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33RD ANNUAL PSI CONFERENCE IS NOW VIRTUAL



The PSI 33rd Annual Conference that was planned for New Orleans in July will now be held virtually and will take place with all the wonderful presentations that we have come to expect and look forward to.

We will begin as usual with the 2-day Perinatal Mood Disorders Certificate training on July 8th and 9th. The conference itself will begin on Friday, July 10th and continue on the 11th, with additional specialty seminars on Sunday, July 12th. Parthenon, our terrific event management firm, is leading us through how to manage all this virtually, having done so for several other organizations with more to come.

You can register for the virtual Conference Today! [Click here](#) for all the details on the 2020 PSI Virtual 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 research award is \$5000, and also includes

conference registration and a stipend for travel to attend the annual PSI Conference. The 2020 award will be presented at the conference Virtually on July 10, 2020.

Visit [here](#) for more info on the Hickman Award.

FEATURED PSI MEMBER: Jane Honikman

In this interview, PSI founder Jane Honikman discusses how her studies in sociology, along with her personal experience, brought her to see the gaps needing to be filled for expectant and new parents' mental health. Over the decades, her work has been in building awareness and action, continuing to have a positive impact locally and internationally.



For the full interview, [click here](#).

POSTPARTUM SUPPORT INTERNATIONAL PARTNERS WITH BABY DOVE TO EXPAND SUPPORT SERVICES



PSI has partnered with Baby Dove to help make maternal mental health services offered by PSI more available. Together we have committed to expanding the number of PSI virtual support groups and the capacity of the PSI HelpLine, while increasing our reach to every Mom, Dad, and Parent to let them know they are not alone.

So far we have increased our support groups to 10 per week in 2020, and we are working on implementing a new platform for our HelpLine services.

This Mothers Day, Baby Dove released a video on their Facebook and Instagram that features the real-life birth story of Stephanie. Stephanie's birth story takes place in this uncertain time and is a message to let all new or expecting parents know that they are not alone, and there are services out there to help.

View the video [here](#).

MEMBERSHIP CORNER

Our partners at Massachusetts General Hospital Center for Women's Health are continuing to offer \$100 off to PSI members for their webinars. The next series, starting in June, is "Psychiatric Disorders in Women: Diagnostic and Treatment Considerations Across the Female Lifespan". Full information is [here](#). The discount

code for members is listed on the "Access my member benefits" page in the PSI portal; feel free to email me for the code or for assistance with the portal.

Members of course also continue to get discounts on PSI trainings. Since upcoming 2-day and advanced certificate trainings are now via webinar instead of in person (currently through July), you can attend them from anywhere with internet access! Member discounts on all PSI trainings are now automatic when you are logged in as a member. (For conference registration, new members should allow a few days for their status to show in the conference system.)

During this health crisis, our members have been sharing timely questions and valuable expertise with each other through our online forums/listservs and web-conferencing groups for providers, and connecting with each other through the Member Directory networking tool. Each member is an important part of the PSI community; thank you!

More on PSI membership is here, and you can email me with your membership questions and suggestions: membership@postpartum.net

- Edith Casterline, Membership & CRM Manager

PERINATAL MENTAL HEALTH IN THE NEWS

PSI is highlighting some articles on Perinatal Mental Health for parents and professionals

For Professionals:

MGH Center for Women's Mental Health, Dr. Lee S. Cohen, with Ob.Gyn.News, *Describes Impact of Current Pandemic on Reproductive Psychiatry*, [Read Article](#)

Psychiatric Times, *Top 12 Mistakes in Perinatal Psychiatry*, by Jennifer L. Payne, MD, [Read Article](#)

For Parents:

Huff Post Canada, *How To Get Help For Postpartum Depression During The Coronavirus Pandemic*, by By Maija Kappler, [Read Article](#)

Harpers Bazaar, *Duchess Kate Participates in Zoom Calls to Support Maternal Mental Health Awareness Week*, By Amy Mackelden, [Read Article](#)

Postpartum Support International, *How to manage your relationship with your spouse during COVID-19*, by Megan Richardson, LMFT, NCC, [Read Here](#)

Romper, *New Moms Need To Set Boundaries Now More Than Ever*, by Dr. Pooja Lakshmin, [Read Here](#)

New York Times, *How Motherhood Changed Us*, by Casey Wilson, [Read Here](#)



PSI LAUNCHES FIRST IMPACT REPORT

Keep an eye on your email in the next few days, because PSI will be distributing the first-ever PSI 2019 Impact Report. The report will cover everything that PSI has done in 2019, including an overview of each program and service that PSI offers. We are thankful for our committed volunteers, members, friends and donors. **You** have made an impact on PSI, and without you, we couldn't do all that we do!

TELE THERAPY AND PERINATAL MENTAL HEALTH WEBINAR - FINAL LIVE WEBINAR

SESSION 5:
MAY 25, 2020



**CORRIE M. AVILA, LCSW,
CCTP, PMH-C, BC-TMH**
Supporting the
Needs of
Military Families



**BINA BIRD, MA,
LMFT-S, PMH-C**
Working with
Couples

Session 5: Monday May 25, 2020, 1:00-3:00pm Eastern

- **Supporting the needs of Military Families**

Corrie M. Avila, LCSW, CCTP, PMH-C, BC-TMH

This presentation will help you develop methods and techniques for working with military families during the perinatal period utilizing technology and telehealth. Learn to recognize the risks specific to this population, implement techniques and build a strengths based approach, thus tapping into their

resilience.

- **Working with Couples**

Bina Bird, MA, LMFT-S, PMH-C

Couples therapy can be challenging enough in the office setting so the transition to telehealth can feel overwhelming. This presentation will focus on how to work with couples via telehealth and also address some of the common challenges couples are facing during this COVID 19 crisis.

Learn More and Register Here (Previous Trainings Available For Purchase)

PSI ADVISORY COUNCIL WEBINAR SERIES



The Live Webinars have finished, but they are still available by recording. [Click Here](#) for more information.

Postpartum Support International (PSI) Advisory Council webinar series explores expert research and treatment in perinatal mental health. The sessions cover identification, diagnosis, support, and treatment. The expert faculty are members of the Postpartum Support International Advisory

Council and are experienced clinicians, researchers, and perinatal mental health support advocates.

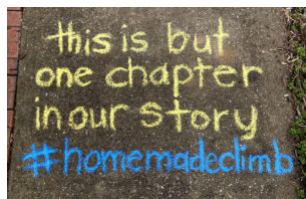
6-Part Series Recording Available Now

PMD COMPONENTS OF CARE AND ADVANCED TRAININGS

- July 8-12, 2020 - PSI 33rd Annual Conference - Now Virtual- [Register Here](#)
- August 18-19, 2020 Oklahoma City - Perinatal Mood Disorders: Components of Care & Advanced Psychotherapy
- September 23-24, 2020 Salt Lake City, UT - Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- Sep. 30- Oct. 2, 2020, Portland, ME - 2-Day Perinatal Mood Disorders: Components of Care & Advanced Psychotherapy
- October 14-16, 2020, Greenville, SC - 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- October 21-23, 2020, Moorhead, MN - 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- October 22-24, 2020, Grand Rapids, MI 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology

CLIMB EVENTS THROUGH JULY 2020 HAVE GONE VIRTUAL

We have suspended all in-person community and fundraising events for the foreseeable future. PSI cannot and does not endorse any in-person events before



July 15 (*this date will likely be extended.) If you are interested in creating an online community, raising awareness, and fundraising all through social media then our new Online-Climb program is for you! You don't need to be social media savvy to get started. We are happy to help train

you! This role is IDEAL for a survivor you know who is looking to give back or get into advocacy work. Climb Leaders and participants are participating in several upcoming social media campaigns!

Here are 3 things you can do right now if you're interested in the Climb Out of the Darkness program:

- Tell Clients to check us out!
- Check the Climb Map to see if there is a team nearby!
- Follow PSI on social media!

Thank you to everyone who joined us in the Climb Out Of Darkness Spirit Week! It was a great success!

Interested? Know someone who is? Have questions? Email Emily Newton

Download the COTD Spirit Week Activity Book.

EXAM CENTERS OPEN FOR THE PMH-C EXAM



Due to COVID-19, and most states being under stay-at-home orders, we saw a decrease in the number of test-takers in April, which was an expected result.

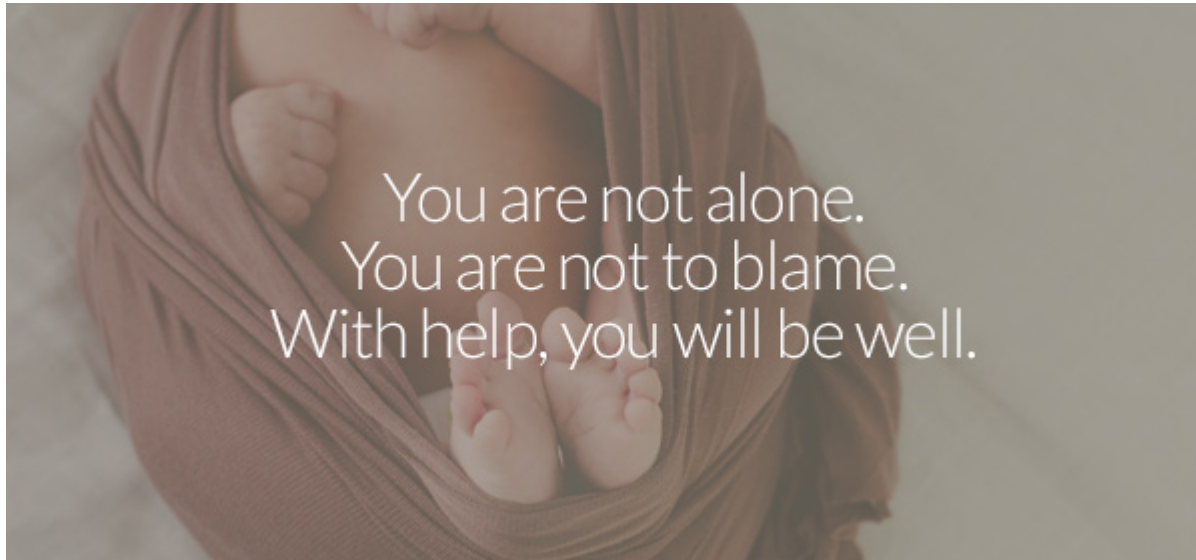
PearsonVue sees the importance of Maternal Mental Health, especially during this time, and deemed that the PMH-C is an essential exam. Therefore, PearsonVue test centers are open for the PMH-C exam. If you are approved to take the exam, you can visit the PearsonVue site to find a test center near you. PearsonVue has updated its test center policies to stay aligned with social distancing and other recommendations (Different state by state).

If you have submitted your PMH-C Exam in the March and April, and have not heard from PearsonVue or PSI, please email certification@postpartum.net.

We are now offering the option to have a professionally printed version of your PMH-C certificate. The certificate is for those providers who have already passed the PMH-C exam, and are PMH-C Certified. Visit the store to order!

Do you have questions about the PMH-C? PSI is now hosting a monthly call where we can answer your questions! The PMH-C call is the perfect time to have questions answered about qualifications, exam preparation, etc. Join us on Zoom the first Friday of the month at 1 pm PST/4EST. Register for the call [here](#).

Perinatal Mental Health Certificate (PMH-C) recipients list will resume in June.



24/7 Helpline number:

1.800.944.4773

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