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CLIMB OUT OF THE DARKNESS

Climb Out Of The Darkness has held many amazing Climbs this year, and there is still time to get involved with a Climb in your area. Climb's can look different for each group, here is an example of a Climb that occurred this August in Carmel, IN.



Our Climb took place on August 17th from 10am-12pm in Carmel, IN. Our venue was in a neighborhood called Clay Terrace and was located right in their neighborhood square on the community green (Even better, it was donated to us for free!) This year we were also lucky to have quite a few vendors set up booths for our climbers to enjoy. We had essential oils, CBD oils, Barefoot books, and even a local kids music studio that brought instruments for the kiddos to play with!

The day started by checking people in and offering them free bagels and coffee to snack on while they shopped our vendors. I gave a welcome speech and my co-leader, Jodi, shared her experience with PPA and OCD and how programs like PSI could have benefited her. It was really moving to hear how her experience

inspired her to volunteer with PSI. We took our group photo and then headed off on our 20-minute walk around the neighborhood. My co-leader, Jodi, used her high school cheerleading pom poms to help lead the crowd through the neighborhood.

Afterward, climbers were able to enjoy the vendors, set up picnic lunches or play in the kids zone with color sheets and bubbles. We had a raffle table for climbers to partake in, with over 15 raffle items ranging from \$10-\$550. Our most popular item was a David Yurman bangle donated by a local jewelry store. The raffle proved to be a nice fundraiser for our chapter!!

As our day came to a close, so many great memories were made. I met many women who helped raise funds for our chapter, heard their stories of struggle and perseverance, and their reasons why they are passionate about supporting PSI. My favorite moment though, was when a young son and father walked through where our Climb was taking place, on their daily morning stroll. The boy asked his daddy what we were doing and the dad kneeled down and explained what depression is and how it happens sometimes with new mommies, and that PSI helps them. It truly brought tears to my eyes watching the awareness happen and the stigma dissipate in front of my eyes. Something I'll never forget.

All in all a great event and we can't wait to see what next year brings!!

--Leah Michelle, Co-Leader, Climb - Carmel, Indiana

Are you interested in getting involved with the Climb?

- **Share:** Share a Climb on social media through your professional or personal account, or advertise a Climb in your office. Or share your story with us on social media; your voice can make all the difference to someone suffering. Don't forget to use hashtags #climbout #IClimbfor #IClimb #COTD2019 and tag Postpartum Support International!
 1. Visit us on Facebook
 2. Visit us on Twitter
 3. Visit us on Instagram
- **Host a Climb:** We are planning events NOW and looking for Climb Leaders to host events across the globe! Leaders will go through a quick training, and will have the support of other Leaders and PSI. To create a Climb event in your area, email our COTD director Emily at Cotd@postpartum.net!

- Join a Climb: Join a climb in your community. View the map for more information.
 - Donate: Find a Climb in your community and donate!
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National Provider Directory to Launch to the Public September 15th

PSI will be launching the National Perinatal Mental Health Directory to the public on September 15th, 2019. We have spent the last several months getting as many providers as possible to sign up for the directory, and it is not too late to get your listing submitted. The directory will be used by families in the US and Canada, to find providers who have knowledge and experience in Perinatal Mental Health. If you have taken a training in Perinatal Mental Health, you may be eligible to be listed in the new National Perinatal Mental Health Directory.

We invite you to create a profile in our directory, free of charge, in order to connect you directly with families who are in search of care.

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

How do I sign up? PMH Providers can apply to be part of the directory, at no charge. We have categories for healthcare providers, mental health professionals, support groups, and affiliated professions. Applicants are reviewed before approval, and need to meet the following criteria:

- A professional perinatal mental health provider in good standing with state licensing standards.

- Completed specialized training in perinatal mental health, such as PSI's 2-day Certificate training, the 2020 Mom/PSI Webinar Certificate Course, or other specialized perinatal mental health trainings.

Visit the directory here: <https://directorypsychapters.com/>

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

FEATURED PSI MEMBERS: Dr. Laurence Kruckman and Carolyn White



Dr. Laurence Kruckman and Carolyn White

Longtime contributors to the growth in awareness of postpartum mental health issues, Dr. Kruckman and Carolyn White answer our questions about what changes they have seen, their past work in medical anthropology and childbirth education, the impact of their donations, and more.

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

PSI CERTIFICATE TRAININGS

2-Day PSI PMD Certificate Trainings and 1-Day Advanced Trainings



The 2-day PSI Certificate of Completion Course, taught by experienced and engaging faculty, is a thorough and evidence-based curriculum designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal

mood disorders. Registration includes training binder, handouts, breakfast and lunch, and continuing education credits. Approved for 14.5 CMEs, CNEs, CEs. Write to

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

Upcoming PMD Certificate & Advanced Trainings

- September 18-19, 2019: Marlborough, Massachusetts (9/20 Advanced*)
- September 27, 2019: Milwaukee, Wisconsin - Advanced Psychotherapy ONLY.
- October 11-12, 2019: Santa Maria, California (no advanced training)
- October 16-17, 2019: Battle Creek, Michigan (no advanced training)
- October 23-24, Orlando, Florida (plus 10/25 Advanced*)
- November 13-14, Indianapolis, Indiana (11/15 Advanced*)
- December 11-12, 2019, San Diego, California (12/13 Advanced*)
- January 23-24, 2020, Nashville, Tennessee (1/25 Advanced*)

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

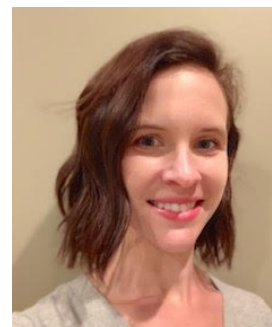
* Advanced Psychotherapy Trainings: The advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification.

* You can see alternative courses approved as prerequisites [here](#).

VOLUNTEER SPOTLIGHT

*Name: Angela Mizell, New Orleans, LA
Helpline volunteer since January 2019*

After battling my own postpartum depression and anxiety following the birth of my first son, I was thrilled to discover PSI. The joy and fulfillment that I feel when a caller tells me I've helped is immeasurable. As a stay-at-home mom to two young children, serving as a helpline volunteer has also helped me to regain confidence in a more professional capacity.



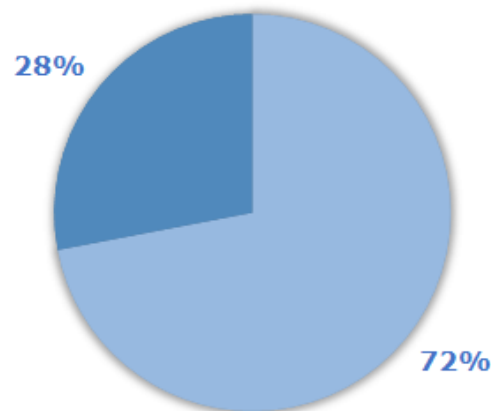
Angela Mizell

PSI HELPLINE

Our helpline volunteers logged a total of 861 calls and 335 texts in August.

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.

HELPLINE CALLS/TEXTS



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 August 2019. You can find the full list of PMH-C recipients [HERE](#). To learn how to become a Certified Perinatal Mental Health Professional, visit our website.

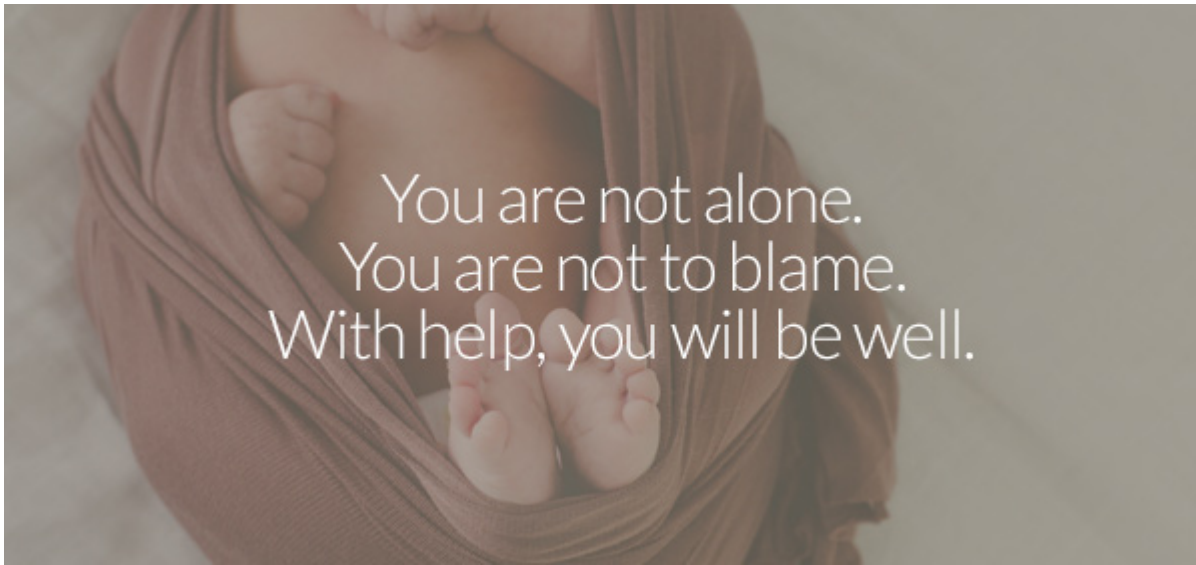
We are now offering the option to have a professionally printed version of your PMH-C Certificate. Visit the store to order!

New PMH-C Recipients from August 2019

United States			
AK	Anne Cullings	MA	Jacqueline DeVecchio
CA	Landon Zaki	NY	Kira Blaustein
CA	Christina Zach	NC	Amber Koo
CA	Emily Remba	NC	Katie Allen
CA	Elsa Rojas-Ashe	NC	Lindsay Reynolds
CO	Anne Miller	OR	Amirah David
CT	Jennifer Vendetti	OR	Amy Mentuck
DC	Jennifer Telfair	OR	Margot Strauhull
FL	Lauren Brognano	RI	Diana Huynh
GA	Ashley Lingerfelt	TN	Jessica Cameron
GA	Cassandra Owens	UT	Laura Parry
GA	Melissa Keane	VA	Sarah Hagen
GA	Elizabeth O'Brien	WA	Lisa Malcolm
IL	Katherine Ernstrom	WI	Katherine Schuknecht
IL	Rachel Ackerman	Canada	
IL	Noha Khalifa	ON	Tracy LaFleur Shank
IL	Ashley Allis	ON	Teresa Beaulieu
IL	Amie Eden		
IN	Meredith Naughgle		

September Events

- National Suicide Prevention Month:
www.nami.org
- 18-19 - 2- Day PMAD Training -
Marlborough, Massachusetts
- 23-29: National Diaper Need Awareness
Week: nationaldiaperbanknetwork.org
- 27 - Advanced Training - Milwaukee,
Wisconsin



24/7 Helpline number:

1.800.944.4773

[GET HELP](#) | [LEARN](#) | [JOIN](#) | [PROFESSIONALS](#)
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