

If you're having trouble viewing this email, you may see it online



## PSI ANNUAL CONFERENCE

Registration is **NOW** open. **Click [HERE](#) to register.**

- June 26-27: 2-day pre-conference Certificate Course, Perinatal Mood, and Anxiety Disorders: Components of Care
- June 28-30: Main conference, in Portland, Oregon for 2019
- June 30: 1-day Advanced Psychotherapy Training

Visit our [website](#) for more detailed information on the conference.



## 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 full award is \$5000, which includes a stipend for travel to attend the annual PSI Conference. The 2019 award will be presented at the conference in Portland Oregon on June 28, 2019.

- Visit here for more info on the Hickman Award: <https://bit.ly/2yVjZIm>

- Create an account and apply here: [https://psi.societyconference.com/?conf\\_id=10004&m=user&h=home](https://psi.societyconference.com/?conf_id=10004&m=user&h=home)

Deadline: **April 1st, 2019**

---

## PSI CERTIFICATE TRAININGS

### 2-Day PSI PMD Certificate Trainings and 1-Day Advanced 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. Registration includes training binder, handouts, breakfast and lunch, and continuing education credits. Approved for 14.5 CMEs, CNEs, CEs. Write to [training@postpartum.net](mailto:training@postpartum.net) for more information, and visit [HERE](#) for the newest training dates and locations.

#### Upcoming PMD Certificate Trainings

- March 27-28, Champaign, Illinois (plus 3/29 Advanced\*)
- April 4-5, Anchorage Alaska (plus 4/6 Advanced\*)
- April 11-12, Johnson City, Tennessee (plus 4/13 Advanced\*)
- May 8-9, Barrie, Ontario (plus 5/10 Advanced\*)
- May 16-17, Macon, Georgia (plus 5/18 Advanced\*)
- May 29-30, Greenville, North Carolina (plus 5/31 Advanced\*)
- June 26-27, Portland, Oregon (plus 6/30 Advanced\*)
- October 23-24, Orlando, Florida (plus 10/25 Advanced\*)

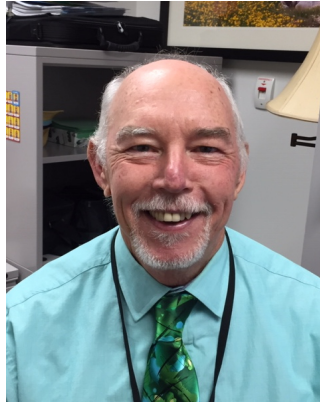
\* Day 3 - Advanced Psychotherapy Trainings: The advanced psychotherapy course or an equivalent six-hour advanced psychotherapy course that includes perinatal mental health, is a prerequisite for the Perinatal Mental Health Certification in the mental health/psychotherapy specialty. You can see alternative courses approved as pre-requisites [here](#).

## MEMBERSHIP PROFILE

Featured PSI Members: **Dr. Melinda Thiam** and **Dr. David Hodson**



**Dr. Melinda Thiam**



**Dr. David Hodson**

Dr. Melinda Thiam and Dr. David Hodson have done a great deal in assisting military parents with perinatal/postpartum mental health needs. They have also collaborated in helping other providers gain a better understanding around caring for military personnel and families, during and after their service. Thank you to both doctors for embodying PSI's mission to provide direct peer support to families, train professionals, and provide a bridge to connect them. For the full interview, including their advice to care providers working with military families, click here. <https://www.postpartum.net/member-spotlight/featured-psi-members-dr-melinda-thiam-and-dr-david-hodson/>

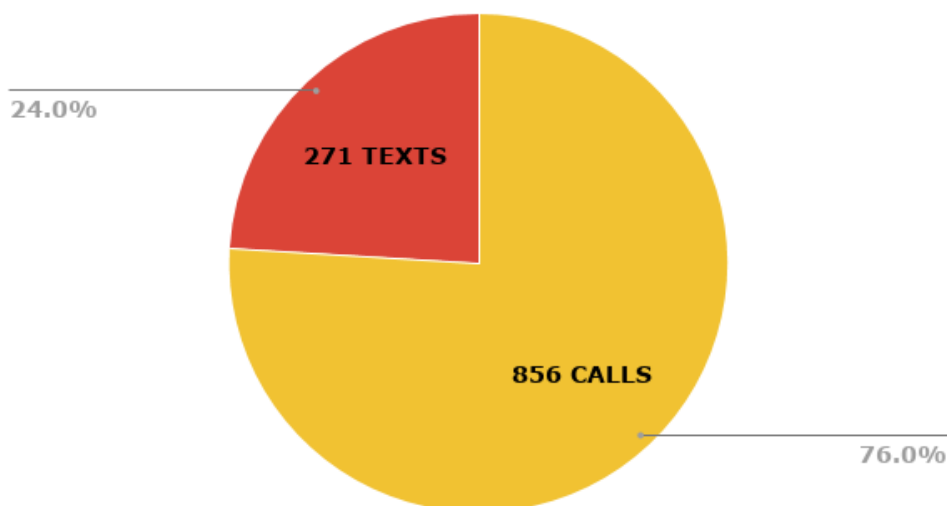
---

## PSI HELPLINE

Our helpline volunteers logged a total of 856 calls and 271 texts in February!

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.

### HELPLINE CALLS/TEXTS



---

## VOLUNTEER SPOTLIGHT

Priya Riya, Iowa



Priya Riya, HelpLine Volunteer

Hello - My name is Priya and I have been a PSI volunteer for just over 9 months now. The time spent with PSI supporting moms and families have been moments of instant gratification for me! Having gone through PPD myself, I find myself lucky to be a part of this loving PSI family and getting the opportunity to be a part of the journey of many women and families in need of help.

I believe that life brings its ups and downs, but it is at a time like these that we hold on to each other tight and navigate ourselves to a better tomorrow. When I look back at my journey with my now 4-year old toddler, I know that life is beautiful and that we will be

okay! By reaching out for help, we have taken the first and the most courageous step of acknowledging that we need help. Remember that PSI is right here to lend you an ear, give you support and compassion and most of all to be a friend with NO judgements!

---

## MEMBERSHIP CORNER

We look forward to seeing many of our members at the PSI conference this summer. Members receive a discounted rate for registration; we will also have a members' reception to help you get to know each other (and enjoy appetizers). This year's reception will be for both new and renewed/long-term members, up in the Skyline Room (with a beautiful birds-eye view of Portland). If you are not yet a PSI member, you can find out about membership and sign up [here](#). (It's best to enroll for membership at least a few days before registering for the conference, to ensure automatic member rates.) Allow some extra time before or after the conference for sightseeing!

Have you added your profile to the NEW Provider Directory? Members are not automatically added to it, since it is separate from the Member Directory networking tool, and is not limited to members. Full details and instructions for both directories are in the "Access my member benefits" page that you can reach by logging into the PSI portal: click on the "What would you like to do?" button, and choose "Access my member benefits". Each directory meets a different need, so we now have both, based on member feedback. The Provider Directory is currently only for U.S. and Canada based providers.

If you have any membership-related questions or suggestions, contact Edith at [membership@postpartum.net](mailto:membership@postpartum.net).

---

## CLIMB OUT OF THE DARKNESS

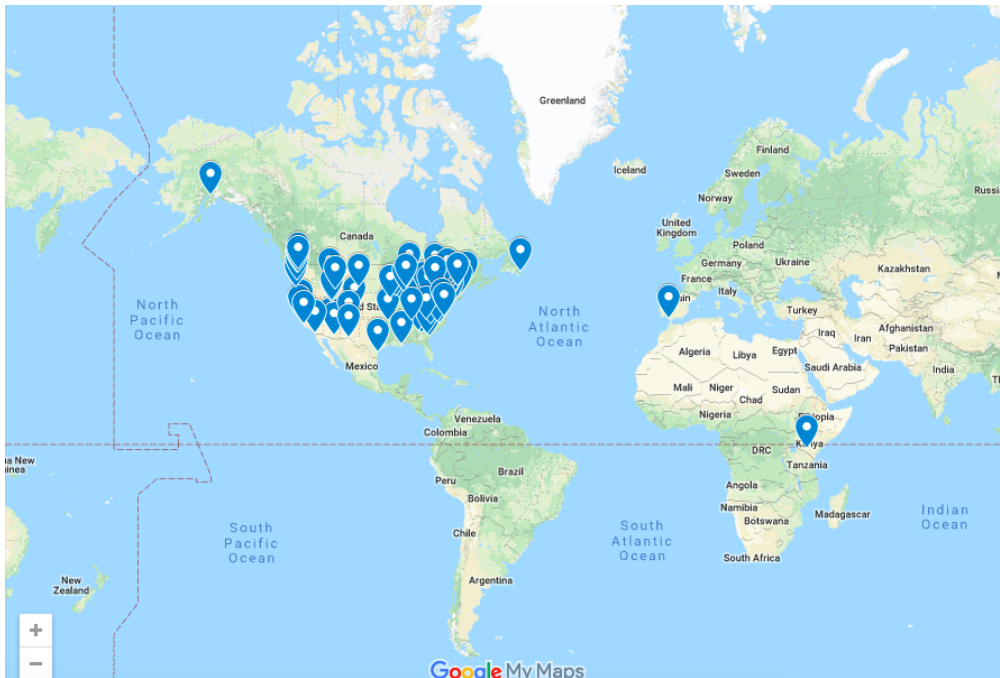


We are currently recruiting Climb Leaders to host events across the globe!! Leaders will go through a training program, they will have the support of other leaders and myself in planning and executing the event. A Climb can be as simple as a play-date in a park. Last year COTD gave over \$50,000 to local programs and nearly \$90,000 to PSI state chapters.

To learn more about leading a Climb where you live contact Emily Newton  
cotd@postpartum.net.

You can also visit our website here: <http://www.postpartum.net/join-us/climbout/>

Click on the link below to see if a climb is happening near you! If you don't see one in your area, feel free to contact our climb manager Emily at cotd@postpartum.net to create a group in your area or join solo!



## NEW! National PROVIDER DIRECTORY

Visit the directory here: <https://directorypsychapters.com/>



[FIND A PROVIDER](#) [FIND A STATE CHAPTER](#) [LEARN MORE](#)

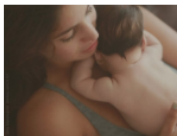
**DID YOU KNOW? 1 IN 7 WOMEN SUFFER FROM POSTPARTUM DEPRESSION.**

We provide direct peer support to families, train professionals, and provide a bridge to connect them.

[Click here](#) to take a 10-question self-rating scale to find out if you have postpartum symptoms

BROWSE BY CATEGORY

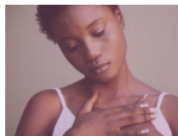
[more categories](#)



Additional Training/Certifications (167)



Languages (27)



Online Services Available (89)



Specialities (206)



Support Group (60)



Treatment Orientation (208)

Check out the National Perinatal Mental Health Provider Directory. PMH Providers can apply to be part of the directory, at no charge. We have categories for healthcare providers, mental health professionals, support groups, and affiliated professions. Applicants are reviewed before approval, and need to meet the following criteria:

- A professional perinatal mental health provider in good standing with state licensing standards.
- Completed specialized training in perinatal mental health, such as PSI’s 2-day Certificate training, the 2020 Mom/PSI Webinar Certificate Course, or other specialized perinatal mental health trainings.

Our current goal is to collect a comprehensive list of providers and we will be sharing this resource publicly very soon! You can sign up on the directory at <https://directorypsychapters.com/list-your-practice>

### Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)!

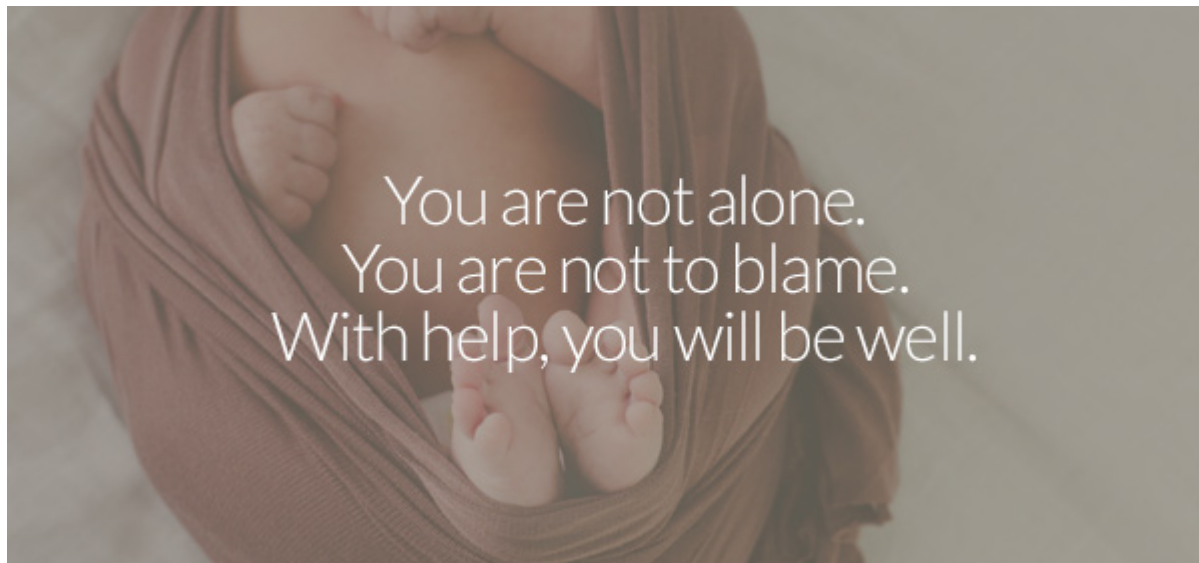


AZ	Anissa White
CA	Enedina Robles
GA	Jana Camerin

	Kim Reeves
IL	Christine Wulbecker Dina Zwiebel Natalie Stage Lita Simanis Michelle Hazenfield Catherine Hunter
IA	Amanda Hillman
LA	Leslie Herhold
MA	Jolene Phillips
MI	Amy Lawson
NJ	Kristen Levitt Nicole Martell
NY	Jennifer Price
PA	Amanda Hunter
TX	Leah Pudderster
ONTARIO	Amber Sperling

Check out the full list of PMH-Cs [HERE](#)

---



24/7 Helpline number:

**1.800.944.4773**



GET HELP | LEARN | JOIN | PROFESSIONALS  
RESOURCES | BLOG | ABOUT

Donate



6706 SW 54th Avenue, Portland, OR 97219  
© 2018 Postpartum Support International

To unsubscribe from future mailings please click here.