



2021 IMPACT REPORT

POSTPARTUM SUPPORT INTERNATIONAL



Dear Friends,

2021 – None of us would describe 2021 as a “great” year, and yet we did great things. It was not a predictable year, and yet we met and measured goals, and often made more progress than expected. We started the year a bit fatigued but optimistic as vaccines became available and the promise of returning to a post-pandemic world arrived. And then we continued, in modified pandemic mode. We experienced ups and downs, continued restrictions, and societal stress, and we kept going. We kept growing. In the end, we were strengthened by a year where our staff, members, providers, donors, advocates, and survivors were united in the common effort to help those who are most vulnerable.

There were highlights – we increased by 8x the number of our Online Support Groups from the previous year – a mighty accomplishment that would not have been possible without generous supporters like you. Those groups, along with our private Facebook group and all of our support programs, meant that more moms, dads, birthing people, and family members found a place where they felt true belonging and resources on their path to healing. We hired 21 new staff in 2021. We successfully won a federal contract with the Health Resources and Service Administration to manage the first national Maternal Mental Health Hotline, a milestone in our nation’s commitment to perinatal mental health.

During 2021, we also continued to work diligently to better serve and represent the needs of Black, Indigenous, and Persons of Color not only through family support services, but also in mentoring, training, and creating equity and inclusiveness for so many individuals who have felt left out of the conversation about perinatal mental health. At the end of the year, we launched an exciting plan with our partners at Perigee Fund to increase support for the Perinatal Mental Health Alliance for People of Color (PMHA-POC) as a core program of PSI.

As we built new programs and improved existing ones, we took a deep breath and, bolstered by our commitment to create access, we looked at what was in front of us with a clarity of vision that can only be wrought by challenging times. Together, supported by our generous network of donors and volunteers, we dug in and doubled down on all that we know to be true about perinatal mental health – we not only adapted to a new reality, but strengthened our discipline to build bold, ambitious plans to help and support individuals and families during the perinatal period.

Those plans, and what you’ll see in the pages of this wonderful report, were a result of listening, learning, and communicating with you, our partners in building a better world for families. We are so grateful for your ongoing financial support and volunteerism, and for the heart you have for this work that we do together.

PSI’s greatest resource is you – the people who believe in a world where every person who is suffering from a perinatal mental health disorder knows that they are not alone, they are not to blame, and that with proper treatment and time they will be well. Together, we create the safety net for families and provide the connection, community, and resources needed for recovery.

Thank you for standing by us,



WENDY DAVIS, PHD, PMH-C
EXECUTIVE DIRECTOR





"Where there's hope, there's life."

~ ANNE FRANK



**WE ARE A
BEACON**

A LIGHT IN THE DARK

For a sailor in the midst of a storm, the beacon of a lighthouse can be a saving grace. They are used to help guide a ship through the darkness of the storm to a place of safety and security.

Beacons warn of dangers that may lie ahead and can help a ship navigate to safety. PSI is proud to be a beacon for so many - a guiding light for moms, dads, birthing people and families going through the darkness of a perinatal mental health disorder.

For some parents, the days and nights of parenthood can be dark and difficult to navigate. The complexity of raising a baby can become overwhelming and at times feel like things will never get better. Parents often feel isolated and alone and don't know where to turn for help.

That is where PSI shines. We are here to show that help is available and how to find it. We are the light in the darkness and help parents find their way. Through our programs and resources like our toll-free HelpLine, our social media platforms, and our Climb Out of the Darkness (COTD) events, we help signal to parents where to turn for help.

HELPLINE (ENGLISH & SPANISH)

The PSI HelpLine is a toll-free number anyone can call or text to get basic information, support, and resources.

We have **65** dedicated volunteers who responded to almost **17,000** calls, texts, and emails to the HelpLine in 2021. Our HelpLine volunteers are a key touchpoint at PSI and often the first resource parents use to get connected to our other programs and services.



SOCIAL MEDIA

One of our most fluid and information-rich resources for parents and providers is our social media platforms. Each year we strive to increase information and awareness of Perinatal Mental Health Disorders with the goal of decreasing shame, stigma, and misinformation. Our goal is to let pregnant, postpartum, and post-loss individuals know that they are not alone in their experience, and there is hope available.

Although we have accounts on all the major social media platforms, we have focused heavily over the last year to increase our presence on Instagram by growing our following **325%** last year. In addition, we have a closed Facebook support group that has almost **18,000** members. This established group is an amazing community where individuals can find support and reassurance from other pregnant, postpartum and post-loss individuals who share similar lived experiences.

CELEBRITY ENDORSEMENTS

In 2021, PSI was presented with two major opportunities that allowed us to share our work with a large and expansive audience. PSI was invited to have a presence at the **Alanis Morissette** U.S. tour in the summer and fall of 2021 - appearing at **35** concert venues. We are so thankful for her ongoing advocacy for perinatal mental health! We were so glad to table at her concerts and have now received a very generous donation through the **Alanis Morissette Family Fund**. This comes at an incredible time of growth for PSI and will be a significant boost for our programs. **#JaggedLittlePPD**

Josh Metellus of the **Minnesota Vikings**, has become an inspiring advocate for PMADs and chose PSI as a part of the NFL's **My Cause My Cleats** program. Josh and his wife, Haley, shared their story of recovery with their followers and to the larger NFL audience. We are so thankful for his help in ending the stigma of perinatal mental health and starting important conversations in many homes across the United States.





Climb Out of the Darkness® (COTD) is the world's largest event raising funds and awareness for the mental health of new families. It is a community event that brings survivors and their families, providers, and members of the community together for the purpose of raising funds and spreading awareness for perinatal mood and anxiety disorders (PMADs). COTD events help to shine a light on the darkness we often don't speak about when it comes to the harder side of parenthood.

In 2021, we were still dealing with the effects of a global pandemic, and many of our usually festive outdoor events couldn't take place. While a few of our amazing Climb Leaders were able to host events, the majority of our Leaders and their families did their best to raise awareness via creative social media campaigns. Altogether they were able to raise **\$178,654!** We had **134** events with over **1,000** participants around the globe.

Climb Leaders, **Shantrice Jones of Georgia and Purity Kendy Njeru from Team Kenya**, told us why they lead a Climb and what it means to support families in their communities:

"I suffered with postpartum anxiety and depression for several years before I learned what I was experiencing. I didn't think to seek help because my symptoms didn't match what I thought postpartum depression looks like. I Climb for all of the moms and dads who have no idea what they are going through. With help, it can be better!" ~ Shantrice Jones

"I Co-lead to show parents that we need to hear their stories, that we are the voices of those who cannot speak out for the fear of stigmatization, and last but not least to remind everyone that there is help if only you seek it. Also, to remind our families, partners or spouses, friends and neighbors to keep checking on new parents, to listen to them, and above all to support them because motherhood or parenthood is not easy but with your support, they can bring up a happy and healthy generation." ~ Purity Kendy Njeru





**WE ARE
A COMPASS**



SUPPORT COORDINATORS



PMHA-POC



ONLINE PROVIDER DIRECTORY



CHAPTERS

FINDING THE WAY

When you don't know which path to take, having the right tools can make all of the difference. Much like a beacon, a compass can help guide you on your journey when the path isn't clear. PSI understands how difficult it can be trying to navigate a new life stage as a parent while suffering from a Perinatal Mental Health Disorder. We offer several programs that help new parents find their way through the darkness and confusion and we help get them connected to the best available resources.

ONLINE PROVIDER DIRECTORY

Our online directory is a place where parents and providers can quickly and easily locate qualified perinatal mental health providers in their area. Help-seekers can search through more than **5,000** providers and customize their search by more than **14** categories, to find a provider that suits their specific needs. In 2021 we received funding to hire a Provider Directory manager, that will allow us to continue to grow this essential tool.

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

Our PMHA-POC program is geared towards building capacity in the perinatal mental health field to better support families and providers of color around Perinatal Mental Health Disorders. In 2021, the PMHA-POC program provided over **\$6,000** in scholarships to providers of color. At the end of the year, we launched an exciting plan to make the PMHA-POC a core program of PSI.



CHAPTERS PROGRAM

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. Chapter leaders and volunteers work hard raising awareness, creating resources, and advocating for change.

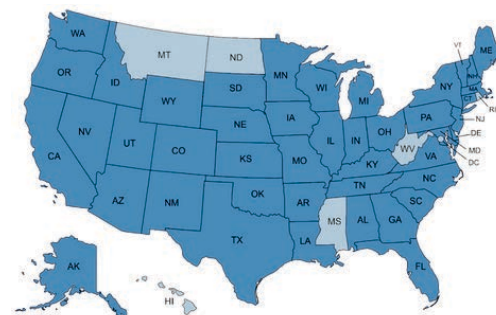
In 2021, we added 5 new chapters, and now have local representation in 44 states, with a goal to reach all 50 states in 2022. Our Chapters were able to give out over **\$13,900** in scholarships for local providers. We also have **four** International Affiliates serving families and communities in **Argentina, Brazil, Canada, and Italy.**

Our Chapters are strengthening their communities by helping families find local resources, ensuring providers have access to specialized training and advocating for change in their state. When asked what accomplishments they are most proud of this past year, board members from our **Connecticut** and **Massachusetts** Chapters responded:

"In 2021, we grew our PSI Coordinators to welcome our first bilingual English/Spanish PSI CT Coordinator, Julia González Candela. I am so proud to say we have a dedicated group of ten PSI Coordinators in Connecticut who are responding to birthing people and perinatal providers seeking support and treatment and care resources. We plan to continue to diversify our PSI Coordinator group to support all families in Climbing Out of the Darkness."

"PSI MA has done amazing work in their own smaller communities and within our larger group as a chapter and the perinatal families and providers that serve them will continue to thrive because of that."

5 NEW CHAPTERS
IN 2021



44 TOTAL US CHAPTERS

SUPPORT COORDINATORS

PSI Support Coordinators volunteer in their local communities to help connect pregnant, postpartum and post-loss individuals with local providers who are trained to treat Perinatal Mental Health Disorders. In 2021 we had **470** volunteer Coordinators (US & Canada) who helped serve over **5,700** help-seekers.

Our specialized coordinator program now covers **30** different specialties areas:

- Adoptive Parents
- Bed Rest
- Birth Mothers
- Breast-/Body-feeding
- Colic
- Dads
- Deaf & Hard of Hearing
- Fertility Challenges
- Grandparents
- Hindu Parents
- Hyperemesis Gravidarum (HG)
- Insomnia
- LGBTQIA+ Parents
- Maternal Near Miss
- Military Parents
- Muslim Parents
- NICU Parents
- Parents of Multiples
- Perineal Tear
- Post Abortion
- Postpartum Psychosis (PPP)
- Preeclampsia & Long Term Complications
- Pregnancy & Infant Loss
- PTSD (Post Traumatic Stress Disorder)
- Single and Co-Parenting
- South Asian Parents
- Special Needs Dx or Babies
- Teen & Young Adult (YA) Parents
- Termination for Medical Reasons (TFMR)

Our Specialized Coordinators are volunteers with lived experience or specific training in areas that some individuals face during pregnancy, postpartum and post-loss. They work in conjunction with their local Support Coordinators but are able to offer more specialized support and resources for help-seekers. Our volunteers become specialized coordinators for many reasons, but often it is based on their lived experience and their desire to remind a help seeker that they are not alone and help is available.



Hannah Preston, TFMR Coordinator:

"It took me two years to comprehend my loss. Two years of endless trips around that dreaded "grief cycle", combined with the complexity of feelings that come with a TFMR. I found meaning through PSI, and a way to support families suffering through their own TFMRs. I am able to serve as a beacon during their darkest hours, and assure them they are not alone; together we will endure."



Lucy Bigelow, Support Coordinator in Missouri:

"After having my first baby, right at the beginning of the pandemic lockdown, I found myself struggling as a newly postpartum mom. I felt so isolated and had to grieve what I had hoped my maternity leave to look like... Luckily, I found empathy and love in a virtual mom's support group. Being a part of that group allowed me to connect with other moms who could offer me their own stories of compassion, connection, and wisdom. It made all the difference in my postpartum experience and help to heal my spirit when I was in such a fragile space. I became a Support Coordinator so I could help other new mommas (and families) find the same love and support that I did in such an extremely vulnerable moment in our human journey."



**WE ARE
AN ANCHOR**



SPANISH RESOURCES



PEER MENTOR PROGRAM



SMART PATIENTS



ONLINE SUPPORT GROUPS

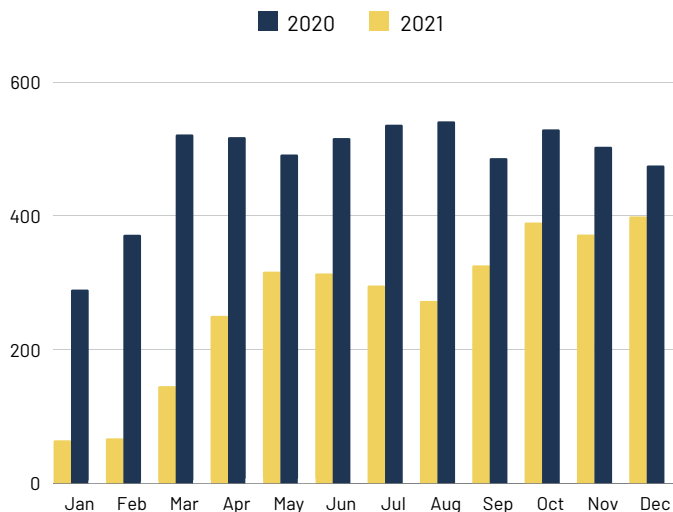
IN THE MIDST OF THE STORM

Guiding a ship safely through a storm is vital, but keeping it steady in the midst of that storm is just as important. While it can't stop the storm from raging, an anchor can hold the ship steady and prevent it from crashing into the rocks. We have several programs that create a safe and secure place for parents during the storm and hold them in place until the skies clear and the sun shines.

ONLINE SUPPORT GROUPS

Peer support is an important piece of the puzzle for those experiencing and recovering from a PMAD. Our free online support groups provide a safe, non-judgmental space for parents to share their experiences, receive support from peers, and learn that they are not alone.

Online support groups have been an essential tool, over the last few years as in-person events were canceled. PSI saw the need for more online-based support early on and focused on growing our capacity. In 2021 our trained volunteers led **1,232** groups serving **11,285** parents and individuals.





Parenting During a Pandemic

PSI saved this family from maternal suicide. If it wasn't for PSI, Lisette would continued to struggle in silence.

2020 was going to be a big year for us. My husband, Chris, and I were looking to buy our first home and were planning to start our family. We found out I was pregnant on March 15, 2020 right when the San Francisco Bay Area (California) was planning the shelter in place shutdown/quarantine because of Covid-19. In addition to this, we entered into escrow on our new home that same week and became first-time homeowners in April 2020.

Experiencing a pregnancy during a global pandemic has had lasting mental health effects on both of us. Our healthcare provider/hospital implemented strict rules because of Covid and never allowed us to have visitors during my prenatal appointments. Chris and I never got to hold hands and experience joyfully crying when the pregnancy was confirmed via ultrasound. He had to hear his child's heartbeat and see his child for the first time only via FaceTime until week 32.

I was induced at 41 weeks with no signs of oncoming labor. We were discharged from the hospital the day after I gave birth when I innocently asked when I could go home. I never got the lactation support I requested, nor was I in the right state of mind to remember to ask for it. Many of the things that I had expressed in my birth plan did not happen which was very upsetting to me. Once we got home, the support we had was limited due to the pandemic and my anxiety about visitors.

Bringing our baby, Sybil, home from the hospital was the easy part. Surviving the fourth trimester during a pandemic was the hardest thing, and no one could have prepared us for it. Without proper lactation support, I struggled with

breastfeeding. Sybil kept losing weight and would not latch well. We were in and out of the doctor's office for a month trying to ensure she gained weight. Chris learned how to finger feed and pace bottle feed so I could have time to pump and rest- to help me with my fragile state of mind. Sybil was finally able to latch but was unable to properly transfer milk.

I was determined to turn my breastfeeding journey into an exclusively pumping one and joined a Facebook group to learn tips and tricks. Unfortunately, my compulsions began and I forced myself into a rigorous pumping schedule of every 2-3 hours because I believed breastmilk would be the only thing that kept her from developing jaundice. My compulsions, anger, and intrusive thoughts got worse around week five as it became a competition in my mind to produce more breastmilk with each passing day and week.

I was six weeks postpartum on Christmas Day and cried alone while pumping because, after all this time, I barely produced 14 oz. of breastmilk a day when her intake needs were between 24-30 oz. I woke from a nap between pumping sessions and said I can't do this to myself anymore. Sybil needs a mother, not a milk machine.

So, I decided to gift myself on Christmas Day 2020 the gift of my mental health & sanity, and in four days drastically weaned off the pump.

Not long after this, I had to return to work and all of the feelings I thought had gone away fully resurfaced. I had a mental breakdown and decided to quit my job to focus again on my mental health & recovery. I contacted my insurance for help with postpartum depression (PPD) and anxiety (PPA)

but had to wait six weeks before I received psychotherapy. Unbelievably, the company our insurance covered didn't even acknowledge PPD as a mental health condition. I had to find my own psychiatrist and started medication. It's unfortunate that I had health insurance, but had to pay out of pocket to properly treat my PPD. But it is an investment we've come to terms with because we see the progress and recovery happening.

While waiting for my therapy appointment I searched Instagram for postpartum depression resources. I was looking for anything that could point me towards some coping skills and was looking for validation that what I was experiencing was real. I found a post from PSI about PMADs and visited their website.

I signed up for my first support group and soon after began attending multiple groups both daily and weekly for a month. During that time, I became educated about fathers' experiencing PPD and PPA. I started to notice that as I began getting better, my husband began to decline emotionally. He was overly anxious if Sybil's sleep routine was disrupted or if any loud noises went off either in the home or in the neighborhood.

His easygoing personality began showing minor anger and he began to show symptoms of PPA. So, I told him what I'd learned in group about dads suffering from anxiety and encouraged him to attend the dad's group. Wanting to feel better himself. Chris began attending the monthly dad's support group and eventually joined the perinatal support group for parents on a weekly basis, and eventually became a PSI volunteer. Here is what he has to say about his experience.

"There is so much stigma when it comes to dads and them sharing their feelings. Society wants us to believe that men shouldn't share their feelings and if they do they are somehow weak or "not man enough". I believe that to be incorrect. I believe that men that can share their feelings and experience are strong - asking for and seeking help makes you strong. Being able to help normalize PPD and PPA is really what inspired me to volunteer with PSI.

PSI has helped me and my family so much that passing on that help to other dads is the least I can do, so I am now a volunteer facilitator for the bi-monthly dad's support group. I am so thankful for PSI and truly believe that you saved this family from maternal suicide. It sounds extreme but it's true. If it wasn't for PSI, Lisette would of continued to struggle in silence and her symptoms of rage and anger would of continued to feel invalidated. PSI gave both me and Lisette the courage we needed to seek support and to advocate for our mental health and wellbeing."



ONLINE SUPPORT GROUPS

11

We are proud to have added 11 new groups for parents in 2021

- Apoyo Perinatal
- Birth Moms
- Black Moms Connect
- Black Moms Connect (Returning Attendees Only)
- Dads Support
- Desi Chaat: South-Asian Moms
- Fertility Challenges
- Military Moms
- Mindfulness
- NICU Parents
- OCD Support (Obsessive Compulsive Disorder)
- Perinatal Mood Support for Moms
- Perinatal Mood Support for Parents
- Perinatal Mood Support (Returning Attendees Only)
- PPP (Postpartum Psychosis) for Survivors
- PPP (Postpartum Psychosis) for Families
- Pregnancy After Loss
- Pregnancy and Infant Loss for Moms
- Pregnancy and Infant Loss for Parents
- Pregnancy Mood Support
- Queer & Trans Support
- Special Needs & Medically Fragile Parenting
- Support for Families After Maternal Death
- Termination for Medical Reasons



SPANISH RESOURCES

El año 2021 fue una etapa de crecimiento y expansión. Las voluntarias de la línea cálida en Español continuaron escuchando con empatía y proporcionando recursos a las familias que solicitaron apoyo por medio de llamadas o textos. También habilitamos las páginas de Instagram, Facebook y un grupo privado de apoyo en Facebook en Español con el propósito de expandir el apoyo a más familias en Latinoamérica. Por último, en el mes de Mayo 2021 ofrecimos **29** presentaciones para madres, padres, familias y profesionales como parte de la campaña del Día Mundial de la Salud Mental Materna.

2021 was a year of growth and expansion. The Spanish HelpLine volunteers continue to provide a listening ear and resources to families who request help through calls or text messages. We also opened Instagram, Facebook, and a private Facebook group in Spanish to expand support to more families in Latin America. Lastly, in May 2021 we had **29** presentations for mothers, fathers, families and professionals for the campaign for World Maternal Mental Health Day.



Mary, Miembro del grupo de apoyo de habla hispana:

"Al mes de nacer la bebe, me di cuenta de que todo lo que sentía no era normal, tenía mucho miedo, ansiedad, preocupación, tenía mucha confusión a tal punto de que mi cerebro no podía comprender ni que día era, me sentía aturdida y muy culpable. Los síntomas que sentí mas fueron: demasiado sueño y cansancio, desánimo no me interesaba la bebé sentía un dolor profundo y ganas de morir, mucha ansiedad y desesperación además de falta de apetito. Supe de PSI a través de la aplicación de Babycenter cuando busque sobre la depresión posparto en seguida me envió a la pagina de instagram en donde conteste unas preguntas y apareció mi ángel llamada Daniela. Estuve entrando a las pláticas en la reunión de los martes, también hice terapia y a los 6 meses comencé a sentir alivio. Saber que muchas mujeres han pasado por lo mismo y que si hay remedio y solución me ayudo muchísimo en la recuperación."

Mary, Spanish Speaking Support Group Member: *"A month after the baby was born, I realized that everything I was feeling was not normal. I was very afraid, anxious, worried, and very confused to the point my brain could not understand what day it was. I felt dazed and very guilty. The symptoms that I felt the most were: too much sleep and tiredness, discouragement, lack of interest in my baby, deep pain, and I wanted to die, desperation as well as lack of appetite. I found out about PSI through the BabyCenter app when I searched for postpartum depression and was immediately sent to the Instagram page where I answered a few questions and my angel named Daniela appeared. I attended the support group on Tuesday, did therapy and after six months I began to feel relief. Knowing that many women have gone through the same thing and that there is a remedy and a solution helped me a lot in my recovery."*

SMART PATIENTS

PSI partners with the Smart Patients Community, an online forum for individuals affected by Perinatal Mental Health Disorders. Anyone can join the community for free to share, interact, and learn from peers in a safe, supportive environment. The Smart Patients Postpartum community complements the programs of PSI by providing information and comfort to pregnant and postpartum individuals suffering from PMADs.

This community connects participants with others who have had similar experiences and with professionals who can offer support and assistance in an anonymous forum. They also connect participants with a vast range of online support communities, and a simple keyword search regarding medication, symptoms, etc, can connect participants to others with similar health conditions. In 2021, over **6,000** individuals followed the postpartum topic, and **1,100** posts were created related to this topic.

PEER MENTOR

Our Peer Mentor Program flourished in 2021 and was one of our most utilized resources. This program matches moms, dads, and parents who are suffering from a PMAD with a trained Mentor who is a recovered PMAD survivor. Establishing a one-to-one connection with someone who has journeyed through a PMAD can offer invaluable insight, encouragement, and hope. Through weekly communication over the course of six months, our Peers and Mentors build a strong relationship that helps remove isolation, provides education and local resources, and breaks down the stigma surrounding perinatal mental health.

We are so encouraged that our **65** Mentors were able to help a total of **102** Peers go through the program this year and our dedicated volunteers logged over **2,020** hours of support.

Becca Rose, PSI Peer:

"I actually think I had a PMAD with my first postpartum journey but was never actually assessed for one. So, when I was in mid-pregnancy with my second baby, I set myself up with a mentor because I knew I was at risk for a PMAD given that my second pregnancy was unplanned. I already had a one-year-old and my son's father did not want a second child so quickly.

I am so glad I joined the program. My mentor was a lifesaver and helped me shed the shame of the intrusive thoughts I was having by normalizing what I was going through. She taught me I was not alone in the feelings of desperation and that having a baby during the pandemic was traumatic in its own right. She also helped me come to grips with the possibility of talking to a doctor about medication to see if it could assist me in my journey back to myself.

PSI not only provided me with peer support and inspiration to heal but they have helped me to become a stronger woman and renewed mother."





**WE ARE
HOPE**

My name is Jessica, and I was diagnosed with postpartum depression (PPD) and postpartum anxiety (PPA). I also struggle with intrusive thoughts and rage. I have two boys, eight and two, and have been married to my husband for 10 years. I never had PPD or PPA with my first child, but the second is a different story.

I know everyone's pregnancy and delivery are different. Some are wonderful and all the mother thought it would be, but mine was not enjoyable. My second pregnancy was awful for me both mentally and physically. My son was born healthy with some minor health issues such as colic and silent reflex which meant lots of crying and unanswered questions on how to help him.

After three months of crying, dealing with his formula struggles and medications, I finally had my panic attack. It was our 7th formula run and he slept in bed with me. He threw up on me all night and would wake up to eat but would not sleep. The next morning, I felt like the air was jello, and I couldn't breathe. I was instantly not myself and ended up in the ER. Even though this was incredibly traumatizing, I was lucky enough to have a mama doctor who had experienced my exact situation and knew what was wrong with me. When she finally diagnosed me, I broke down and cried. We couldn't hug because we were three months into covid, but that was the first positive experience in my postpartum journey. I'll never forget her for that.

When I got back home, things were still bad and the intrusive thoughts I was having added to the rage I was experiencing. I was terrified and began looking up resources. I found a psychiatrist and therapist and was able to sign up right away. I was lucky to have these options available for me because I know not all women do. While researching more options, I found Postpartum Support International. When I found out they had a 24-hour phone number that I could call or text it had me in tears.

I reached out for help and started going to some of their online support groups. I wouldn't have survived without them. In time, I was able to open up to my support group leader about my thoughts. This was one of the hardest things I've ever done. I thought I would be reported and my kids would be taken away from me. *I was very wrong.* I can't tell you the relief I felt after I poured my heart out to someone I only knew through groups. When my support group leader told me that it's ok and these thoughts are NORMAL and common for postpartum intrusive thoughts, I felt clarity for the first time in my life!

Now my son is turning two in February and I just love him so much! I'm taking medication to help me, and I regret not doing it sooner. I know it's not for everyone, but it has helped me. I still have setbacks every now and then but now I know what to do, when to reach out and how to use the tools I've learned. The fact that I'm even able to write this out and share my story for others is a big step for me. It's something I always wanted to do but couldn't because it was triggering. I want others to read my story and find *hope* in themselves because IT DOES GET BETTER. I smile now because I want to and not because I have to.

If you're struggling to open up to people out of fear or whatever it is, please reach out to PSI. Their group leaders are trustworthy and this is where my journey to recovery officially started. I hope one day I am able to be a mentor for others like my mentor through PSI has done for me.



COMMUNITY GRANTS

In response to the growing mental health needs of pregnant and postpartum families in underserved communities particularly affected by COVID-19, the PSI Community Engagement Committee designed a one-time grant to award innovative programs that address disparities, bridge gaps in care, or address financial and socioeconomic needs.

The grant was open to groups and organizations focused on perinatal mental health, including community organizations, support groups, healthcare systems, and PSI state chapters. **224** programs applied and **32** were granted funds - with awards from **\$500-\$10,000**.

Funds were generated through the PSI Perinatal Action Fund, which combines dedicated funds from a portion of the PSI Climb Out of the Darkness, the PSI Affordable Perinatal Care campaign, and PSI general funds dedicated to the Community Engagement Grants. PSI is excited to share more about these grants as they continue to implement programs in their local communities.

MIND THE GAP (MtG)



MIND THE GAP
Ensuring Perinatal Mental Health Is A National Priority

PSI Mind the Gap State Policy Series: Improving Access to

Treatment: In 2021 we successfully completed **two** state meeting series (TX and Washington DC) and developed relationships with **60** key partners in **eight** states (AZ, DC, CO, GA, MA, NJ, TX, TN).

Partners include representatives from: Policy organizations, Advocacy and professional organizations in mental health and women's health, Health care systems and hospitals, State agencies (Medicaid, Maternal Health, Mental Health, Public Health departments), and Legislators.

Some of our specific policy and advocacy work includes:

- Provided expertise and in-depth research, data, and recommendations to develop and inform the Maternal Mental Health Hotline
- Direct advocacy and education for the 988-suicide prevention crisis line set to go into operations in 2022
- Outreach to Representative Laura Underwood (IL-14) to support the Black Maternal Health Omnibus
- Supported advocacy for the Black Maternal Health Omnibus through engagement with Representative Laura Underwood's Office (IL-14), email alerts, and a Coalition call
- Conducted high-level analysis of **12** bills to advance PMH and shared these with Coalition
- Worked with MtG partners to analyze and track critical legislation focused on maternal health, maternal mental health, and behavioral health
- Conducted an analysis of **32** bills reviewing current status, the inclusion of mental health, Bi-Partisan support, and actions needed

We joined more than **30 sign-on letters** supporting federal policy and legislation, including:

- Advance Black Maternal Health Omnibus
- Advocate for Moms Matter Act
- Support Title V Appropriations
- Extend Medicaid coverage from 60 days to **one-year** postpartum
- Establish 988 Suicide Crisis Line
- Increase Appropriations for Community Behavioral Health Clinics
- Extend Mental Health Telehealth services
- Increase funding for HRSA grants for the Maternal Mental Health Access Programs
- Advocate and provide expertise for the Maternal Mental Health Hotline

We are pleased that **three** new organizations joined the Mind the Gap Coalition: *Black Women's Health Imperative, Mental Health Learning and Innovation Center, and 4th Trimester.*

JUSTICE & ADVOCACY

Our Justice and Advocacy Program was developed 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.

Some of the successes we saw in 2021:

- The Yates Children Memorial Fund (YCMF) was welcomed into the PSI Justice and Advocacy Program
- Dr. Gina Wong, Dr. Diana Barnes, and George Parnham, JD, presented at the 2021 PSI Conference on Maternal Infanticide & Filicide: Pearls of Wisdom and the Perinatal Expert Witness in Praxis
- Over **30** PSI Legal Toolkits were distributed to legal advocates
- Handled **12** legal intakes which included providing resources and connections to PSI Chapters and Coordinators
- **61** professionals expressed an interest in being an Expert Witness

PMAD CERTIFICATE TRAININGS



Our 2-day PSI Components of Care certificate course and Advanced training (Psychotherapy or Psychopharmacology) is designed for mental health providers, medical professionals, childbirth workers, or anyone interested in learning about perinatal mood disorders (PMD).

In 2021 we nearly doubled the number of training participants, to over **7,200**. The use of a virtual training platform has increased accessibility and allowed for larger class sizes at each training event. We will continue both in-person and virtual trainings, providing more training options.

PERINATAL MENTAL HEALTH TRAINING FOR FRONTLINE PROVIDERS

Frontline healthcare providers like OB/GYNs, Family Practice Physicians, Nurse Practitioners, Midwives, Physician's Assistants, ER Doctors, and Nurses are often the first providers a new parent may reach out to when they realize something isn't right.

Our Frontline Trainings are designed to equip these providers with the skills necessary to assess patients for perinatal mental health complications and, as appropriate, provide treatment with medication and/or connect individuals with additional resources and care. Training is provided by PSI perinatal psychiatric experts with a curriculum developed specifically for primary healthcare providers.

PERINATAL PSYCHIATRIC CONSULT LINE

The Perinatal Psychiatric Consult Line is a free resource available for medical professionals who have questions about mental health care related to pregnant and postpartum patients, as well as for pre-conception planning. This important program has seen consistent growth each year - growing more than **57%** in 2021. The consult line had 35 providers reach out multiple times throughout the year - showing that this resource is incredibly valuable.

"I'm a psychiatric nurse practitioner; I've called PSI's free Perinatal Psychiatric Consult Line for feedback from other professionals on cases, to help provide the best possible care for my patients. I have personal experience with PPD, so I know having the best possible care is so important." ~ Emily Lippincott, PMHNP-BC

PERINATAL MENTAL HEALTH CERTIFICATION (PMH-C)



In August 2018, the first Certification in Perinatal Mental Health became available through PSI. Our PMH-C Program creates a structure for professional education and evaluation, and standardization of training and experience to inform families and payers of perinatal mental health specialists. Since the launch of the program in 2018, we have experienced continued growth and welcomed over **1,000** new PMH-Cs in 2021. The PMH-C program is truly an international program with providers from **47** US states and **11** countries. We continue to strive to have more PMH-Cs every year, and in every US state and around the world.

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. Grew from **2,550** members at the end of 2020 to **3,650** members at the end of 2021.



POSTPARTUM SUPPORT INTERNATIONAL

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Acaba, Amy	Bajurny, Louise	Borman, Erica	Carr, Rebecca
Ackerman-Offer, Ruth	Baker, Jennifer	Bottenfield-Biehn, Jessica	Carrigan, Brina
Acklin, Kayla	Baker, Kelly	Bottoms, Jennifer	Casad, Mckenzie
Adam, Carrie-Lynn	Baker, Meghan	Bovee, Kim	Castello, Marla
Adams, Kyra	Baker, Regina	Bowman, Nicole	Cathers, Laurie
Adams, Stephanie	Baker Welles, Megan	Boyadjis, Sara	Catron-Gingerelli, Elizabeth
Aguilar, Jennifer	Balduf, Jadriene	Boyd, Jeana	Cauley, Danielle
Akouka, Karina	Baldwin, Ashley	Boyd, Kristin	Centeno, Roubina
Alba, Rachael	Ballard, Jane	Boyle, Brigid	Centimano, Meeka
Alegoz, Justyna	Balos, Jessica	Boys, Amanda	Cerrito-Cohen, Beth
Allbright, Sarah	Baltimore, Alexandra	Braceras, Michelle	Chan, Jin Li
Allen, Lori	Banks-Mason, Angela	Bradbury, Sarah	Chaplin, Rebecca
Allen, Rebecca	Bantle, Jennifer	Bradfute, Naomi	Chelton, Angelique
Allgood, Jane	Baracks, Amy	Brandl, Jill	Cherlopalle, Suneela
Allred, Jessica	Barrera, Sara	Bratlie, Rachel	Chin, Ga Li
Allred, Lindsay	Barrows, Christina	Bravo, Elizabeth	Chirco, Stephanie
Alsup, Shelby	Barry, Jessica	Bretz, Elizabeth	Christensen, Amanda
Altemus, Clara	Barthle-Herrera, Megan	Brito, Giselle	Christensen, Austin
Althen, Christina	Bartolini, Ellen	Brittsan, Lauren	Christman, Katherine
Alves Dos Reis, Teresa	Basalone, Janet	Brooks, Kristen	Clarke, U'nek
Alvey, Cody	Bauch, Stephanie	Brooks, Myeisha	Clausnitzer-Lane, Alison
Ameresekere, Maithri	Bauer, Jennifer	Broussard Hebert, Katherine	Clelland, Malaika
Amittay, Ayelet	Baumgardner, Jennifer	Brousseau, Rachel	Clinchard, Suna
Andersen Yamaoda, Amy	Baweja, Ritika	Brown, Charline	Cline, Marina
Anderson, Angela	Becker, Victoria	Brown, Sarah	Clouse, Stephanie
Anderson, Heidi	Benbow, Amanda	Bruce-Kulcsar, Mary	Coble, Whitney
Anderson, Jillian	Benoit, Alexandra	Bruock, Rebecca	Cohen, Aviva
Andres, Olivia	Bereman-Skelly, Kathryn	Bugaj, Erika	Cohen, Jordan
Anjum, Zurya	Berner-Orcutt, Sara Beth	Bui, Skarlet	Cohen, Julia
Aoyama, Tessa	Bertolin-Siegmund, Carla	Bumbarnick, Katherine	Cohn, Lauren
Aponte-Chimelis, Hillary	Biehn, Katherine	Bunselmeyer, Lindsay	Colangelo, Denise
Arena, Cassandra	Billig, Marcela	Burch, Maria	Colin, Kaya
Arias, Daifeny	Binford, Leslie	Burkhardt, Jennifer	Conibear, Lauren
Arias, Kasie	Binion, Michelle	Burnham, Alissa	Cook, Janine
Armstrong, Jane	Birnbaum, Dana	Burton, Savannah	Cook, Kristen
Art, Cleide	Blackwell, Chelsea	Butler, Kathryn	Cook, Sarah
Arteaga, Vasthie	Blakey, Claire	Byrne, Nancy	Cooper, Cheryl
Artis, Ladeana	Blanco, Maite	Byrnes, Jennifer	Corbicz, Rebecca
Aten, Kelly	Blecha, Candace	Caddell, Katharine	Cordova-Williams, April
Athanasopoulos, Catherine	Blevins, Brianne	Caldwell, Madalyn	Coser, Ashleigh
Avalos, Carla	Blum, Ariel	Calocci, Tracy	Coulter, Leanna
Ayew-Ew, Michaela	Boberick, Jennifer	Camez, Erika	Coutin, Rebecca
Ayzenberg, Ruthie	Bode, Ila	Campbell, Sarah	Cowan, Jessica
Bailey, Danielle	Bodnar, Naomi	Cannon, Brandi	Cox, Charles
Bailey, Elizabeth	Bolognini, Nicole	Cantu, Yessenia	Coz, Orietta
Bailey, Kristin	Borchardt, Anthony	Carlton, Penny	Craig, Sarah
Bajowa, Yejide	Borlik, Brittney	Carmichael, Paige	



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Craighead, Andrea
Crain, Bryony
Crane-Russ, Meghann
Creech, Ashleigh
Croteau, Bridget
Crouch, Cyra
Crouse, Blair
Crowell, Noelle
Cruz, Lisa
Cunillera, Ann
Dachs, Laurey
Daigle, Michelle
Dalheim, Alexandra
Dalton, Virginia
Daniels, Marcy
Dasho, Tracy
Davies, Cynthia
Davis, Jessica
Davis, Melinda
Davis, Shannon
Dawes, Danielle
Dawson, Michelle
Dean, Beverly
Dean, Molly
Debarbrie, Lisa
Deciechi, Amber
Decker-Blunt, Cristina
Dehoyos, Patricia
Deibler Gorman, Lauren
Deitz, Camille
Delabar, Jillian
Delahoussaye, Lauren
Delman, Chana
Deluca, Heather
Demoret, Jessica
Desai, Leslie
Desantis, Dena
Destin, Marietha
Deutsch-Anzalone,
Veronique
Dewes, Jessica
Dezort, Kirsten
Diamond, Shira
Diaz, Lauren
Dick, Tara
Dicks, Janice
Diedesch, Tiffany

Diercks, Leah
Diette, Stacie
Dillard, Katelyn
Dillinger, Rachel
Ding, Haishu
Dittmar, Rachel
Dixon, Alexandra
Dixon, Kerry
Dolan, Karen
Dolejs, Laura
Donaldson, Katharine
Donati, Celeste
Donnelly, Janine
Doody, Elizabeth
Dorman, Lauren
Douglas, Sarah
Douglass-Barnes, Ashlyn
Dowdell Peterson, Ebony
Dralle, Dallas
Drewno, Allison
Driver, Sally Ann
Drozda, Kristen
Dugan, Tracey
Dunaway, Kristi
Dunckel, Pamela
Dunning, Lucinda
Dupree-Bautista, Patricia
Dutridge, Kathy
Earhart, Amanda
Early, Jillian
Eastin, Shiloh
Eastman, Chrysanthe
Ebert, Kara
Ebert, Rachel
Edwards, Delilah
Egemo, Tara
Ellingsen, Kirsten
Elliott, Emily
Ellis, Ivy
Ellis, Lakendra
Emerson, Angela
Eng, Andrea
Epstein, Helen
Ehart, Emery
Ernst, Sandra
Escoto, Jessica
Espinosa, Kristina

Espinosa, Olivia
Evangelodimos, Alexia
Evans, Holly
Evans, Jessica
Evans, Melanie
Ewanowski, Julia
Fallon, Megan
Falzarano, Jessica
Fant, Maima
Farmer, Candice
Fassnacht, Erin
Featherstone, Rachel
Felten, Christina
Fernandes, Kira
Fero, Jennifer
Ferraro, Athena
Ferreira, Jessica
Ferry, Antoinette
Fields, Anne
Fieleke, Jill
Fineberg, Anna
Finnan, Betsey
Fischer, Shelby
Fish, Kathryn
Fisher, Lacey
Flam, Deborah
Fleming, Kathryn
Fletcher, Abigail
Flindall, Jane
Flores, Cristina
Flores, Tayler
Fontenot, Reney
Foreman, Lauren
Forgione, Robin
Fortney, Emily
Foster-Mahfuz, Aasha
Fox, Lauren
Franco, Elise
Franczak, Emma
Frankel, Julia
Frazee, Angela
Frederick, Andrea
Freidenfelds, Sabrina
Freyberg, Robin
Fried, Sara
Friedman, Karen
Fries, Sara

Frye, Elizabeth
Fuenzalida, Maria
Fullerton, Andrea
Fullerton, Ivette
Fulmer, Angela
Furey, Colleen
Galapo-Goldstein, Micole
Galaviz-Arreola, Erika
Gallagher, Regina
Gallegos, Jarred
Gansen, Michaela
Gard, Alexandra
Gardner, Tamara
Garrison, Cynthia
Gathman, Jennifer
Gaughan, Wendy
Gauna-Scattolini, Araceli
Gearhart, Ali
Geitner, Jaclyn
Gentry, Jennifer
George, Brittney
Gerard, Jennifer
Germann, Ashley
Giagrande, Arlene
Giesen, Robin
Gilligan, Heather
Giraldez, Diana
Girn, Randip Rita
Glover, Michele
Gobeli, Jennifer
Godwin, Bethany
Goforth, Rachel
Gohil, Aditi
Goldberg, Nicole
Goldenberg, Dana
Goldenberg, Victoria
Gonzalez Franco
Haghenbeck, Lucero
Gorgita, Lauren
Gorman, Marie
Gouirand, Juliette
Grassham, Courtney
Grauerholz, Anna
Green, Shelley
Greene, Christian
Greenstein, Lisa
Greer, Courtney



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Griffin, Joanna
Gruhala, Cara
Guarnotta, Emily
Guerin, Jennifer
Guerrero, Aecha
Gunnell, Tiara
Gupta, Shikha
Gupta, Sunita
Gutierrez, Jordan
Gutkin, Natalie
Hall, Amanda
Hamm, Latoya
Hammond, Kealakai
Hanbury, Lucy
Hancock, Ian
Haney-Veres, Mallory
Hanley, Melissa
Hanna, Cassandra
Hansen, Allison
Hansen, Lauren
Hanson, Keri
Hanzlik, Maria
Harber, Sarah
Hardie, Robyn
Hare, Heather
Harkey, Sharon
Harrigan, Jamie
Harris, Amy
Harris, Christina
Harris, Haley
Hartwyk, Kyle
Harwell, Amanda
Hatchuel, Elizabeth
Hattensty, Rachel
Haverkamp, Karisa
Heap, Melanie
Heintzelman, Erin
Heng, Jamie
Henry, Inna
Herberholz, Mandy
Herman, Heather
Herndon, Rachel
Herrig, Jaclyn
Hertz, Shari
Hess, Sarah
Hester, Suzanne
Heuring, Deidra

Heyel, Leah
Hibbs, Lori
Higgins, Linsey
Hilber, Tanya
Hillman, Elizabeth
Himidian, Eden
Hirsch, Greta
Hodges, Jessica
Hodgson, Julia
Hofer, Anne
Hoffman, Jessica
Hoffman, Melissa
Holcomb-Shrader, Meaghan
Holmberg, Annika
Holmes, Julianna
Holter, Adeline
Holzworth, Katherine
Hoover, Kaitlin
Hoover Rios, Lauren
Hopkins, Katelyn
Hopkins, Veronica
Horn, Rebecca
Horsch, Kate
Hughes, Marisa
Hurwitz, Wendy
Ibarra Yruegas, Beatriz
Ibrahim, Yasmeen
Inzani, Melinda
Ipema, Torianne
Iqbal, Sherifa
Ishchenko, Svetlana
Israelski, Julia
Itkoff Nacache, Sharon
Iwanusa, Erin
Jackson, Whitney
Jacob, Constance
Jafarova, Nurana
Jaimes, Courtney
Jameson, Karen
Jaramillo, Beatriz
Jaspers, Kelsi
Jenkins, Maria
Jenkins, Megan
Jennings, Chelsea
Jennings, Merissa
Johnson, Allison

Johnson, Elizabeth
Johnson, Melinda
Johnston, Samantha
Jolliff, Elizabeth
Jones, Adrea
Jones, Afton
Jones, Casey
Jones, Catherine
Jones, Nicole
Jones-Avni, Erin
Jordahl, Frances
Kadosh, Lily
Kagan, Carolyn
Kahn, Rebecca
Kalman, Eszter
Kamel, Lojine
Kane-Cooley, Rachel
Karamat, Mehr
Karlin, Sedona
Kasbohm, Hannah
Kaufman, Shannon
Kaul, Cara
Keast, Jennifer
Keating, Brittany
Keicher, Margaret
Kelce, Catherine
Kelleher, Jessalyn
Keller, Joanna
Keller, Marisa
Kelley, Holly
Kelley, Kathleen
Kelly, Heidi
Kendrick, Sarah
Kenedy, Whitney
Kennard, Kristen
Kennedy, Juliette
Kennedy, Melissa
Kenney, Elizabeth
Kershner-Rice, Kendall
Kersten, Ali
Kiely, Melinda
Kim, Linda
Kimmerly, Kersten
Kindig, Karen
Kind-Michels, Sara
King, Erika
King, Kaitlin

King, Kristin
Kinsella, Marea
Kitson, Allison
Kittredge, Katherine
Kleiner, Joshua
Knapp, Leann
Knowles, Kira
Kohler, Emily
Kolomeyer, Ellen
Kornacki, Danielle
Kosloff, Elizabeth
Kouri, Jennifer
Krejci, Pamela
Kroeger, Rebekah
Kroll, Amy
Kuhlke-Lee, Anne
Kumar, Aparna
Kussmann, Sabine
Kvam, Alysha
Lafollette, Sherri
Lafont, Courtney
Lambert, Marsha
Lamonda, Alicia
Lanore, Jenifer
Lapoma, Claire
Latiolais, Lindsey
Lauer, Kristin
Laughter, Betsy
Lavielle, Gloriana
Lavoie, Jennifer
Lavoo, Abigail
Lawhorn, Ashley
Lee, Megan
Leech, Jamie
Lee-Okonya, Kimberly
Leno, Amanda
Lepage, Chelsea
Levenson, Marnie
Levers, Ashley
Levin, Hadassah
Lewin, Rebecca
Lewis, Ashley
Lewis-Schroeder, Nina
Lichtenstein, Shiri
Lieberman, Orly
Lindauer, Katrina
Lindquist, Lisa



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Littlefield, Teresa	Maselli, Linnea	Mitsch, Danielle	North, Rachel
Livak Hale, Anna	Mason, Daryl	Mizell, Kelsey	Northam, Jessica
Lockhart, Andrea	Mason, Karly	Moghal, Zoya	Northcott, Shelly
Locklear, Ashleigh	Massey-Hastings, Nicole	Momoh, Feyisayo	Novello, Jennifer
Loebach, Amanda	Matherne, Shelly	Montague, Emma	Nunez Flores, Cindy
Logan, Amanda	Mauro, Heather	Monteleone, Candyce	Nunziato, Jenna
Loo, Peggy	Mazor, Talya	Montes, Alma	Oates, Jessica
Lopacinski, Stefanie	Mccall, Tova	Morales-Jackson, Amanda	O'connor, Latisha
Lopez Molnar, Amber	Mccann, Rebecca	Morehead, Emily	O'connor, Melissa
Lopez-Morales De Hauck, Daniela	Mccue, Kimberly	Moreno, Amanda	Oikonen, Alana
Lossing, Sarah	Mcdade, Carly	Moretti, Kellye	Oko-Riebau, Marta
Louca, Sara	Mcdougal, Gift	Morey, Staci	Olds, Heather
Lourenco, Kathleen	Mcgerigle, Amanda	Morgan, Falon	Oliveira, Jessica
Love, Amanda	Mcglashen, Christine	Morgan, Leah	Olivo, Yvonne
Lowther, Melissa	Mcgowan, Katherine	Morris, Rachael	Olson, Cathleen
Lowther, Tiffany	Mcguigan, Kathleen	Morris-Scott, Kathryn	Ozen Irmak, Simal
Lucisano, Julianna	Mckay-Gist, Kelly	Mosco, Elizabeth	Padda, Simrat
Lundy, Miriam	Mckee, Dana	Moshe, Rotem	Padilla, Marelys
Luthi, Kielyr	Mckinney, Elizabeth	Mosko, Carolyn	Pagone, Emily
Lye, Jennifer	Mclean, Amanda	Motley, Charie	Paisley, Michelle
Lynam, Kristine	Mcmillen, Kathleen	Mulcahy, Grace	Palacios, Diane
Lyons, Lisa	Mcnair-Washington, Sharon	Mullan, Christine	Palmer, Samantha
Macdonald, Katelyn	Mcnamara, Sarah	Munley, Sean	Papenfuss, Lauren
Macgregor, Kinsey	Mcnicholas, Elissa	Muns, Ashley	Paquin, Marissa
Mackender, Anna	Mcquaid, Allison	Muroff, Rachel	Pargas, Stephanie
Macri, Kathleen	Mead, Edith	Murphy, Kate-Lynd	Parikh, Priya
Madrigale, Talia	Meakin, Marie	Murphy, Kathleen	Parisi, Vanessa
Mahaffey, Brittain	Mehmet-Rowlands, Inci	Murphy, Lauren	Parker, Tasha
Maheshwari, Subani	Meinardus, Stephanie	Myler, Elizabeth	Parret, Virginia
Mahrt-Smith, Melanie	Menge, Rachel	Nafeh, Sharareh	Partain, Elizabeth
Malatt-Hicks, Moorea	Mento, Abigail	Nakhleh, Maria	Patel, Priyanka
Malloy, Michelle	Meyer, Alexa	Nedbalek, Kelley	Paterson, Kirby
Manela-Potzman, Rena	Micciulli, Jessica	Nee, Leesia	Patrick, Kathryn
Maness, Krista	Michael, Lesley	Neelmeugh, Archana	Patricko, Kara
Mangano, Brianna	Michel-Midelfort, Siri	Neidich, Haley	Pattimore, Jessica
Manning, Alisha	Michels, Courtney	Neithercut, Caitlyn	Patten, Sunny
Manrodt, Tiffany	Miller, Hallie	Nemchausky, Catherine	Pearson, Christine
Margolis, Amber	Miller, Heather	Nenninger, Samantha	Pemberton, Annamarie
Marks, Jessica	Miller, Kristen	Netherton, Elisabeth	Perez, Zelene
Marshall, Elizabeth	Miller, Kristina	Newton, Erin	Perozo-Dickerson, Alisa
Marshall, Heather	Miller, Maeven	Nicolson, Tara	Perry, Ashley
Martin, Kelly	Miller, Sarah	Nieuwsma, Jeanetta	Pesah, Elana
Martin, Shannon	Miller-Hufstedler, Melody	Nightingale, Martha	Peters, Patricia
Martinez, Bianca	Minton, Lindsay	Noda, Sarah	Petersen, Nichole
Martinez, Elizarahy	Mirabella, Jeanne Marie	Noel, Tamara	Peterson, Allison
Martinez, Tina	Mitchell, Christina	Noonan, Marleah	Peterson, Karen
	Mitchell, Megan	Norlien, Kacie	Phillips, Amanda



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Phillips, Anne	Richards, Rebecca	Satchel, Jaclyn	Smith, Regina
Phillips, Kathryn	Rick, Ashley	Saunders, Abby	Smolko, Jamie
Pica, Katherine	Rieber, Sarah	Savage, Michelle	Smucker, Megan
Pidala, Angela	Riesgo, Megan	Saxton, Katina	Smuts, Laura
Piervententi, Nicole	Rivera-Orraca, Zilkia	Scales, Jessica	Snyder, Amanda
Pietruszka, Leslie	Robbins, Haley	Schadewald, Sarah	Snyder, Carrie
Pizzo, Jessica	Robbins, Maria Carolina	Schaefer, Kelsie	Snyder, Kristin
Plumer, Lindsay	Roberts, Nicole	Schmauder, Tonya	Soley, Kelly
Pomme, Holly	Robison, Heidi	Schnellbach, Celleste	Solorzano, Chelsea
Pontbriand, Erin	Roche, Angela	Schoonmaker, Michelle	Sorg, Angela
Pool, Roberta	Rodriguez, Gladys	Schubert, Amanda	Sosenko, Lauren
Popoola, Taiye	Rodriguez, Susan	Schug, Christina	Soufan, Deema
Porter, Jalynn	Roessner, Rebecca	Schultz, Jessica	Spaulding, Isis
Principato, Danielle	Rogers, Brandy	Scott, Marni	Speake, Lora
Prothero, Nancy	Rogez, Jennifer	Scott, Melissa	Spence, Jamie
Provencher, Lindsey	Rohr, Jessica	Seglin, Sonja	Spencer, Becky
Quimby, Rayna	Rokeby-Mayeux, Jennifer	Segura Crispin, Marcela	Spencer, Emily
Quinn, Kate	Rork, Anna	Sell, Tara	Spencer, Laura
Rabe, Amy	Rose, Renee	Shabana, Karima	Staebell, Jenny
Radloff, Brooke	Roselle, Heidi	Shahar, Natalie	Staehelin, Melanie
Radonjic, Nevena	Rosen, Kayla	Shallow, Kathryn	Staver, Morgan
Rahaman, Elaina	Rosenkranz, Naomi	Shchupak, Katrina	Steele, Alexis
Raimey, Andrea	Ross, Maggie	Sheridan, Natalie	Steele, Caitlin
Raines, Brooke	Rossio, Pamela	Shikany, Melissa	Steele, Leah
Ramanathan,	Ruaro, Laura	Shiplett-Jupe, Melissa	Steelsmith, Lisa
Seethalakshmi	Rubens, Kara	Shipp, Arielle	Steen, Megan
Ramberg, Charlotte	Rubin, Alexandra	Shmuts, Rachel	Steffenson, Amy
Ramirez Henry, Krysta	Rubino, Jade	Shomof, Jane	Steinchen, Eileen
Ramjan, Imaan	Rudisill, Sophie	Simpson, Amber	Stephens, Kaela
Ramsey, Brandi	Ruedlinger, Sonya	Simpson, Tamika	Stillo, Nicole
Randow, Leeann	Rugh, Amy	Sims, Monique	Stilwell, Omm
Rank, Tracy	Ruiz, Nichole	Singh, Joshna	Stirnus, Heather
Raskin, Kathryn	Runnels, Christina	Skilliter, Chelsea	Stone, Heather
Ratyck, Heather	Runyan, Krista	Skolnick, Lauren	Stoner, Danielle
Rawls, Jennifer	Rutsch, Victoria	Skrepak, Melissa	Stouffer, Brittany
Reaume, Carlin	Ryan, Heather	Skutezky, Mary Ruth	Stoyke, Brielle
Redding Cooper, Holly	Ryan, Jordan	Sletten, Jessica	Streety, Deloran
Rednam-Waldo, Sarath	Sabol, Maron	Slover, Lisa	Stringer, Mary
Reece, Julie	Sadler, Erin	Smick, Amanda	Stroz, Victoria
Reece, Shelby	Samstag, Jennifer	Smith, Bethany	Strub, Joanna
Reed Smith, Rebecca	Samuels, Kimberly	Smith, Danielle	Stuart-Shor, Jessica
Reinhart, Kristin	Sanchez, Elizabeth	Smith, Erin	Stuchlik, Amanda
Reiter, Kristin	Sander, Shayna	Smith, Hannah	Sukumaran, Niyatee
Reppy, Lauren	Santiago-Warner, Solimar	Smith, Kara	Sun, Cari
Reynaga, Sandra	Santos, Meghan	Smith, Lamegan	Sundberg, Glenis
Rhodes, Danielle	Sapico, Leizl	Smith, Megan	Sutton, Chelsie
Richards, Kara	Sarich, Rebecca	Smith, Michelle	Sweat, Stephanie



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Sweet, Jennifer	Vargas, Kendra	Winter, Alyson
Swenson, Amy	Varma, Swati	Wisdom, Gavin
Sykora, Alissa	Velasquez- Rodarte, Veronica	Wisdom, Tazia
Tabb, Cortney	Villar, Maria	Wojcoski, Kristen
Tahim, Priya	Vilt, Kimberly	Womble, Ashley
Tannous, Ashley	Vlad, Stephanie	Wood, Candice
Tate, Amber	Wainscott, Chanel	Wood, Claudia
Taylor, Gillian	Walker, Kelly	Wood, Elyse
Taylor, Tyra	Wall, Jane	Wray, Krystene
Taylor, Whitney	Wallace, Caitlyn	Wright, Sara
Telesford, Francia	Walner-Cutright, Amanda	Wunderbro, Maria
Tetzlaff, Myranda	Walsh, Kelly	Xicota, Cristina
Teumer, Amy	Walsh, Patricia	Yakey, Melissa
Thiemann, Erin	Walton, Erika	Yang, Rose
Thomas, Amanda	Wambolt, Julia	Yanok, Lucille
Thomasson, Heather	Ward, Devin	Yarisse, Eleanor
Thompson, Tiffany	Wasserman, Amanda	Ye, Kristina
Thorne, Ariel	Watts, Angela	Yeager, Aimee
Thurman, Jordan	Watts, Mara	York, Jenna
Tihin, Melissa	Webb, Rebecca	Young, Katherine
Tillotson, Diana	Weinstein, Sarah	Young, Whitney
Timbers, Eriko	Weiss, Krystina	Zabawa, Johanna
Tinker, Alison	Weist, Shannon	Zahm, Kimberly
Tirone, Paula	Welch-Lamers, Neeley	Zail, Christy
Titus, Jacqueline	Welz, Natasha	Zalta, Ruth
Todaro, Laura	Werner, Kathryn	Zaragoza, Elizabeth
Toren, Jordan	Wesley, Alexis	Zarella, Tonia
Tozer, Kara	Wesley, Katy	Zeitlin, Lisa
Tran, Melissa	Westerhouse, Tara	Zelinski, Ashley
Trescott, Mishelle	Weston, Geanine	Zick, Justine
Trette, Cristina	Wetzel, Amanda	Zink, Susan
Trujillo, Amelia	Whaley, Grace	Zunigamadrid, Christina
Trujillo, Sarai	Whiting Taliaferro, Catharine	Zwerdling, Mallory
Truog, Heather	Wierenga, Trisha	Zweygardt, Taryn
Tunning, Jennifer	Wilde, Kathryn	
Turek, Katherine	Williams, Lyndsey	
Turner, Megan	Williams, Megan	
Tyson, Laurey	Williams, Shanna	
Ulrey, Lindsay	Williford, Denise	
Ulrey, Taylor	Willis, Rebekah	
Valdez, Kimberly	Willis-Higgon, Keri	
Valenzano, Bernadette	Wilson, Brooke	
Valletta, Andrea	Wilson, Meaghan	
Vande Vrede, Kristina	Wilson, Rachael	
Vanderbilt, Bethany	Wingarter, Christina	
Vandergrift, Patty		
Vanvessen, Shawn		

2021 STAFF

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.

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



1. **Wendy Davis**, Executive Director
2. **Lianne Swanson**, Executive Administrator
3. **Megan Alameda**, Office Administrator
4. **Caitlin Atkinson**, Social Media Manager
5. **Carrie Banks**, Volunteer Services Manager
6. **Monica Bapna**, Blog Curator
7. **Melissa Bentley**, Support Coordinators Manager
8. **Taleah Bryant**, Support Groups Coordinator
9. **Karla Cardoza**, Spanish HelpLine Manager
10. **Edith Casterline**, Membership & CRM Manager
11. **Jessica Chodor**, CRM Associate
12. **Joanna Cole**, Curriculum Manager
13. **Amy Corn**, Communications & Graphic Design
14. **Melissa Crawford**, Facebook Admin Manager
15. **Jenn Davis**, Chapters Manager
16. **Dani Giddens**, COTD Volunteer Manager
17. **Danielle Gordon**, Professional Outreach
18. **Lilian Gunawan**, Volunteer Services Support
19. **Elliot Harrison-Lee**, Volunteer Services Support
20. **Maura Johnson**, Smart Patients Moderator
21. **Amanda Koenigsberg**, Peer Mentor Co-Manager
22. **Lynn McFarland**, Director of Major Gifts
23. **Birdie Gunion Meyer**, Certification Director
24. **Brittney Nation**, Volunteer Services Support
25. **Emily Jankowski Newton**, COTD Manager
26. **Jessica Peterson**, Communications Director
27. **Megan Roberts**, Support Groups Manager
28. **Tiffany Ross**, Justice & Advocacy Manager
29. **Kat Schuknecht**, Helpline/Hotline Director
30. **Jessica Schultz**, Peer Mentor/Int. Coordinators
31. **Apple Sepulveda**, Certification Administrator
32. **Nikki Speer**, Development Consultant
33. **Nana Tiwaa**, Hotline Database/QI Manager
34. **Xenia Valencia**, Help/HotLine Assistant
35. **Lisette Weber**, COTD Social Media Manager
36. **Tiffany Williams**, Hotline Finance Manager
37. **Courtney Williams**, Support Coordinator Asst.
38. **Cheri Wissmann**, Volunteer Services Support
39. **Ashley Womble**, Hotline Project Director
40. **Lisa Zeitlin**, Hotline Clinical Supervisor

PSI BOARD



1. **Chris Raines**, RN, MSN, APRN-BC, PMH-C, President
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3. **Vanessa Park**, Secretary
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7. **Steven D'Achille**, COTD Ambassador
8. **Michele Davidson**, Volunteer Services Committee
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10. **Katayune Kaeni**, Education & Certification
11. **Sarah Kotranza**, Member at Large
12. **David Levine**, Professional Outreach
13. **Mary Parnham**, Nominating/Governance
14. **Lita Simanis**, Chapters
15. **Ann Smith**, Marketing & Communications
16. **Nicole Taylor**, Membership

A message from our Board President, Chris Raines - "What does HOPE mean to you? To me, it means a way forward, resiliency, and a knowing that all will be ok. As I reflect back on this past year, hope is what I see. The ability to see the light even when there is darkness. I see the HOPE that PSI brings to the world of perinatal mental wellness. There have been dark times this past year, however, PSI has been able to pivot and continue to offer a safe and diverse place to build resiliency and HOPE...I am forever grateful to be a part of this amazing organization."

ADVISORY COUNCIL

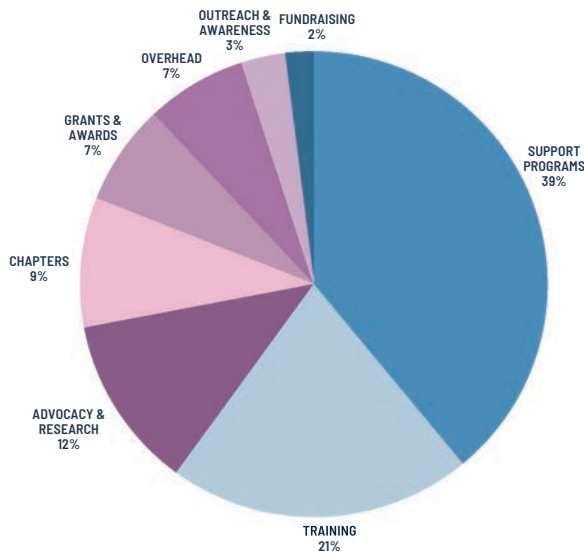


1. **Linda G. Klempner**, PhD, Chair
2. **Diana Lynn Barnes**, PsyD, MFT, PMH-C
3. **Susan Benjamin Feingold**, PsyD, PMH-C
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17. **Kieran J. O'Donnell**, PhD
18. **George Parnham**, JD
19. **Daniel Singley**, PhD, ABPP
20. **Carly Snyder**, MD



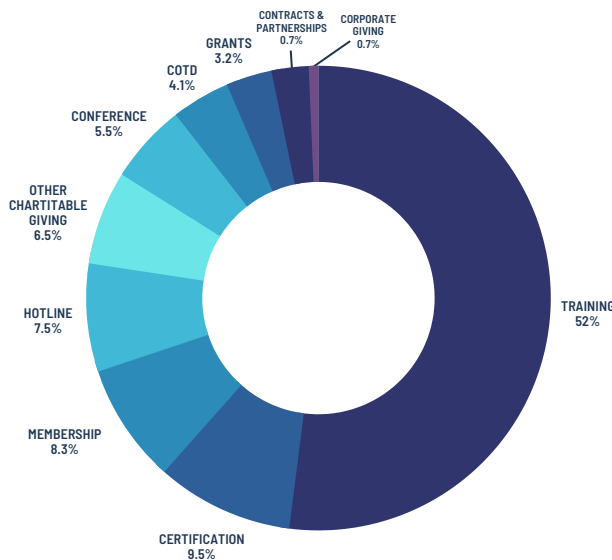
2021 FINANCIALS

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 have 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.



2021 EXPENSES

CATEGORY	AMOUNT	PERCENTAGE
Support Programs	\$969,882	39%
Training	\$536,081	21%
Advocacy & Research	\$289,500	12%
Chapters	\$225,129	9%
Grants & Awards	\$172,954	7%
Overhead	\$178,500	7%
Outreach & Awareness	\$74,751	3%
Fundraising	\$57,628	2%
TOTAL	\$2,502,425	100%



2021 REVENUE

CATEGORY	AMOUNT	PERCENTAGE
Training	\$2,279,136	52%
Certification	\$418,000	9.5%
Membership	\$364,977	8.3%
Hotline	\$329,390	7.5%
Other Charitable Giving	\$286,424	6.5%
Conference	\$242,959	5.5%
COTD	\$178,600	4.1%
Grants	\$140,000	3.2%
Contracts & Partnerships	\$113,281	2.7%
Corporate Giving	\$29,376	0.7%
TOTAL	\$4,382,143	100%

TOTAL EXPENSES
\$2,502,425



TOTAL REVENUE
\$4,382,143





2021 SPONSORS



Powell Family Foundation

Gilbert Verney Foundation

Kotranza Family Fund