



POSTPARTUM SUPPORT
INTERNATIONAL

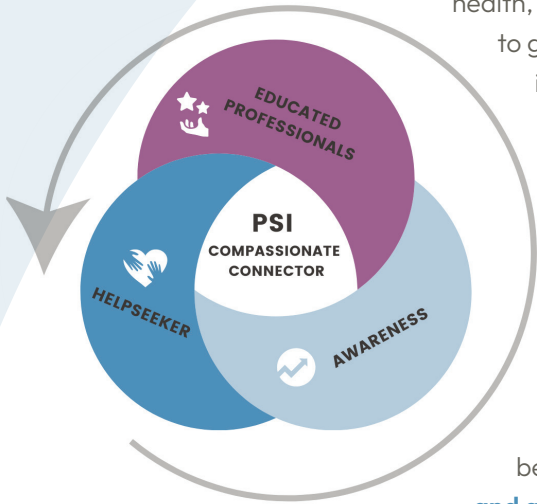
We've come so far.

**2022
IMPACT
REPORT**

We've come so far.

For the last 35 years, we have been the global champion for perinatal mental health, connecting individuals and families to the resources and support needed to give them the strongest and healthiest start possible. Today, we connect individuals and families with a wealth of support services and resources, train health professionals to better recognize and treat perinatal mental health disorders, advocate for policies and programs that advance perinatal mental health, and more.

Our donors are providing lifesaving services to pregnant, postpartum and post-loss individuals and families. We rely on our donors to continue the critically important work of advancing perinatal mental health and providing direct support to families and professionals. This year, we have achieved strong success in **partnerships, diversity and inclusion**, expanding beyond postpartum to **perinatal and loss populations, provider training, and growing community**. Although we continue to grow the organization and its impacts, **we have a long way to go**. Support from our donors is necessary for us to continue this important work.



FROM THE DIRECTOR



Dear friends,

2022 brought a host of new challenges as well as growing success as we worked together to advance the mission of PSI to reach every family who needs us and educate every provider about perinatal mental health. PSI has been doing this work for more than 35 years, and I have personally been Executive Director for 12 years now. When I started in my role as Executive Director we were a staff of two. As we close 2022, with your help, PSI has grown dramatically in its reach and now has a staff of 53, plus 41 more professionals supporting the National Maternal Mental Health Hotline. Because of your support, we are achieving ambitious goals for reaching and serving families during the perinatal period, goals that just a few years ago we did not think were possible.

We have also found our true North in making diversity, equity, inclusion, and belonging at the center of our organization, and a critical thread in everything that we do. In this report, you'll be heartened to read how a strategic partner allowed us to launch the Perinatal Mental Health Alliance for People of Color (PMHA-POC) as a fully-staffed program within PSI, and how our collective efforts to learn and listen through working together on a DEI task force have brought growth, understanding, and impact to our work to save and improve lives.

At the end of the day I remind myself, and I'm here to remind you - our generous donors, committed volunteers, and each of you who supports our organization's mission - that **together we are, indeed, saving lives**. In the pages of this report you'll read about our impact, and please know that we could not do it without you.

As always, thank you for standing with us, and making our work possible.

Sincerely,
Wendy Davis, PhD, PMH-C
Executive Director
Portland, Oregon



Working Together

The power of partnership.

Corporate and Foundation Partners

This year, we crafted relationships with other organizations that are working toward a world with more informed, more inclusive, and more comprehensive perinatal mental health support. We developed global partnerships and have affiliates and international volunteers in **60+ countries**.

Baby Dove

Together with Baby Dove, we succeeded in making perinatal mental health support services more accessible.

Baby Dove donated to fund PSI online support groups, and the PSI helpline and text service for new and expecting parents – aiming to alleviate the extra stress and isolation many now face before and after birth.

Through this partnership, we doubled the number of support groups led by perinatal health experts and we doubled the capacity of PSI helpline services to help parents and families one-on-one.



Pinpoint Foundation

Pinpoint Foundation began providing funding to grow PSI's reach in 2019 with a grant focused on improving communications by building a user-friendly website at www.postpartum.net and increasing PSI's presence in spaces where new parents gather online, such as social media apps, to ensure that no parent is alone in coping with a perinatal mental health disorder.

Pinpoint Foundation's continued support through the years, including \$30,000 in 2022, has been a critical boost to PSI's infrastructure and ability to fulfill our mission during pivotal times of growth and change.



“The support from Baby Dove this year has provided just what we needed to take the next step in our ability to bring PSI support services to the families who need them.”

We worked with the Baby Dove team so that valuable funds could be put toward key improvements in our database and communications technology for our support programs, improving our reach and accessibility to help-seekers as well as our ability to gather information needed to measure our impact.

A key contribution in 2022 was their support for new social support services led by our team in Brazil. Through their help, and the work of our PSI Brazil Coordinator Josie Zecchinelli, Brazil now has informed perinatal social support groups, including social media channels.

What is remarkable about working with Baby Dove is that they clearly and intentionally spend many hours learning from us about our programs and goals, and work in partnership to gather feedback and recommendations from our team. Their alignment with our commitment to equity and diversity is key to our success. We feel very respected, encouraged, and grateful for their thoughtful support.”

Wendy N. Davis, PhD, PMH-C
Executive Director





“Perinatal mental health is one of the most important issues of our time. As an advocate for mental health, women’s health and children and family health, protecting the health and well-being of pregnant and postpartum women, needs to be front and center in our national dialogue and policies. When we address mom’s mental health we support infants, children, partners and fathers.”

Colleen Reilly, The Reilly Group



“Healthy families are a basic foundation of society. Mental health and physical health are inextricably linked. Perinatal mental health is essential to a healthy society.”

Bonita Katz, International Childbirth Education Association

Education and Policy Partners

Mind the Gap

Mind the Gap is a national initiative led by Postpartum Support International and a broad-based stakeholder coalition of leading experts from national professional and advocacy organizations.



Coalition members represent mental health, maternal health, women’s health, health equity, public health, and children and family health, and have a shared goal to ensure that Perinatal Mental Health is a national priority.



KEY ACCOMPLISHMENTS

ADVOCATED FOR

18

pieces of relevant legislation

FACILITATED

12

meetings with high level of member participation

ENGAGED

32

organizations and individuals to participate

ENGAGED

5

national organizations to join

The **State Policy Series (SPS)** engaged PSI chapters and state organizations as co-conveners to advance policy and innovations to improve outcomes for maternal and children’s health and mental health. The SPS supports stakeholders to identify a clear goal and desired outcomes, build capacity, identify a big tent of stakeholders including those with lived experience and policy makers, and then assists states in accelerating policy change, providing new methods to galvanize action.

The Mind the Gap team has implemented the State Policy Series in Texas, Washington, D.C., and Massachusetts. Six PSI State Chapters (New Jersey, Arizona, Indiana, Virginia, Kentucky, Ohio) have expressed interest in bringing the SPS to their states.



2020 Mom

Advancing the collective mission to close gaps in perinatal healthcare, PSI and 2020 Mom present a maternal mental health certificate training for mental health and clinical professionals. The online webinar series includes live sessions, small group discussions, supplemental reading materials, 16 continuing education credits and qualifies as Step 1 for the PMH-C.



PSI works with over 25 partners and corporate sponsors, including:

American College of Obstetricians and Gynecologists (ACOG)
Exhale Pro-Voice
Baby Dove/Unilever
Live Nation and Alanis Morissette
Sage Therapeutics
Kotranza Family Fund
Pinpoint Foundation
Perigee Fund
Caring for Denver
The Gilbert Verney Foundation
Brii Biosciences
Zumba Fitness, LLC
Benevity
The Cynthia and George Mitchell Foundation
Warburg Pincus Foundation
Joseph & Harvey Meyerhoff Family Charitable Funds
The Streiker Foundation
Ochsner Health
Teleflex Foundation
The Motherhood Center
Crown Family Philanthropies
For Two
The Alexis Joy D'Achille Foundation (in memory of Alexis)
Ovia Health
Trautner-Flanagan Giving Fund

A WEBINAR PRESENTED BY ACOG AND POSTPARTUM SUPPORT INTERNATIONAL

PERINATAL MENTAL HEALTH:
Culturally Informed Approaches to Screening, Assessment, and Treatment

Tiffany Conyers, LCSW, PMH-C Saira Kalia, MD, MBBS Jabina Coleman, LCSW, IBCLC

May 24, 2022
12:00 PM EST / 9:00 AM PST

Register now at https://bit.ly/ACOG_PSIWebinar

American College of Obstetricians and Gynecologists

PSI partnered with the American College of Obstetricians and Gynecologists (ACOG) to co-host two 90-minute webinars in May 2022, presenting an overview of perinatal mental health screening, assessment, treatment, and referral pathways through the lens of culturally-informed care and best practices in treatment of perinatal mood and anxiety disorders.

Although we have taken great strides this year, **we have a long way to go** in building relationships and partnerships that support our goal to reach more pregnant, postpartum and post-loss individuals, families and partners in the years to come.



Diversity, Equity & Inclusion

Support for all.



“In an equitable world, people would not suffer from treatable perinatal mental health disorders because they lacked access to culturally responsive information and care. In an equitable world, professionals of color would have unfettered access to the professional development, mentorship and training they need to support and treat people of color experiencing perinatal mental health disorders. The Perinatal Mental Health Alliance for People of Color (PMHA-POC) is vitally important both as a voice in the continued fight to eradicate mental healthcare inequities and in supporting help-seekers and providers of color get the support they need.”

**Andrea N. Clark Horton, JD, MDiv,
Director, PMHA-POC**

For 35 years, PSI has been leading the effort to address perinatal mental health disorders, working with experts and families to boost scientific knowledge and emotional understanding to develop and deliver effective interventions for all perinatal individuals and families.

PSI works to provide informed perinatal mental health care that is accessible to all, through a holistic approach including individuals, affected families, professionals, and policy. We develop and deliver science-based training and resources to professionals, and support resources are offered in a variety of modalities. We continue to focus on building a diverse and inclusive organization through:

- Development of a diverse staff, board and volunteer community
- Perinatal Mental Health Alliance for People of Color (PMHA-POC)
- Expanding the access of professionals and support services to underserved communities
- Planning and development of the Diversity, Equity and Inclusion (DEI) Taskforce

DEI Taskforce

MISSION: To foster a culture of diversity, equity, inclusion, and belonging across all PSI programs, services and supports, and to facilitate a space for ongoing conversation with providers, help seekers, volunteers, and staff around mental health equity.

VISION: Families will access programs, resources and supports that are equitable and that will ensure perinatal mental health wellness for all.

DEI Priority Areas:

- 1 DEI Training and Professional Learning:** create space for group and individual learning and reflection around DEI topics
- 2 Expanded Engagement:** expand engagement efforts beyond DEI Taskforce and PSI Board
- 3 Operationalizing DEI:** create conditions to prioritize and support the DEI focus
- 4 Diversifying PSI Board, Staff and Volunteers:** attract and retain diverse and experienced team members who incorporate the needs and consider the experiences and viewpoints of diverse communities
- 5 Examining Programs, Policies, Practices and Materials:** audit of all policies, programs, practices and materials to ensure DEI focus



Perinatal Mental Health Alliance for People of Color



Scholarships

Funded by generous donations, this year PMHA-POC awarded 132 scholarships to BIPOC providers to take the 2-day components of care training, PMH-C exam, or attend the PSI annual conference.

The PMHA-POC is bridging the gaps in perinatal mental health among providers and communities of color. We could not have offered this kind of support without your donations.

Perigee Fund

Perigee Fund partners with organizations whose initiatives support the infant-caregiver relationship and increase the capacity for all families to experience healthy, joyful connections. They focus their funding and resources on mental health and family support, particularly initiatives that center communities of color.



Perigee awarded PSI a \$500,000 grant to support the growth and expansion of the PMHA-POC's work, providing scholarships and professional development opportunities for providers of color and increasing the number of BIPOC volunteers at the national and state levels.

Alliance initiatives in progress:

- PMH-C training in Spanish
- Spanish peer advisory group
- Alliance Liaisons on each state board
- Coloring the Conversation on Perinatal Mental Health series

There are inequities in perinatal research, and PSI works to eliminate perinatal health inequities. To achieve this, we need evidence from high-quality research that centers on marginalized groups. We have come so far, but **we have a long way to go.**



“I thoroughly enjoyed the Perinatal Mental Health Alliance for People of Color Meet-ups. Knowing the stigma that surrounds mental health and wellness in the BIPOC community it was refreshing seeing so many of ‘us’ that are embracing the work.”

Scholarship recipient Reginald Day — Certified Lactation Consultant, creator of Get At Me Dad podcast, and co-founder of Nature’s Playhouse Fatherhood support group in Michigan — sharing his experience from the PSI conference.

Perinatal and Loss Support

You belong here.



“The meeting is great! It’s very helpful to have other women who understand the cultural nuances of Black Mom grief. I look forward to the meetings and connecting with the women. It has improved my overall mental health and coping skills.”

Black Moms in Loss Participant

PSI is the compassionate connector for anyone dealing with perinatal mental health challenges during pregnancy and the year following. We work to end stigma and silence around perinatal mental health disorders by advancing scientific expertise and emotional understanding and connecting all sorts of moms, families, volunteers and health professionals with the resources, support, training needed.

Peer Support Services

- **Toll-free helpline** - average of 427 calls and 298 texts to the English helpline per month in 2022; also available in Spanish
- **Support coordinators** - 454 total coordinators with 65 specialists in over 30 specialized areas, including adoptive parents, post abortion, pregnancy and infant loss, fertility challenges, and more
- **Online support groups** - 110 PPP group leaders served 14,692 help-seekers in 2022
- **Social media groups** - PSI Facebook Support Group has eight admins and 20,121 members (4,000 new in 2022); PSI Facebook Support Groups for Dads started in May 2022 and has 193 members
- **Chat with an expert**
- **Smart Patients** - an online community for patients and their families has 826 members, 422 new members and 88 active posters
- **Peer mentor program** - 100 pairs matched in 2022

NEW SUPPORT GROUPS THIS YEAR:

- Perinatal Bipolar Support
- Black Moms in Loss
- Stillbirth and Early Infant Loss for Parents
- Early Pregnancy Loss Support for Moms
- Birth Trauma Support
- Perinatal Support for Latinx Moms and Birthing People
- Support for Parents of One to Four Year Olds
- Post-Abortion Support
- Parents of Multiples

ONLINE SUPPORT GROUPS

ENGAGED

110
group leaders
(57% increase over 2021)

SERVED

14,692
help-seekers
(30% increase)

FACILITATED

30
groups per week
(25% increase)

HOSTED

8
different groups on loss
(60% increase)

Perinatal mental health disorders can affect anyone who gives birth, as well as partners and families, regardless of age, race, ethnicity, income, or culture. In the U.S., 1 in 5 women experience depression or anxiety in the first year, and 1 in 10 dads experience depression or anxiety in the first year. Although we have expanded our support services to include more partners, families, and experiences, **we have a long way to go** to ensure no parent is alone at a time they need support the most.



Provider Training

Knowledge is power.

PSI has a professional education, training & certification program based on a trauma-informed and culturally-responsive foundation of perinatal mental health expertise and practice. Our trainers are outstanding psychotherapists, psychiatrists, and psychiatric nurse practitioners.

Webinars & Trainings

This year, we developed an Advanced Perinatal Grief and Loss training. The two-day training was conducted three times, and we will continue conducting this training in 2023.

We conducted three virtual trainings in 2022 and have four scheduled for 2023. Our online virtual trainings have become an integral part of our professional offerings. In 2022 we conducted three virtual training, with over 1,000 registrations over the three-day period (Components of Care, Advanced Psychotherpay and Psychopharmacology). This year, we developed the Components of Care training entirely in Spanish, and it will be offered for the first time in February 2023.

We resumed in-person trainings in March 2022, and conducted 10 in-person trainings across the U.S. in the remainder of the year. We have 17 in-person trainings scheduled for 2023.

This year, we developed a training for dads, to be conducted for the first time in April 2023 and again at the annual conference in the summer.

Provider Directory

We offer an online directory of 5,540 qualified perinatal mental health professionals and support groups in the United States, Canada, the United Kingdom and Australia. The directory includes mental health providers, healthcare providers, childbirth professionals, support groups and more. Parents, post-loss individuals, families and providers can quickly and easily identify trained perinatal mental health providers and specialists in their area.

- This year, over 1,000 people received their certificate in perinatal mental health (PMH-C), and thousands attended other PSI trainings.
- Although these numbers are encouraging, **we have a long way to go** to close the gaps in perinatal mental healthcare.

PSI developed and launched the first Perinatal Mental Health Certification (PMH-C) Program in 2018.

PSI HAS CERTIFIED OVER
3,000
providers in 15 countries

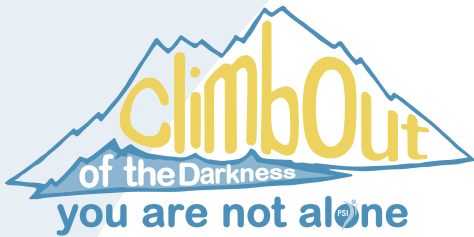
[See a list of PMH-C recipients here.](#)



“Lived experiences led us to our journey toward being certified in perinatal mental health. We are the women we work with. They are our sisters, friends, and mothers. Being trained in PMADs is the framework for understanding the importance of treating these disorders and providing the quality care we all deserve.”

Tiffany and Whitney of Raising Resilience are Perinatal Mental Health Certified (PMH-C) providers serving clients in North Carolina and Washington DC.





“Our Climb has grown year after year with attendees as well as sponsorships. What started as a small group of survivors and family members has expanded to about 100 individuals who are survivors or supporters to a survivor. The strength and solidarity is beautiful to witness: shared stories and experiences, lots of hugs, tears, and support.

As word about the Climb grows, small businesses around Buffalo have offered to be part of the Climb as a sponsor or through in-kind donations. Many business owners have had their own experiences with perinatal mental health disorders and find this to be a way to give back. Buffalo truly is the City of Good Neighbors.

Each year we make an effort to give back. Last year we held a diaper drive at the Climb and highlighted organizations that specialize in postpartum care for families of color. Past Climbs have partnered with local nonprofits who have directly benefited from Climb funds to train staff and expand services. I’m so grateful to be leading this Climb again. I can already feel the energy buzzing as people reach out to learn how they can be involved. I’m grateful to PSI for bringing this event to Buffalo, NY.”

Julie Rosinski, Climb Leader

Community Building bridges.

Thanks to the networks of support and care PSI has built, parents in more than 50 countries feel less alone, face less stigma and are better connected to the help they need to successfully address PMH disorders and raise stronger, healthier families.

We are the convenor and key partner of global awareness events and activities including **World Maternal Mental Health Day**, the first Wednesday of May. In 2022, 260 global partners participated in more than 60 countries.

The Climb

Climb Out of the Darkness, more affectionately known as “The Climb,” brings PSI resources and local support to families struggling with Perinatal Mental Health Disorders, like postpartum depression. The Climb is a community-building event demonstrating impressive growth in 2022.



2022 CLIMB OUT OF THE DARKNESS

<p>HOSTED</p> <p>112</p> <p>successful events (40% increase from 2021)</p>	<p>ENGAGED</p> <p>35</p> <p>participants on average (130% increase from 2021)</p>	<p>RAISED</p> <p>\$386K</p> <p>(doubling previous totals in 2018, 2019 & 2021)</p>
---	--	---

U.S. Chapters

This year, we saw exciting chapter growth in the U.S., starting three new chapters: Mississippi, Montana and North Dakota. There are only three states and Washington, D.C. that are without a current chapter, and we anticipate having a chapter established in all 50 states and Washington, D.C. by mid-2023.



Website & Social Media Growth

- **Website Visits:** over 750,000 with 2.2 million page views
- **Social Media Reach:**
 - f Facebook: 523.9% growth
 - @ Instagram: 96.9% growth
- **Total followers** (Facebook and Instagram): 103,826 (43% growth)
- **Engagement on Facebook:** 459,175 (309.8% growth)
- **Engagement on Instagram:** 189,154 (34% increase)

Support Groups

We now offer 30+ online support groups each week, and this year we have expanded our offerings to include:

- Black Moms Connect
- Bipolar Support
- Birth Moms
- Birth Trauma
- Military Moms
- NICU Support
- Mental Health Support for Special Needs and Medically Fragile Parenting
- Mindfulness for Pregnant and Postpartum Moms
- Perinatal Mood Support for Moms
- Perinatal Mood Support for Parents
- Adoptive and Foster Parents
- Perinatal OCD Support
- Dads
- Perinatal Support for Latinx Moms
- Perinatal Support for South Asian Moms
- Queer & Trans Parents
- Post-Abortion Support
- Postpartum Psychosis
- Pregnancy Mood Support
- Pregnant and Postpartum Families of Multiples
- Support for Parents of 1- to 4-year-old Children
- Support for Families Touched by Postpartum Psychosis
- 9 different support groups in Spanish
- 9 different support groups involving pregnancy loss, infant loss & fertility challenges

Along with the development of new support groups in 2022, PSI now partners with Exhale Pro-Voice & the International OCD Foundation. PSI is continuing to grow, to adapt, and to improve, but **we have a long way to go**. We will continue to build bridges to ensure every perinatal and post-loss person has the help they need.



“During such a dark time in my life with little resources available I began to search the internet. That’s when I came across PSI and I joined their weekly support groups, mentor program and even their social media pages which allowed me understand that there was light at the end of my dark tunnel.”

Simultaneously, I found the Postpartum Support International (PSI) website and a community of new mothers that desperately needed the help that I struggled to find. When you’re in the moment living with PMADs you start to feel like that is the new you; however this is not true. You just must not give up and with help you will be well like PSI always says. Today, my second child is 1.5 years old and I volunteer with PSI as a Support Coordinator to provide moms battling with PMADs with support & resources.”

Nicole McDonough

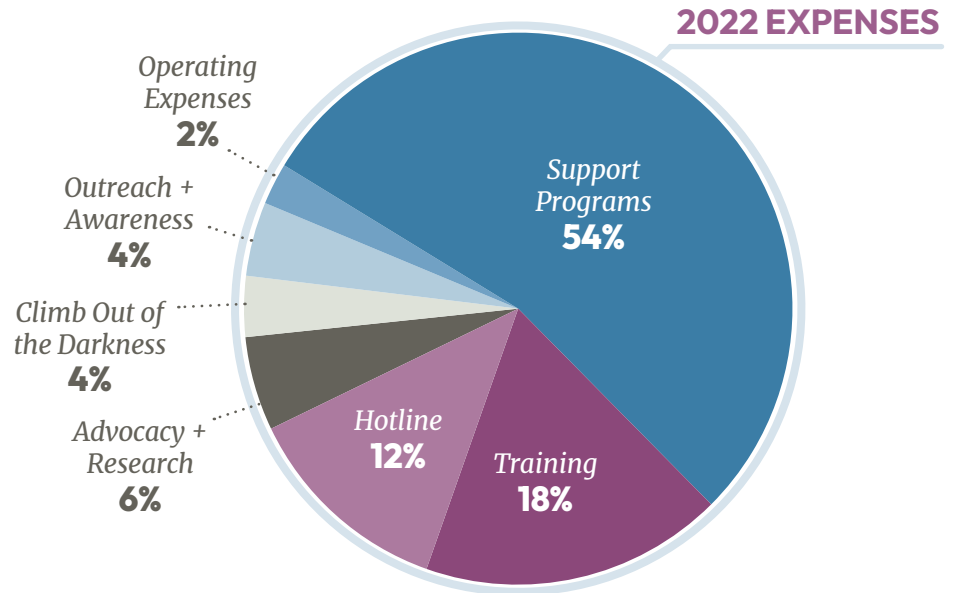
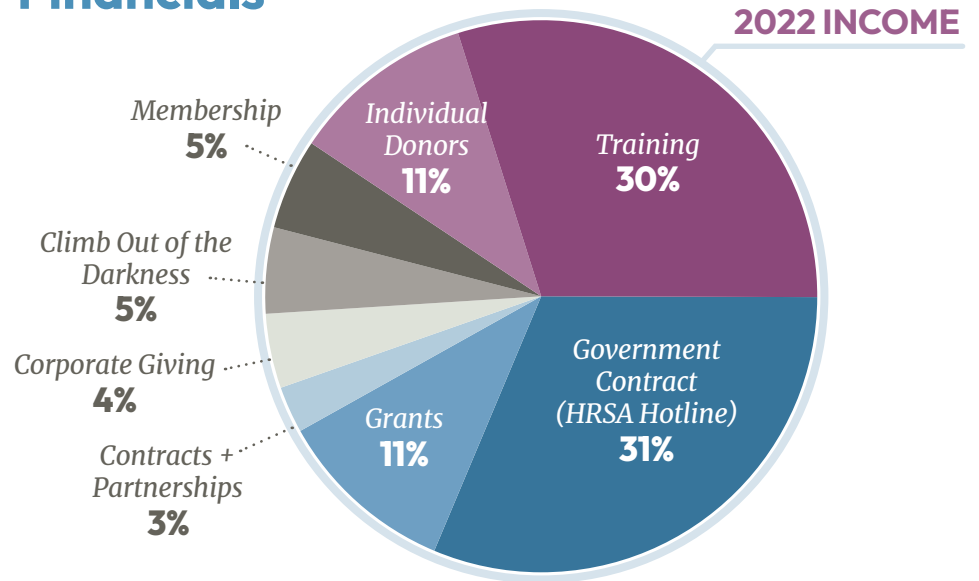




“The Dads Support Group helps give dads a place to talk and to really open up and share their feelings. The stigma that men shouldn’t show their feelings and should just ‘man up’ is outdated thinking and doesn’t help us as a society grow and push forward. Postpartum Depression needs to be talked about more and treated with the care it deserves.”

**Chris Rose, Leader,
Dads Support Group**

Financials



The Health Resources and Services Administration (HRSA), which is part of the U.S. Department of Health and Human Services, launched the **National Maternal Mental Health Hotline** on May 8, 2022.

The National Maternal Mental Health Hotline provides 24/7, free, confidential, emotional support and resources to any pregnant and postpartum persons facing mental health challenges and their loved ones, via phone and text in English and Spanish. Call or text 1-833-943-5746.

Postpartum Support International currently operates the National Maternal Mental Health Hotline through a contract with the Health Resources and Services Administration (HRSA).

We've come so far...and we have a long way to go.

Perinatal mental health disorders, which can occur during pregnancy or within one year after the end of pregnancy, are a critical but often under-addressed issue that have huge implications for moms, families, and society at large. Perinatal mental health disorders are the number one complication of childbearing impacting 800,000 people a year and the #1 underlying cause of pregnancy-related deaths in the U.S. alone. Research released by the CDC in 2022 found that **over 80% of maternal deaths between 2017-2019 were preventable**. The CDC determined that mental health conditions were the most frequent underlying cause of death.

FROM THE BOARD CHAIR

Thank you for reading our report and sharing in our collective joy of what can be accomplished when caring, generous people like you make perinatal mental health a priority for parents and families. I was honored to join PSI this past summer as Chairperson of the Board of Directors.

I have been specializing in perinatal mental health for 12 of my 17 years as a clinical psychologist. I also host the "Mom & Mind Podcast with Dr. Kat" and recently authored "The Pregnancy Workbook: Manage Anxiety and Worry with CBT and Mindfulness Techniques." Like so many of our supporters, I also have lived experience with postpartum depression, postpartum anxiety, and postpartum OCD. Once you have experienced a perinatal mental health challenge personally it is not hard to summon the feelings you once had. My experience ignited a passion to help others understand those feelings, and the hopefulness that comes with proper treatment and connection. My calling and life's work is to advocate for every parent who finds themselves feeling alone and suffering.

I cannot imagine a better organization to spend my volunteer hours than PSI where moms, dads and parents call us and learn that help is available and wellness is around the corner.

Thanks to you, PSI's reach and impact are growing every day! It is both exciting and deeply humbling to be at the forefront of a new era of understanding and the destigmatization of mental health disorders as exceedingly common human experiences. With the help of a growing list of advocates, donors, and volunteers we are the voice of perinatal mental health. Together, we are effectively tipping the scales toward understanding which brings better diagnosis and treatment and, most importantly, precious lives saved.

Please help us continue to expand our reach in 2023. We can not do it without you!

Sincerely,
Katayune Kaeni, Psy.D., PMH-C
Chair, Board of Directors



Get To Know Us

PSI STAFF

PSI BOARD





PSI POSTPARTUM SUPPORT
INTERNATIONAL

OFFICE: 503-894-9453 | HELPLINE: 800.944.4773 (4PPD)

postpartum.net