kathryn
Geshuri, Rebecca
Gilmour, Tracy
Giuliano, Allison
Giupponi, Anna
Glaab, Melissa
Gleed, Rebecca
Goff, Renee
Goldberg, Hannah
Goldfischer, Karen
Goldstein-Jubas, Rachel
Golightly, Jennifer
Gonski, Melissa
Gonzalez, Yolanda
Goodman, Emily
Gourley, Lauren
Grace, Kelly
Graham, Heather
Granda, Natalia
Grant, Ruth
Grant, Corinne
Gray, Hillary
Green, Amy
Greenwood, Anna
Grob, Amber
Gubbins, Pauline
Guilfoyle, Jessica
Hackbarth, Maria
Hahn, Amanda
Haller, Krista
Hamilton, Lindsay
Hamilton, Victoria
Hanish, Kiley
Harkins, Kira
Harman, Rebekah
Harris, Brooke
Harris, Brittney
Harris, Angelina
Harris, Heather
Harris, Mekel
Harrison, Amy



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Havlina, Shauna
Haworth, Joan
Hayden, Jamie
Headley, Jessica
Heintz, Heather
Helms, Michelle
Henderson, Ashley
Hentschel, Elizabeth
Hersch, Jennifer
Hevener, Elizabeth
Hickman, Erin
Hinson, LaTasha
Hladek, Melissa
Hobby, Michelle
Hodos, Kayce
Hofer, Sarah
Hoffman, Karyn
Hollen, Robin
Hopgood, Jeanae
Hopkins, Ashlyn
Hopper, Cameo
Houdek, Vanessa
Hudzik, Kristine
Hughes, Brianne
Hulan, Sara
Hull, Jerusha
Hurst, Stephanie
Iftikhar-Sonefeldt, Shireen
Ihlenfeld, Amanda
Ilievski-Doolittle, Draga
Indovina, Tacianna
Inigo, Vianka
Jacinthe, Cynthia
Jackson, Amy
Jacobsen, Brooke
Jacobson, Evelyn
Jefferson, Jessica
Jenneman, Melissa
Jennings, Melinda
Jensen, Rebekah
Johansen, Kara
Johnson, Christina
Johnson, Danielle
Johnson, Justine
Johnson, Susan
Johnson, Jacqueline
Johnson, Rebecca
Johnson, Meghan
Johnston, Amy

Jossel, Haley
Kaffer, Jessica
Kappadakunnel, Bryana
Kaufman, Shara
Keith, Tina
Keller, Gwendolyn
Kendall, Kelly
Kennedy, Holly
Kennedy, Ilyse
Kennedy, Sylyna
Kennedy, Maria
Kenney, Danielle
Kenny, Kathleen
Kerlin, Kimberly
Kershaw, Maggie
Kezos, Nicole
Kington, Ginny
Koberstein, Kristin
Konja, Sandra
Koos Fox, Allison
Kost, Jennifer
Kramer, Chelsea
Krause, Rebecca
Kripke, Katherine
Kumar, Divya
Kupiec, Jennifer
Lajiness, Amy
Lamb, Kristi
Lamb, Margaret
Latin, Jessica
Lavergne, Michelle
Lawrence, Anna
Lawson, Samantha
Layish, Nancy
Ledlow, Kristina
Lee, Jill
Lee, Emily
Legg, Raelyn
Leone, Jeannemarie
LeRoy, Andrea
Leslie-Butler, LaShawnda
Lewis, Leigh
Lieberman, Allison
Liland, Cassidy
Linder, Rachel
Lindsey, Caryn
Linton, Brittany
Loftus, Allison
Lopez Delgado, Yarlene

Lougee, Kristin
Lourence, Sonia
Low, Marni
Lunn, Julie
Lynch, Katherine
Mabanag, Tamra
Madera-Reber, Aryatna
Magers, Ashley
Malda, Anya
Maldonado, Katie
Manos, Samantha
Marando, Josephine
Markulin, Leslie
Marler, Catherine
Marotta, Marinna
Martin, Jillian
Martinez, Catherine
Martinez, Antoinette
Massimo, Julianne
Mauren, Gabrielle
Mbuguah, Samoina
McCauley, Melissa
McClain, Janina
McCrann, Brittany
McCray, Yolande
McCrossin, Teresa
Mcdonough, Elizabeth
McFarland, Lynn
McKee, Morgan
Mendez-Hillis, Gabriela
Mero, Samantha
Metcalf, Amanda
Mikolasy, Rachel
Miller, Terry
Mistak, Alison
Mitchell, Andrea
Mitchell, Katrina
Mobley, Sarah
Mole, Kaitlyn
Molina, Rodin
Molina, Abigail
Montfort, Angel
Moran, Eileen
Morgan, Patricia
Morrison, Jocelyn
Mulcahy, Kathryn
Mullen, Alyson
Mural, Jennifer
Murphy, Sandra

Myers, Jennifer
Nader, Mary
Narretta, Caitlin
Nefalar, Melissa
Nelson, Kelly
Nelson, Yvonne
Netzel, Anna
Neubarth, Bethany
Nguyen, Amanda
Nieweg, Julia
Noll, Lisa
Nordstrom, Maressa
Norris-Hale, Jennifer
Nuahn, Sara
Nystrom, Suzanne
O'Brien, Courtney
O'Donnell, Sarah
O'Hara, Tiffany
O'Malley, Jenny
O'Neill, Nicole
Odom, Shivonne
Olivier, Heather
Olsen, Nancy
Osman, Kameela
Ostrov, Rachel
Ottman, Elizabeth
Otton, Laura
Owiredu, Lakeisha
Pacheco, Jamie
Page, Evelyn
Pataki, Jolie
Pearce, Stephanie
Perry, Kindra
Pertz, Leslie
Peters, Jennifer
Peterson, Reketta
Pfaller-Eiwegger, Birgit
Pham, Angela
Phelps, Thomas
Phillips, Melodye
Pierce, Elisa
Pisetsky, Emily
Poonawala, Sakina
Poo, Megan
Potyagova, Darya
Qualls, DeAndrea
Rabinor, Rachel
Rahimi, Morgan
Raines, Christena



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Rathman, Brittany
Ratliff, Lauren
Ray, Jordan
Reed, Holly
Rehor, Phillippa
Reis, Amber
Reiter, Natalie
Rhome-Boroff, Aviance
Richard, Leighya
Richert, Megan
Rinaldi, Joanna
Rinderle, Christina
Rioux, Hillary
Rizan, Brenna
Rizvi, Sarah
Roberts-Barry, Jennifer
Rockweiler, Cassandra
Rodrigues, Daniel
Rodrigues, Ashley
Rodriguez, Kelly
Rodriguez, Marianela
Rodriguez, Allison
Rogers, Amanda
Root, Rachel
Rose-Wilhelm, Tiffani
Rossen, Larissa
Roush, Lynn
Russell, Claire
Ryerson, Sara
Sabangan, Fiona-Mae
Sager, Tara
Salz, Michelle
Salzer, Sally
Sampath, Melissa
Sanfield, Savannah
Santosuosso, Erin
Sauer, Tara
Saul, Kati
Savitski, Alyssa
Scarlata, Vanessa
Schaefer, Michelle
Schermerhorn, Jennifer
Schettini, Sarah
Schifano, Anja
Schmidt, Rianna
Schmitt, Kaitlyn
Schroede, Ashley
Schuch, Ashley
Schuster-Couch, Alicia

Scobey, Michelle
Sedinger, Katherine
Shackelford, Heather
Sheehan, Emily
Shen, Gail
Shepard, Erin
Sherov, Marissa
Shull, Elizabeth
Shultz, Elizabeth
Silacci, Karisma
Silver, Elizabeth
Simon, Kelly
Simpson, Christine
Simuel, Alesha
Skeens, Caitlin
Skinner, Jodie
Smith, Kyra
Sobolewski, Rachel
Solo, Kimberly
Sorci, Jessica
Souder, Emily
Spahr, Erin
Spence, Megan
Spencer, Kerry
Springer, Diana
Spurlock, Bobbie
St. Thomas, Lindsay
Stack, Carolyn
Staiger, Allison
Stapleton, Fallon
Steele, Emily
Steinberg, Jacqueline
Stevenson, Autumn
Stewart, Annie
Streefland Munger, Lisa
Strickland, Harley
Stringer, Meghan
Stubbs, Rachael
Summer, Emma
Sutton, Anchetta
Swanson, Claudia
Swart, Amy
Talifarro, Salihah
Teaford, Dominique
Tedford, Rebecca
Thomas, Sunie
Thomas, Tanya
Thomas, Helen
Thompson, Audrey

Tomlin, Angela
Tonwar, Rachelle
Treanor, Brooke
Tuck, Aimee
Tucker, Amy
Upham, Lisa
Utz, Samuel
Vaillancourt, Kate
Valdez, Silvia
Vance, Lisa
Veerkamp, Kate
Vela, Francina
Vick, Aubrey
Vincenty, Ericka
Vollentine, Lauren
Waclawiak, Ashley
Walfisch, Pauline
Walker, Sheri
Walker, Jennifer
Wallis, Sharon
Walsh, Joy
Ward, Kari
Wardwell, A'lee
Wasson, Laurel
Watson, Lorena
Watson, Janelle
Webb, Sara
Webb, Monica
Weiss, Kim
Weltchek, Chea
Werner, Jessica
Wheeler, Erin
White, Amy
Wicklund, Kellie
Wilkes, Mary
Wilkins, Victoria
Williamee, Jennifer
Williams, Mallory
Williams, Kiara
Williams, Catina
Williams, Ana'Neicia
Willis, Jennifer
Wilson, Ashley
Wilson, Summer
Wilson, Kourtney
Wilson, Shanna
Wimsatt, Lisa
Wood, Julia
Wood, Emily

Wood, Lena
Woodworth, Jerri
Wurtzel, Angela
Yearsley, Carlie
Yeaton-Massey, Amanda
Yehudah, Shoshanah
Yergeau, Emily
Young, Shannon
Zambrana Nieves, Thayra
Zedan, Haya
Zendejas, Maria
Zinn, Brandy
Zisman, Celia
Zube, Alyssa

LYNN'S STORY



I passed the PMH-C exam on Saturday and want to share my journey with you. In 2016, I attended my first PSI conference in San Diego, as the PSI Board Treasurer. 2016 was a critical turning point within the organization as rapid growth was hitting PSI from all sides. My mom attended with me for support because I didn't know how I would react to being immersed in a subject that almost took my life, but it turns out grace took hold of me and wrapped me up. I was a PSI lifer!

Fast forward to 2020, and the day I could sit for the Perinatal Mental Health Certification (PMH-C). I studied my heart out for the exam and was calm entering the testing center. I woke up early that morning to pray, light a candle, write in my journal, diffuse lavender oil, and just all-around be present with what I was about to embark on.

When I was seated for the exam, I planted both feet firmly on the ground and visualized roots growing out of the bottom of my feet into the

ground. I closed my eyes, took a deep breath, and proceeded to click through the questions as calmly as possible. I reminded myself to read every question to the end.

As I studied and learned, I began to grow angry at the sub-optimal care I'd received over the nine years I had my three children. I was *never* screened for a perinatal mood and anxiety disorder (PMAD), *never* educated about the potential effects of medication on breastfeeding, was not referred to therapy for trauma-informed care, and *never* educated about having a baby in the NICU and how that could affect mother/infant bonding.

"There were so many missed opportunities for proper care."

As I made my way through the exam, I put myself into every case presented. I changed the name of the person in the story to 'Lynn'. If I couldn't place myself in the story, I placed my daughter, Julia, in it and became her care provider. On my watch, no one is slipping through the cracks. *Period.*

Friday night before going to bed, I made a list in my journal of whom I was taking the test for because it was not just for me and my family. I want all of you to know:

- Karen - Cindy Wachenheim
- Steven - Alexis Joy
- Mary - Andrea Yates and her babies
- Veronica - Carol Coranado
- Angela - for you and Michael

So, thank you all on so many levels for the work you continue to do. I am humbled and proud to know you. Thank you for the opportunity to grow from sufferer to survivor. I am forever grateful.

Love to you all!

Lynn

Lynn Ingram McFarland, MBA, PMH-C



Assurance

FROM OUR PRESIDENT



"What a year!" is an understatement when it comes to 2020. Many of the challenges that we faced were unthinkable as we started into the year, and collective suffering has been real and palpable.

It was in the midst of this unprecedented time that I took the helm as President of the Board of Directors at PSI. I've been part of the PSI community for many years, and I knew that this role would be no small task, but I am so happy to be here.

"I am deeply proud of what we were able to accomplish throughout last year..."

I am deeply proud of what we were able to accomplish throughout last year - not only did PSI serve our help-seekers and our providers well; our staff, volunteers, and all of you who so selflessly supported the work of PSI rose to the occasion with us. Your kindness and generosity buoyed our efforts and allowed PSI to grow critical programs at a time when there simply was no choice to do otherwise.

And now, as we start into this new year, we are celebrating our successful growth in 2020 by continuing to build our reach even further, bolstering efforts to diversify and make our organization more inclusive from top to bottom, and we are also going to spend time with you focused on Renewal.

Our providers and parents need more than just the basic support - they need self-care and self-love to move forward after a daunting year. Starting this month, we launch the PSI Renewal Series, a 12-part video series that will allow our entire community to find healing and peace.

You have my assurance that we will continue to rise to the challenges that are presented to us and remain laser-focused in building our reach to be the global voice of perinatal mental health.

I hope you'll join us for the Renewal Series and continue to be an active member of our community. With your help, we'll ensure that no one parent is needlessly lost to a treatable perinatal mental health disorder.

From the bottom of my heart, thank you.

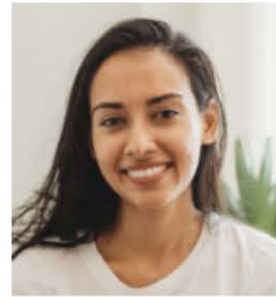
Sincerely,

Chris

Chris Raines, RN, MSN, APRN-BC, PMH-C
President, Board of Directors

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- 2 **LIANNE SWANSON**
Executive Administrator
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- 9 **AMY CORN**
Communications & Graphics
Design Specialist
- 10 **JENN DAVIS**
Chapters Manager
- 11 **BIRDIE GUNYON MEYER,
RN, MA, PMH-C**
Certification Director
- 12 **EMILY JANKOWSKI NEWTON**
Climb Out of The Darkness
Manager
- 13 **MAURA JOHNSON, LCSW**
Smart Patients Moderator
- 14 **AMANDA KOENIGSBERG**
Peer Mentor Program Manager
- 15 **JESSICA PETERSON, MBA**
Communications and
Certification Manager
- 16 **TIFFANY ROSS, MSSW**
Justice & Advocacy Manager
- 17 **KAT SCHUKNECHT, PMH-C**
HelpLine Manager
- 18 **JESSICA SCHULTZ**
Program Logistics Coordinator
& International Coordinators
Manager
- 19 **NIKKI SPEER**
Consulting Director of
Development
- 20 **CARRIE FLORA**
COTD Marketing & Social
Media Consultant



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Consultation Line Medical Director

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Professional Outreach

13 **ANN SMITH, CNM**
Marketing/Communications Chair

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Vice-Chair of the Board

6 **STEVEN D'ACHILLE**

10 **MARY PARNHAM**
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State Chapters



"It is an honor for me to be on the PSI Board. I became involved with PSI after the tragic loss of my sister-in-law due to postpartum psychosis (PPP). After her passing, I learned so much about the amazing things PSI was doing and knew I had to get involved.

Not only does PSI assist parents/families going through perinatal mood and anxiety disorders (PMADs) like PPP, but it also trains providers on how to help these families. PSI continually works hard to grow its programs and make them better. They also work hard to see where they might be lacking and find ways to change that and make things better."

~ Karen Wachenheim, Board Treasurer

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- 4 **CAROL BLOCKER**
Advocate, The Melanie Blocker Stokes MOTHERS Act
- 5 **ANGELA BURLING, RN, MSN**
- 6 **SUSAN BENJAMIN FEINGOLD, PSYD, PMH-C**
- 7 **VIVETTE GLOVER, MA, PHD, DSC**
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- 8 **KATHLEEN KENDALL-TACKETT, PHD, IBCLC, FAPA**
Health Psychologist and Researcher
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Past Education & Training Chair, Past President
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- 14 **TIMORIA MCQUEEN SABA**
- 15 **DANNY SINGLEY, PHD, ABPP**
- 16 **CARLY SNYDER, MD**
- 17 **SUSAN DOWD STONE, MSW, LCSW**
Past PSI President
- 18 **SHOSHANA BENNETT, PHD**
Past PSI President
- 19 **JANE HONIKMAN, M.S.**



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\$100,000+



\$25,000 - \$99,999

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\$5,000 - \$9,999

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\$2,500 - \$4,999



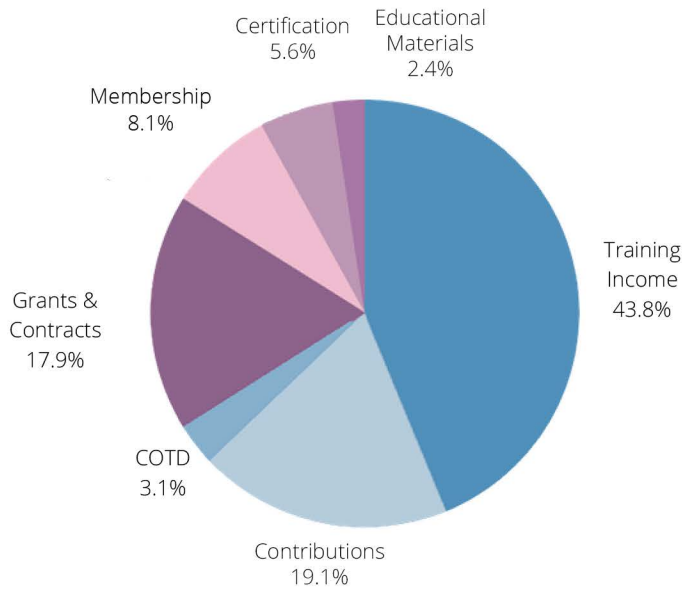
\$1 - 2,499

With **4,256** total donations in 2020 PSI is grateful for our community of supporters. Each donation makes a positive impact in the fight for greater awareness, treatment options, and provisions for direct family support. Our donors in 2020 came through despite the myriad of challenges that we faced as individuals, families, communities, and our world-at-large because of the COVID-19 pandemic; and it's because of you and your support that PSI launched in 2021 prepared to reach even further to ensure that no parent is lost to a perinatal mental health crisis.

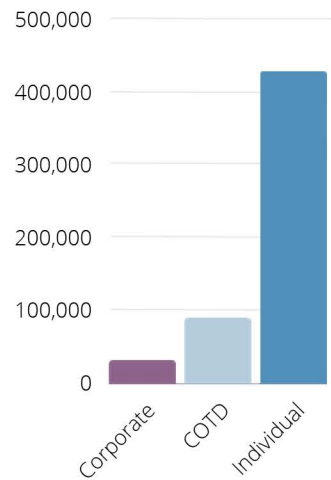
2020 FINANCIALS

PSI relies on funding from a variety of sources at a variety of levels - this diversification of support along with growth in those who support PSI as members and providers has created an organization that is well-recognized as a global leader in perinatal mental health. We are grateful for every donor, sponsor, member and provider who made PSI a priority for their philanthropy.

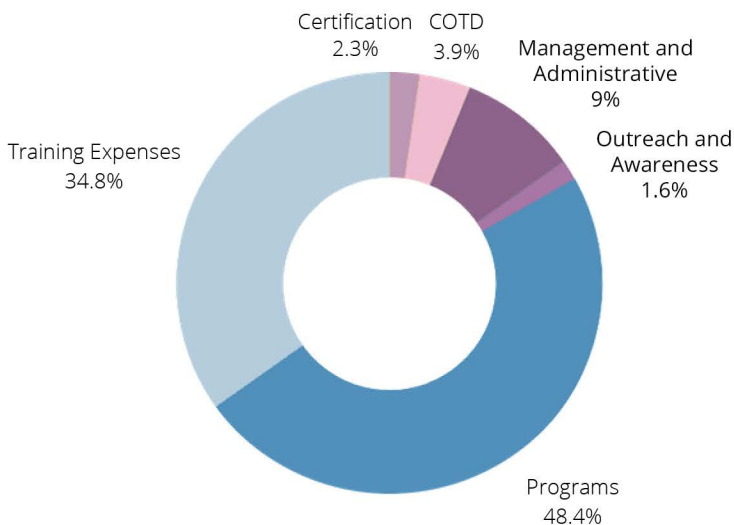
PSI 2020 INCOME



CONTRIBUTION SOURCES



PSI 2020 EXPENSES



GRANTS & CONTRACTS

