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## June 17th is International Father's Mental Health Day



The day after Father's Day, June 17th, is International Father's Mental Health Day. Postpartum Support International supports IFMHD because it sheds light on the whole-family, father-inclusive approach to best practices and related resources for dads, their partners, and those who support them. Studies show that 10% of new dads experience paternal postpartum depression (50% when mom is depressed!) and tend to need support of their own.

Join us on social media and share how you supported a Dad in your life through the Postpartum period. Or share your experience with Postpartum Depression. The week surrounding IFMHD, we will be sharing Dad related resources, blogs, and live videos. #IFMHD

Visit us on Facebook, Twitter or Instagram

Learn more about International Fathers Mental Health Day.

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## CONFERENCE HIGHLIGHTS



Join us this year in Portland! June 26-30, 2019 Register Now

Don't forget PSI members receive a discounted rate. Become a Member

## There's still room to register for the PSI Annual Conference! Don't miss out!

- Take a moment to review the **breakout schedule**.
- Learn more about the **2019 Keynote Speakers**.
- **Lady Gaga Concert!!** We will be auctioning comp tickets to a Lady Gaga show in Las Vegas!
- **The Friday Night Banquet is open to all.** It is included in your conference registration, and separate tickets are available for guests. (Buy separate tickets at the registration site.) The banquet includes dinner, a special presentation from the Portland Lullaby Project, a wine raffle with some of Oregon's best wines, and a Raffle. Raffle prizes including the Lady Gaga tickets, Oregon Symphony Tickets and Lullaby Project CDs. Learn more about The Portland Lullaby Project.
- **Don't miss the chance to take a PSI training.** We offer a 2-day pre-conference training, an Advanced Psychotherapy (Sunday), and Advanced Psychopharmacology (in Friday/Saturday breakouts).
- **NOT CAROL** Documentary Film screening on Saturday (See Below)

## PSI ANNUAL CONFERENCE SCHEDULE

Learn More about the Conference

[Click here to register.](#)

- June 26-27: PSI 2-Day Pre-Conference Certificate Course, "Perinatal Mood and Anxiety Disorders: Components of Care".
- June 28-29: Morning Mindfulness with Diane Sandford
- June 28-29: Main PSI Conference, expert keynotes and breakouts
- June 28 Lunch: Hickman Research Award
- June 28 Evening: Poster Session, Member Reception, Donors Reception
- June 28 Evening: Friday Night Banquet
- June 29 After sessions: NOT CAROL Film Screening
- Sunday morning, June 30th: Morning Keynote and 3-hour in-depth expert seminars
- Sunday Training: PSI Advanced 6-hour PMH psychotherapy training for Certification

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## NOT CAROL Documentary Film screening | Saturday, June 29



Not Carol, produced by Planet Grande Films, is a new documentary that presents an intimate portrayal of Carol Coronado and her family, sharing her journey through postpartum psychosis and the murder case against her after the death of her three daughters. We will show the full feature-length film which includes interviews with leading legal and medical experts and Carol's friends and family. A post-film panel will address questions and facilitate discussion. Please join us for this important film.



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### **FEATURED PSI MEMBER: AMANDA YEATON-MASSEY, MD**

*Amanda Yeaton-Massey, MD*

*Assistant Professor of Maternal-Fetal Medicine*

*Department of Obstetrics, Gynecology & Reproductive Sciences, University of California, San Francisco*

Dr. Yeaton-Massey's work includes direct patient care (with patients who have high-risk pregnancies), education (for medical students, residents, and fellows), and research. She incorporates what she learned through PSI's Maternal Mental Health Certificate training both in her daily care of patients and in her hospital's maternal mental health working group. To read more about Dr. Yeaton-Massey, click [here](#).

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### **PSI PERINATAL MENTAL HEALTH DISCUSSION TOOL**

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race, and

culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your healthcare provider.

Being your own advocate is okay and you deserve to be well. Download or bring our discussion tool to your provider.

If you would like to help us translate this tool into other languages, please contact us.



POSTPARTUM SUPPORT  
INTERNATIONAL

#### Perinatal Mental Health Discussion Tool

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I have been experiencing the following symptoms: (please mark all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Feeling depressed or void of feeling | <input type="checkbox"/> Flashbacks regarding the pregnancy or delivery                |
| <input type="checkbox"/> Feelings of hopelessness             | <input type="checkbox"/> Avoiding things related to the delivery                       |
| <input type="checkbox"/> Lack of interest in the baby         | <input type="checkbox"/> Scary and unwanted thoughts                                   |
| <input type="checkbox"/> Trouble concentrating                | <input type="checkbox"/> Feeling an urge to repeat certain behaviors to reduce anxiety |
| <input type="checkbox"/> Brain feels foggy                    |  |

## 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, CEUs. Write to [training@postpartum.net](mailto:training@postpartum.net) for more information, and visit [HERE](#) for the newest training dates and locations.

### Upcoming PMD Certificate Trainings

- June 26-27: Portland, Oregon (plus 6/30 Advanced\*/ Advanced Psychopharm)
- August 9: St Paul, Minnesota - Advanced Psychotherapy and Advanced Psychopharm
- 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 (9/20 Advanced\*)
- October 23-24, Orlando, Florida (10/25 Advanced\*)
- November 13-14, Indianapolis, Indiana (11/15 Advanced\*)
- Check the website for updates.

\* Day 3 - Advanced Psychotherapy Trainings: The advanced course, or an equivalent six-hour advanced course that includes perinatal mental health, is a prerequisite for the Perinatal Mental Health Certification. You can see alternative courses approved as prerequisites here.

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## VOLUNTEER SPOTLIGHT



**Name:** Leslie Hilburn Fabian, MSW

**Town/State:** Gallup, New Mexico

**Volunteer Role:** Helpline volunteer since 2016 & Volunteer trainer, 2017-2019

I read about PSI in 2016, when someone who had been helped by the organization wrote an online article for "Upworthy." Having struggled through postpartum depression and anxiety, including hospitalization in 1972, I was stunned to realize that such an organization existed. I signed up

immediately to be a volunteer, as I know how lonely, inadequate and distressed I was 46 years ago.

Surrounded by multiple friends having babies about this time, I felt like a freak, struggling to be enthusiastic about this precious baby we had planned and wanted. I had no clue why this was happening to me; I only knew that I needed help to survive. Fortunately, I was able to ask for and obtain it, though nothing in my treatment ever addressed the particular issues with which I was struggling. I remember thinking that anyone in the world could take better care of my baby than I could.

Having lived through it myself, I have been, and remain, deeply committed to doing whatever I can to support young women dealing with this atrocity, letting them know they are not alone, not to blame, and that they will get through this with the help we and others can provide. What a lifesaver PSI is!

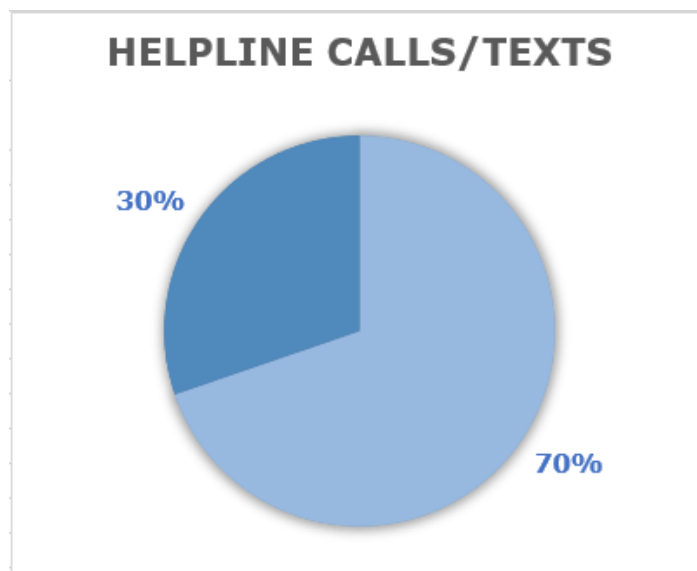
In my photo, I'm holding my first grandchild, Starling Sofia, born December 28, 2018. Her mom (and dad, my son) are doing a marvelous job with their precious baby girl. What a joy to see and have this darling girl to love!

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## PSI HELPLINE

Our helpline volunteers logged a total of 945 calls and 410 texts in May, a 12% increase in traffic from April.

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.



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## MEMBERSHIP CORNER

I was recently speaking with a member who was taking a break from clinical work to be with her baby. Another member just switched areas of focus, so was rebuilding her practice. I also got to chat with a member who devotes most of her day to volunteering. All were happy to know about our new (as of spring 2018) Community Champion member level, for members who don't have the professional level income/resources for a Professional Provider member level. We continue to also have Student, Friend of PSI, and group memberships. (All member levels receive full PSI benefits, including access to our online groups, and discounts on trainings and resources.)

We added the new member level after seeing the need; the more we know you, the more we get a good picture of how we can improve. How do we get to know our

members? From your bios (have you added yours to your member profile yet?), from the occasional survey (we really appreciate your responses!), from the questions and suggestions you send (email membership@postpartum.net)... and soon I'll get to meet many of you in person at the member reception at the upcoming PSI conference!

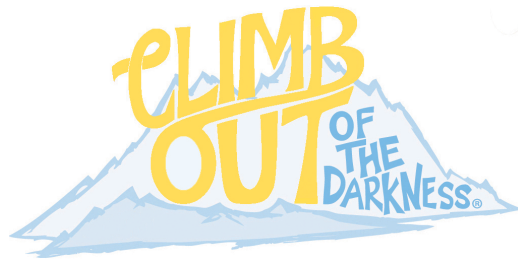
--- Edith Casterline, Membership & CRM Manager

Learn more about PSI membership here.

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## CLIMB OUT OF THE DARKNESS

Are you ready to help PSI spread awareness about Perinatal Mental Health in your community? Host or join a Climb Out Of The Darkness event near you this Fall!



### How do I get involved?

- **Host a Climb this Fall:** We are currently 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](mailto:Cotd@postpartum.net)!
- **Join a Climb:** Join a climb in your community. See the Climb map [HERE](#).
- **Share:** Share a Climb on your personal or professional social media accounts, 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! **Visit us on** Facebook, or Twitter, or Instagram
- **Donate:** Find a Climb in your community and donate!

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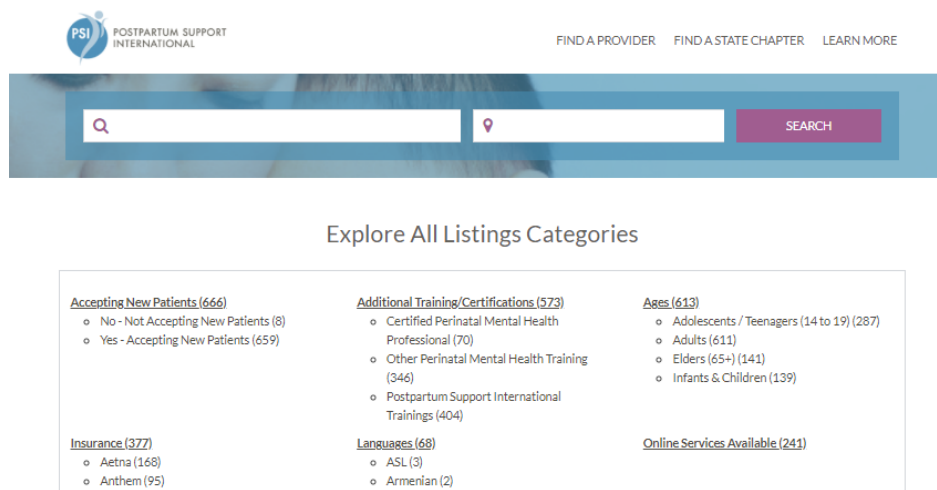
## NATIONAL PERINATAL MENTAL HEALTH PROVIDER DIRECTORY

Visit the directory here and Join for free here (see criteria below).

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

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

**You can sign up on the directory at <https://directorypsychapters.com/list-your-practice>**



PSI POSTPARTUM SUPPORT INTERNATIONAL

FIND A PROVIDER FIND A STATE CHAPTER LEARN MORE

SEARCH

Explore All Listings Categories

<p><b>Accepting New Patients (666)</b></p> <ul style="list-style-type: none"> <li>o No - Not Accepting New Patients (8)</li> <li>o Yes - Accepting New Patients (659)</li> </ul>	<p><b>Additional Training/Certifications (573)</b></p> <ul style="list-style-type: none"> <li>o Certified Perinatal Mental Health Professional (70)</li> <li>o Other Perinatal Mental Health Training (346)</li> <li>o Postpartum Support International Trainings (404)</li> </ul>	<p><b>Ages (613)</b></p> <ul style="list-style-type: none"> <li>o Adolescents / Teenagers (14 to 19) (287)</li> <li>o Adults (611)</li> <li>o Elders (65+) (141)</li> <li>o Infants &amp; Children (139)</li> </ul>
<p><b>Insurance (377)</b></p> <ul style="list-style-type: none"> <li>o Aetna (168)</li> <li>o Anthem (95)</li> </ul>	<p><b>Languages (68)</b></p> <ul style="list-style-type: none"> <li>o ASL (3)</li> <li>o Armenian (2)</li> </ul>	<p><b>Online Services Available (241)</b></p>



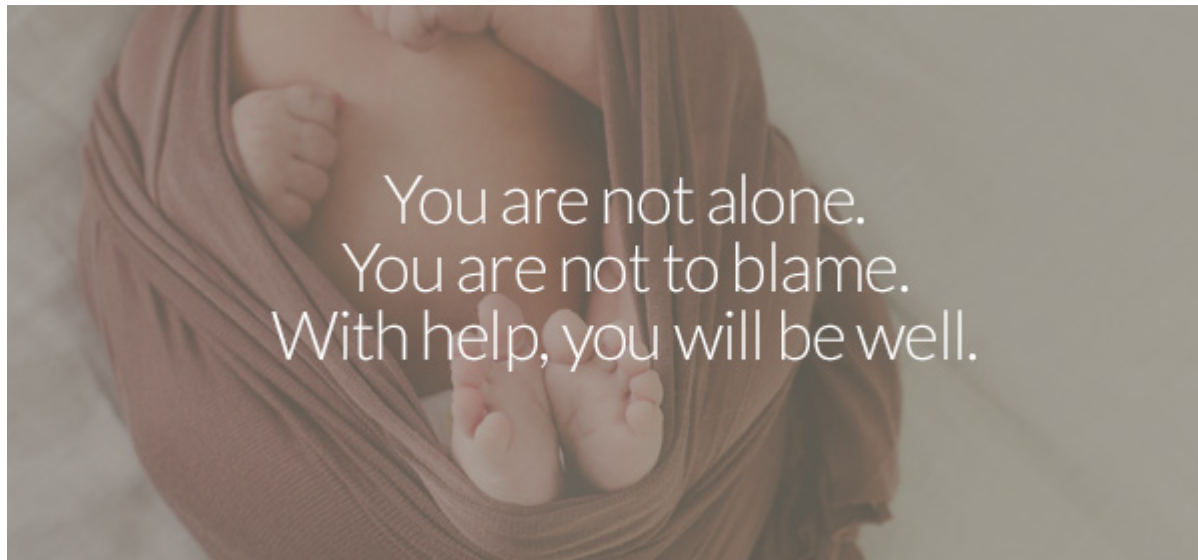
## CONGRATULATIONS TO THE NEWEST CERTIFIED PERINATAL MENTAL HEALTH PROFESSIONALS (PMH-C)

Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in May 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!



State	PMH-C Recipients
CA	Megan Phillips, Christine Mulholland
AK	Vanessa Perry, Meghan Yarmak, Janna Harvey
CT	Sharon Thomason
FL	Micaela Thomas
IL	Carolyn Wagner, Marit Watson, Katelynn Minelli, Dawn Leprich-Graves
IA	Christine Young
KY	Kacey Jenkins
MD	Carlada Razmus
MN	Amanda Vaske, Emily Staples
MO	Kathryn Simpson
NY	Danielle Powell
OK	Meagan Walker
OR	Sage Saxton
VA	Aliya Chapman, Rosalie Zuniga



24/7 Helpline number:

**1.800.944.4773**

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## Donate



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