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MEMBER PROFILE

Featured PSI Member: **Dr. Kendra Flores-Carter**



[Click here for our full interview](#) of Dr. Flores-Carter on the PSI blog. We are excited to hear about her work, and look forward to her presentation at the upcoming PSI conference.

Originally from Belize, Dr. Flores-Carter is a maternal child and pediatric clinical social worker for university-affiliated teaching hospital Arrowhead Regional Medical Center (ARMC) in Colton, California. Currently teaching at California State University San Bernardino, Dr. Flores-Carter will be at California Baptist University starting in August 2018 as an Assistant Professor in the Masters of Social Work program.

This is the first of a series of interviews of featured members of PSI. If you know of a PSI member you think we should feature, contact membership@postpartum.net.

CLIMB OUT OF THE DARKNESS
Community walks and fundraisers 2018



Over 100 teams in five countries with more than 1000 participants registered!
June 23rd main date, with a handful scheduled later throughout the year

Led primarily by volunteer PMAD survivors, PSI Coordinators and Chapter leaders, more than 100 Climb Out Of The Darkness events are coming up this June. These local walks have been lovingly planned with the goal to raise awareness, increase survivor comradery, and strengthen communities. Fundraising is also taking place with the exciting option for local PMAD projects to receive 75% of funds raised, or 100% for PSI state chapters. Three areas—Douglas County Kansas, Charlotte North Carolina, and Wilmington Delaware—have already had their events, and about 100 attendees came to the first two climbs! Climbs are a wonderful opportunity to connect and offer support in your area. For more information, please go to <http://www.postpartum.net/join-us/climbout/> or contact Emily at ctod@postpartum.net

I lived in darkness,
until I was able to:



now I Climb to help
others find their way
into the **light**.

NYC GALA!



This past month we took over Rattlestick Playwrights Theater in New York City for four outstanding performances of *Playing Monopoly With God & Other True Stories* by Melissa Bangs in celebration of Postpartum Support International's 30th anniversary. Each of the performances had a special corresponding theme. Following the sold-out Thursday show, guests attended a gala supper and champagne toast at Bobo Restaurant featuring special speaker Stephen D'Achille. Friday night's performance included a wine & cheese soirée and panel discussion.

Friday was also sold out, with a crowd primarily comprised of those under 40. Saturday included an opening act by comedian Angelina Spicer, and Sunday was a mimosa matinee for mamas and panel discussion. There was a wonderful mixture of professionals, survivors and advocates in the audience. All proceeds from the four shows and Gala directly benefit PSI and the transformational work it provides.

Special thank you to the event sponsors: Alexis Joy D'Achille Foundation; Jane Condon and Kenneth G. Bartels; Mt. Sinai Hospital, OBGYN; The Wilderman Fund for Maternal Health; Marinus Pharmaceuticals, Toni B McKerrow and Martin McKerrow; The Motherhood Center; and Sage Therapeutics, for making the event such a success.

INTERNATIONAL FATHERS' MENTAL HEALTH DAY



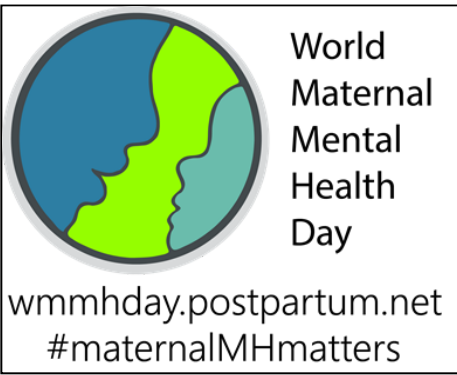
June 18th, 2018 is [International Fathers' Mental Health Day](#).

Although most of us—men and women alike—are socialized to think of men as providers of support during the perinatal period and early parenthood, a wealth of research shows that 10% of new dads experience paternal postpartum depression (50% when mom is depressed!) and tend to need support of their own. However, the stigma against experiencing difficulties in early parenthood is even higher for men than for women. Society views men as stoic, self-sacrificing, and above all, strong. When men feel none of those things as new fathers, they don't want to admit it or seek help.

For this reason, Postpartum Support International is an enthusiastic supporter of IFMHD as a means to take a whole-family, father-inclusive approach by shedding light on the best practices and related resources for dads, their partners, and those who support them.

Founded by paternal postpartum depression survivor Mark Williams and fatherhood mental health expert and PSI board member Dr. Daniel Singley, IFMHD involves taking the day after Father's Day to launch a focused social media campaign which highlights key aspects of fathers' mental health.

MAY was MATERNAL MENTAL HEALTH AWARENESS MONTH



The first Wednesday of May is World Maternal Mental Health Day. The first world MMH Day was in 2016, and we've seen growth each year. This year showed big leaps in involvement, with organizations from a growing number of countries: Argentina, Australia, Botswana, Brasil, Cameroon, Canada, Catalonia, Chile, Colombia, Czech Republic, France, Germany, Greece, India, Ireland, Israel, Italy, Kenya, Malta, New Zealand, Nigeria, Puerto Rico, Qatar, Romania, Saudi Arabia, South Africa, Spain, Switzerland, Turkey, UK, Uruguay, and Zimbabwe!

All participated this year to raise awareness about maternal mental health through a collective social media push and in-country events. Since inception 3 years ago, our global partners supporting this worldwide effort to raise awareness of maternal mental health issues increased to 124 organizations, individuals and global networks from 33 countries. PSI is proud to be a member of the worldwide taskforce.

[The World MMH website](#) and all social media showed the increasing awareness and involvement by global partners. What a joy it is to meet with this international group of advocates! Come visit the website and connect with it!

We are all fortunate to have the creative expertise of Rita Stockhowe from South Africa who manages the social media, website, and communications with partners. This year's social media engagement saw a huge spike across the board. This year Rita created a [Facebook Page](#) for the Day, and shared blog posts, news, and events there. The newly established Facebook Page has gained a following of over 1,000 people and organisations. Almost 5,600 people and organisations took part in using the hashtag #maternalMHmatters. The hashtag accumulated nearly 63,000 impressions on Twitter, which means that the hashtag saw a 17% increase in delivery to Twitter streams around the globe. Over 5,500 people visited the WMMHday website and viewed different pages nearly 24,000 times.

2018 ANNUAL CONFERENCE

31st Annual Postpartum Support International Conference July 11-15, 2018

JW Marriott Houston, Houston, TX



Join us for the 31st Annual Postpartum Support International Conference in Houston, TX on July 13-15, 2017. On July 11-12, we will hold our 2-day pre-conference Certificate Course, Perinatal Mood and Anxiety Disorders: Components of Care. New this year: We have added Sunday Seminars to offer a choice of in-depth expert workshops!

The Annual PSI conference has provided an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mood and anxiety disorders (PMADs) for 31 years! This professional event is a unique training and networking opportunity, last year attracting more than 400 participants. The purpose of the conference is to bring together and inform medical and mental health providers, childbirth professionals, support and resource providers, caregivers, policy-makers, researchers, volunteers, families, and educators who want to improve their understanding of PMADs and improve their ability to serve pregnant, postpartum, and post pregnancy-loss families. To view a full list of this years breakouts and keynotes, [visit our website!](#)

2-DAY 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. Registration includes training binder, handouts, breakfast and lunch, and continuing education credits. Approved for CMEs, CNEs, CEUs. Write to training@postpartum.net for more information.

Upcoming trainings:

June 18-19, 2018 Detroit, Michigan
July 11-12, 2018 Houston Texas (PSI Pre-Conference Training)
August 9-10, 2018 Baltimore, Maryland
August 22-24 Denver Colorado
September 20-21, 2018 Muncie, Indiana
September 27-28, 2018 Charlotte, North Carolina
October 4-5, 2018 Grand Rapids, Michigan
October 25-26, 2018 Evanston, Illinois
November 1-2, 2018 Madison, Wisconsin
November 15-16, 2018 Ft. Lee, New Jersey
December 6-7, 2018 Oroville, California
March 28-29, 2019 Champaign, Illinois
April 4-5, 2019 Anchorage Alaska

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HelpLine in English & Spanish: call 800-944-4773 or text 503-894-9453

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