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CONFERENCE 2019 - Portland, OR

32nd Annual Postpartum Support International Conference June 2019, by Wendy Davis, Executive Director



**Keynote Shafia Monroe,
DEM, CDT, MP**

Thank you to everyone who joined us for the 2019 PSI Conference in Portland, OR. The 2019 Conference had an astounding 700 attendees over 5 days; the largest attendance since the start of our Annual Conference! THANK YOU to our conference sponsors and to each of you who joined us. We hope to see you again in 2020!

"This conference just keeps getting better!" That was this year's most frequently-heard quote. Conference 2019 was bigger, bolder, and more advanced. It was full of new ideas and foundational knowledge, conversation, listening, learning and questioning. The truth is that the conference is better not only because PSI has grown, not just because we have an amazing conference team, a strong active board, expert staff, and generous sponsors, but because the field of perinatal mental health has grown. The

conference is convened by PSI, but the quality of the experience is created by all who attend - the speakers, posters, keynotes, exhibitors, and the attendees. The conference

selection committee aimed to have more advanced and diverse sessions and keynotes and it showed. We are privileged to be able to come together with the goal of improving services, expertise, and understanding of the needs and full range of interventions for perinatal families. We go home with new ideas and new skills and new connections. We are so grateful to our pioneering keynotes: Shafia Monroe, DEM, CDT, MPH (pictured above); Lee Cohen, MD; and Trystan Reese, for leading the way each morning. We are full of appreciation to all of the attendees and the presenters for filling the conference with the heart and soul of our evolving perinatal mental health community.



Contact us! Please write to us for keynote and breakout conference suggestions for next year, and don't hesitate to send in a proposal yourself. Write to wdavis@postpartum.net

Conference Recordings Available For Purchase

Order Today! Backcountry Recording has conference recordings available for sale. For a limited time, they will be offering the 2019 Audio MP3 Full Set for \$159, plus a complimentary recording (full set) from a previous year! Leave a note during checkout as to which previous year you would like (Use the form as a reference to choose which complimentary year you would like to include with this offer)

If you would like individual sessions, please email info@BackcountryRecording.com or text 617-816-5468. Please specify the session numbers and names. They will then send you an invoice via Square that can be paid online Here is a link to the 2019 order form. Contact Backcountry with any questions. *Price ends on August 13th.*

Thank you to the Sponsors of the 2019 PSI Conference!



FEATURED PSI MEMBER: CARLA PILEGGI CAVIOLA



Carla Pileggi Caviola

Licensed professional counselor (LPC) in CT

Licensed mental health counselor (LMHC) in NY

Carla Pileggi Caviola provides culturally sensitive psychotherapy in English, Spanish and Portuguese as a licensed professional counselor (LPC) in Connecticut, and a licensed mental health counselor (LMHC) in New York. Carla helped found the PSI -

Connecticut Chapter. "I truly believe we can have more impact when we link arms and build more services locally and globally for women, infants, parents and families."

To read about Carla, click here for our brief interview with her.

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 for more information, and visit [HERE](#) for the newest training dates and locations.

Upcoming PMD Certificate & Advanced Trainings

- August 9: St Paul, Minnesota - Advanced Psychotherapy and Advanced Psychopharmacology
- August 22-23: Rapid City, South Dakota (no advanced training)
- September 5-6, 2019: Huntsville, Alabama (no advanced training)
- September 18-19, 2019: Marlborough, Massachusetts (plus 9/20 Advanced*)
- September 27, 2019: Milwaukee, Wisconsin - Advanced Psychotherapy ONLY.
- October 11-12, 2019: Santa Maria, California (no advanced training)
- October 16-17, 2019: Battle Creek, Michigan (no advanced training)
- October 23-24, Orlando, Florida (plus 10/25 Advanced*)
- November 13-14, Indianapolis, Indiana (11/15 Advanced*)

* PMD Certificate Training (OR an approved equivalent): is a pre-requisite training for the Advanced training and for 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.

* You can see alternative courses approved as prerequisites here.



VOLUNTEER SPOTLIGHT

Name: Lauren Harris LMHC, PMH-C

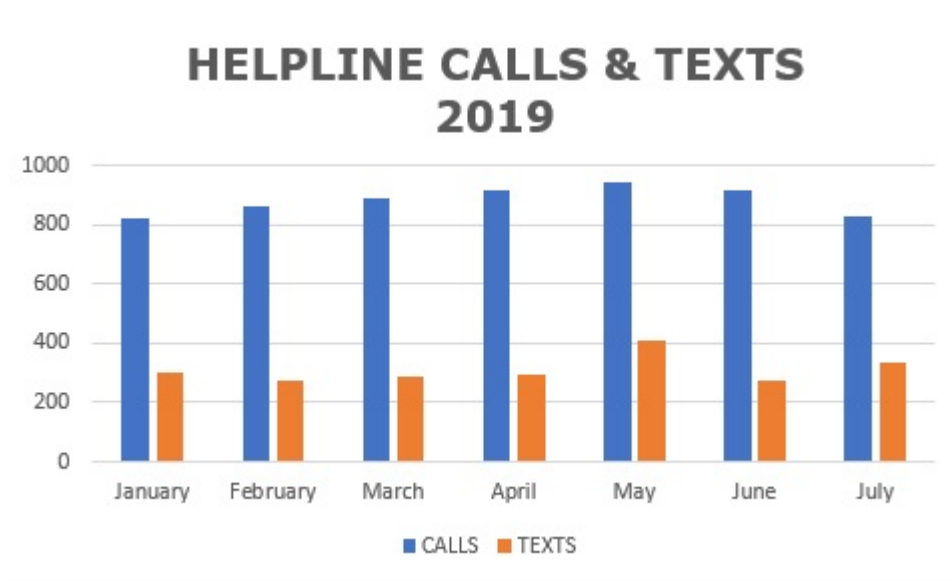
Lauren Harris LMHC PMH-C of Massachusetts has been a volunteer for 3 years. She is a married, mother of three children ages 12, 7 and 4.

She is a survivor of PPD, PPA and PPOCD. She volunteers because she believes in the mission of PSI and believes in the power of healing.

PSI HELPLINE

Our helpline volunteers logged a total of 916 calls and 272 texts in June and 827 calls and 333 texts in July.

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.



MEMBERSHIP CORNER

I was glad to meet quite a few PSI members at PSI's annual conference in June! A few conference attendees approached the membership table saying they weren't sure they were members, a couple of others were happy to be personally shown how to access their benefits through the portal... so I'd like to check in with you: Email me at membership@postpartum.net if you aren't sure you are a current member, or if you're not sure how to access your benefits, and I'll happily connect with you one-on-one, by email or phone or even video chat to walk you through it.

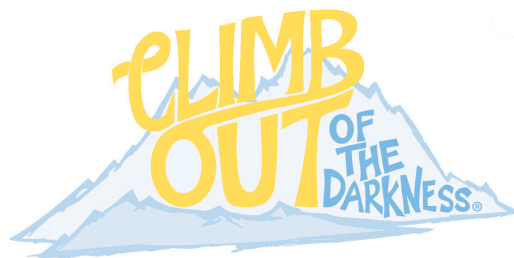
More about PSI membership is [here](#).

- Edith Casterline, Membership & CRM Manager

CLIMB OUT OF THE DARKNESS

Climb Out Of The Darkness (COTD) has had a great year so far. In 2019, COTD has:

- Raised over \$140,000
- Registered 1600+ participants worldwide
- Created 141 Teams (12.8% increase over last year)



How do I get involved?

- **Share:** Share a Climb on social media through your professional or personal account, or advertise a Climb in your office. Or share your story with us on social media; your voice can make all the difference to someone suffering. Don't forget to use hashtags #climbout #IClimbfor #IClimb #COTD2019 and tag Postpartum Support International!
 1. Visit us on Facebook
 2. Visit us on Twitter
 3. Visit us on Instagram
 - **Host a Climb:** We are planning fall events NOW and looking for Climb Leaders to host events across the globe! Leaders will go through a quick training and will have the support of other Leaders and PSI. To create a Climb event in your area, email our COTD director Emily at Cotd@postpartum.net!
 - **Join a Climb:** Join a climb in your community
<https://www.google.com/maps/d/u/0/viewer..>
 - **Donate:** Find a Climb in your community and donate!
<https://www.postpartum.net/join-us/climbout/>
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ONLINE PERINATAL MENTAL HEALTH PROVIDER DIRECTORY

Join Today! The U.S./Canada online Perinatal Mental Health Directory will be shared with families in September. For the last few months, we have been reaching out to get as many providers into the directory as possible. If you have not signed up, now is the time! We want families to know that you're there. Join for free here (see criteria below):
<https://directorypsychapters.com/list-your-practice>

What is the Directory? The National Perinatal Mental Health Directory will be available to all and can be used to find Perinatal Mental Health providers in the US and Canada. The directory will allow users to search by location, insurance, specialty, etc. Visit the directory here: <https://directorypsychapters.com/>

How do I sign up? 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.

Visit the directory here: <https://directorypsychapters.com/>
Join for free here: <https://directorypsychapters.com/list-your-practice>



Explore All Listings Categories

Accepting New Patients (666)

- o No - Not Accepting New Patients (8)
- o Yes - Accepting New Patients (659)

Insurance (377)

- o Aetna (168)
- o Anthem (95)

Additional Training/Certifications (573)

- o Certified Perinatal Mental Health Professional (70)
- o Other Perinatal Mental Health Training (346)
- o Postpartum Support International Trainings (404)

Languages (68)

- o ASL (3)
- o Armenian (2)

Ages (613)

- o Adolescents / Teenagers (14 to 19) (287)
- o Adults (611)
- o Elders (65+) (141)
- o Infants & Children (139)

Online Services Available (241)



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

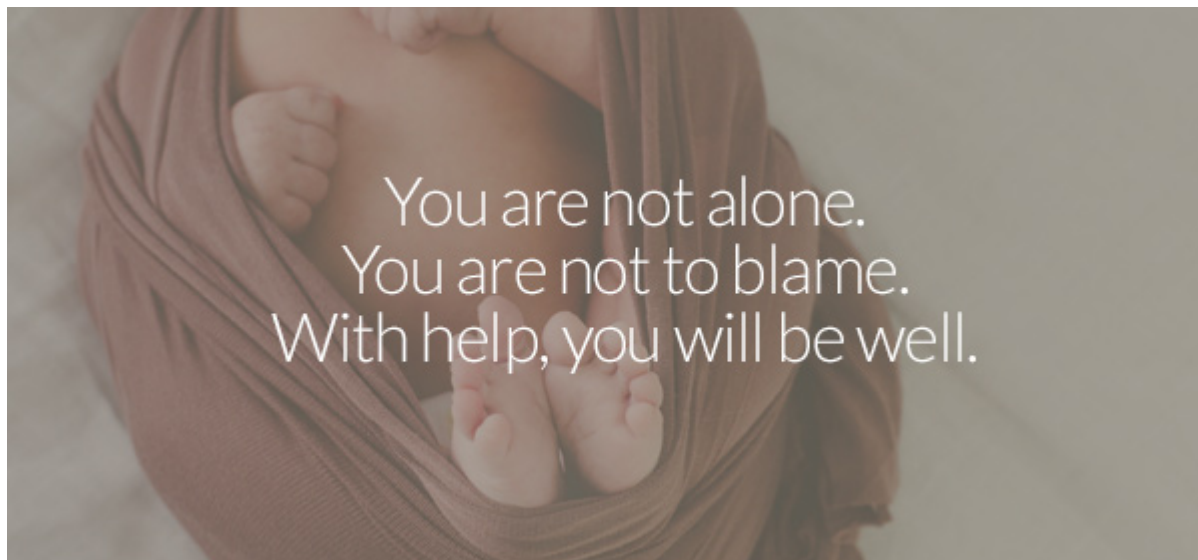
Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in June and July 2019. You can find the full list of PMH-C

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. Visit the store to order!

New PMH-C Recipients from June and July 2019

United States					
AK	Russell	Bryant	NC	Carrie	Banks
AK	Elizabeth	Edwards	OH	Karen	Weiman
CA	Jaimi	Martin	OR	Camille	Holland
CA	Marisela	Rosales	OR	Jennifer	Fergusson
CA	Maxine	Becker	PA	Emily	Weisser
CA	Helena	Vissing	PA	Katherine	Biggs
CA	Elizabeth	DeFazio	PA	Wendy	McDowell
CO	Laurel	Hicks	TN	Sara	Reed
CT	Alyssa	Pierre-Louis	TN	Kristina	Dulaney
FL	Megan	Flautt	TX	Richelle	Whittaker
GA	Elizabeth	Nicholson	TX	Elaine	Cavazos
GA	Lindsey	Galinis	UT	Jamie	Hales
IL	Elizabeth	Moorhouse-Sperry	VA	Jennifer	Guiney
IL	Kristin	Chae	VA	Megan	MacCutcheon
IL	Melissa	Millinger	WA	Tara	May
IL	Ashley	Mulvihill	Canada		
IL	Dorothy	Symonds	BC	Alexandra	Lihou Gibson
IN	Jodi	Thielemann	NB	Leslie	Costello
IA	Rachel	Klobassa	ON	Camilla	Judge-Aviss
MD	Alaina	Ayers-Greenidge	ON	Yzobela	Hyett
MA	Brooke	Reilly	ON	Kelly	Morris
MN	Amy	Krueger	ON	Jaime	Charlebois
MN	Angela	Rackstraw	ON	Linda	Gingerich
NJ	Diane	Magee	ON	Arlene	Vandersloot
NJ	Deana	Stevens	ON	Samantha	Waxman
NY	Jaime	Nass	ON	Jillian	Satin
NY	Maryann	Marston	Singapore		
NY	Nicole	Viscusi		Silvia	Wetherell
NC	Ruth	Amos			



24/7 Helpline number:

1.800.944.4773

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Donate



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