

If you're having trouble viewing this email, you may see it online

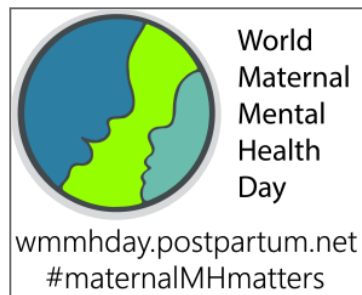


MAY IS MATERNAL MENTAL HEALTH MONTH

& World Maternal Mental Health Day was May 1st

PSI is focusing on bringing awareness to maternal mental health the entire month of May with Maternal Mental Health Month. The month started off with Maternal Mental Health Day on May 1st and will continue all month

long. PSI is a proud member of a taskforce of organizations from around the world banding together to raise awareness about Maternal Mental Health.



What can you do to help bring awareness to Maternal Mental Health during May?

- Share your personal stories and experiences, to reduce stigma and empower people to seek help. Follow us on Facebook, Twitter, Instagram. Make sure to tag PSI in your post! #MaternalMHmatters #iClimbfor #iClimb #Climbout #COTD2019 #PSI201
- Join or host a Climb! Climbs are a powerful way to get together as a community, raise awareness and collect funds to bring services in your area. Join a Climb [HERE](#).
- Share the infographic PSI created for Maternal Mental Health month.
- Donate to PSI so we can continue to provide services FREE of charge in your communities.
- Become a volunteer for PSI! Our volunteers are a cornerstone of the work we do at PSI and what makes us unique. Learn about volunteer opportunities [HERE](#).

- Want to write for our blog? If you are interested, email Monika.

Learn about World Maternal Mental Health Day at wmmhday.postpartum.net.

CONFERENCE HIGHLIGHTS

Conference early bird deadline ends May 10 - Register Now

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

Don't miss these Highlights!

- Amazing Gift! Lady Gaga Concert!! We will be auctioning comp tickets to a Lady Gaga show in Las Vegas! Stay tuned for more details.
- The Friday Night Banquet is open to all. It is included in your conference registration, and separate tickets are available for guests. The banquet includes dinner, a wine raffle, and a special presentation from the Lullaby Project.

THE LULLABY PROJECT AT THE FRIDAY BANQUET

We are excited to share that representatives from the Lullaby Project will be our special guests at the Friday night banquet. This beautiful project was conceived by Carnegie Hall's Weill Music Institute, using the creative process of songwriting to improve maternal health and child bonds with pregnant women and new mothers experiencing housing insecurity and other challenging life situations. The project brought together Mothers and mothers-to-be with musicians from the Oregon Symphony and local singer-songwriters to create personal lullabies for their children. In 2018, this collaboration began in Portland as part of the Sounds of Home community initiative, and is staged in close partnership with Portland Homeless Family Solutions (PHFS). You can learn more about the Lullaby Project through their video [HERE](#).



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.



PSI ANNUAL CONFERENCE SCHEDULE

Learn More about the Conference [HERE](#).

Click [HERE](#) to register.

- June 26-27: 2-day pre-conference PMD Certificate Course
- June 28-30: Main conference breakouts and keynotes
- June 28: Members Reception; Poster Presentation; Banquet
- June 30: 1-day Advanced PMH Psychotherapy Training

FEATURES PSI MEMBER: ELIZABETH GILLETTE

Elizabeth Gillette, MSW, LCSW

Heirloom Consulting

PSI Coordinator (North Carolina Mountains Region / Asheville area)

Certificate from PSI in Perinatal Mood and Anxiety Disorders: Components of Care



"I have found that exploring the perinatal period utilizing an attachment framework has been powerful and moving for many people. We are all working toward experiencing more security in our relationships and I bring this intention to my work with individuals and couples (especially in the postpartum period as families are

experiencing significant transition)."

To read more about Elizabeth, her private practice Heirloom Consulting, and her attachment-focused therapy and education, [click here](#) for our brief interview with her.

IN THE NEWS

Postpartum Support International Focuses On Raising Awareness of Maternal Mental Health

Events Include Maternal Mental Health Day, PSI 32nd Annual Conference and Climb out of the Darkness

PORTLAND, OR. --- Postpartum Support International (PSI), the leading organization dedicated to helping women suffering from perinatal mood disorders, is raising awareness of maternal mental health (MMH) by focusing on global awareness, education, and local fundraising. PSI will kick-off the MMH awareness campaign on May 1st with World Maternal Mental Health Day, joining partners from around the globe on social media. In June, PSI will hold their 32nd Annual Conference in Portland OR from June 26 – 30th, 2019. The conference will focus on education and awareness of Perinatal Mood Disorders. Running consecutively with these two events from May through August is the world's largest event fundraising for mental health of new families, Climb Out Of The Darkness (COTD). [Read More](#)

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

Upcoming PMD Certificate Trainings

- May 8-9: Barrie, Ontario (plus 5/10 Advanced*)
- May 16-17: Macon, Georgia (plus 5/18 Advanced*)
- May 29-30: Greenville, North Carolina (plus 5/31 Advanced*)
- 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 (plus 9/20 Advanced*)
- October 23-24, Orlando, Florida (plus 10/25 Advanced*)
- And MORE in the works for Fall 2019. Check the website for updates.

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

VOLUNTEER SPOTLIGHT

Name: Nicole Woodcox Bolden L.S.W (soon to be L.C.S.W.)

Town/State: Chicago suburb

Volunteer role: State coordinator and PSI-IL Chapter Board Member



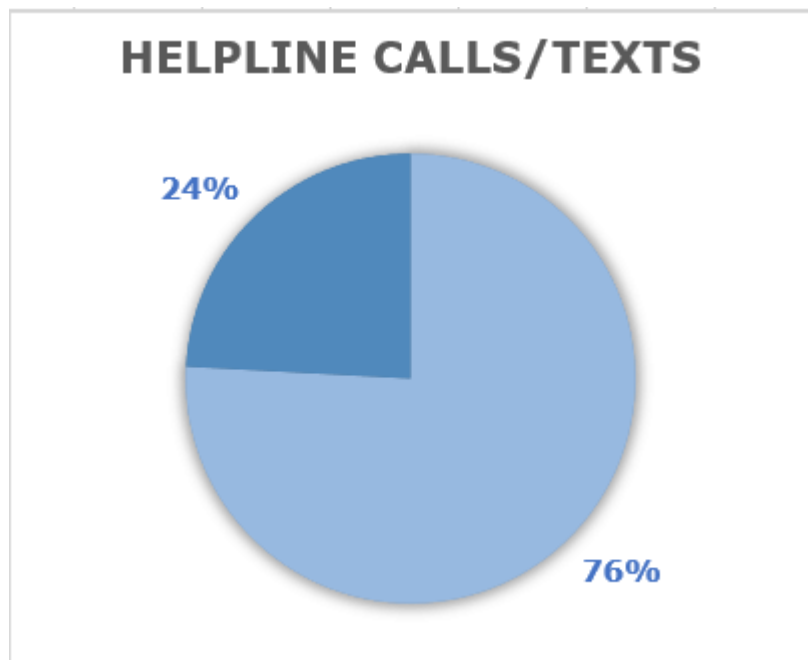
Why are you a volunteer? What drives your passion for perinatal mental health?: I found PSI after the cloud of PPD/PPA cleared, following the birth of my first daughter. PSI was my saving grace when PPD/PPA came back with a vengeance after the birth of my second daughter. I volunteer because I know first hand what it feels like to think you are the only person struggling after childbirth and not being able to find proper help. I am passionate about perinatal mental health

because it is something that can impact all women, but not all women have access to appropriate care. That has to change!! If we want to change the world we have to start by supporting women and families mentally, in a holistic and trauma-informed manner. Finally, no one should have to travel through the valley of perinatal mental health alone. With the right support, people come out on the other side as the next best version of themselves.

PSI HELPLINE

Our helpline volunteers logged a total of 917 calls and 292 texts in 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.



MEMBERSHIP CORNER

Over this year+ of working at PSI, I've had the pleasure of getting to know more about our individual members, from researchers to volunteers in Brazil and Jordan, and from supporters to providers who work with military families. I'd love to hear about you, too! Drop me a note at membership@postpartum.net whether it's to talk about being a featured member, get help accessing your member benefits, or to suggest improvements in membership.

Within our overall growth this past year, I've seen an increase particularly in student members: from approximately 7% to 10% of our membership. This speaks to the value of PSI as a learning community. Learning is life-long, of course, so members settled into their careers also make use of our members-only online groups, and discounts on trainings and resources. For our long-term members, I encourage you to reach out to students and other members who are just getting started in their fields, and give them encouragement. The Member reception at the PSI conference this summer will be a perfect place to connect with each other. Connections can also happen in our online member groups, and you can find other members through the Member Directory, local Chapters, and volunteering. Remember to add/update your bio for the Member Directory; let me know if you need assistance.

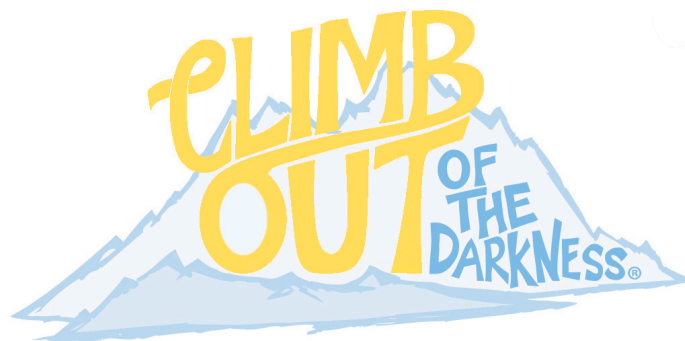
I've also noticed an increase in the percentage of international members, outside of the U.S./Canada, in this past year. By participating in PSI and sharing your experiences, you amplify the work happening globally in strengthening the safety net for families. Thank you!

More about PSI membership is [here](#).

--- Edith Casterline, Membership & CRM Manager

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.

How do I get involved?

- **Join a Climb:** Join a climb in your community. See the Climb map [HERE](#).
 - **Host a Climb:** 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!
 - **Share:** Share a Climb on social media, 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**
 - **Donate:** Find a Climb in your community and donate!
-

NATIONAL PROVIDER DIRECTORY

Visit the directory [HERE](#)

The National Perinatal Mental Health Provider Directory is now available in the US and Canada. 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.

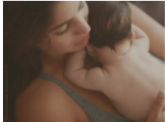
Our current goal is to collect a comprehensive list of providers and we will be sharing this resource publicly very soon! You can sign up on the directory [HERE](#).

DID YOU KNOW? 1 IN 7 WOMEN SUFFER FROM POSTPARTUM DEPRESSION.

We provide direct peer support to families, train professionals, and provide a bridge to connect them.

[Click here](#) to take a 10-question self-rating scale to find out if you have postpartum symptoms

BROWSE BY CATEGORY

[more categories](#)

Additional
Training/Certifications
(167)



Languages (27)



Online Services
Available (89)



Specialities (206)



Support Group (60)



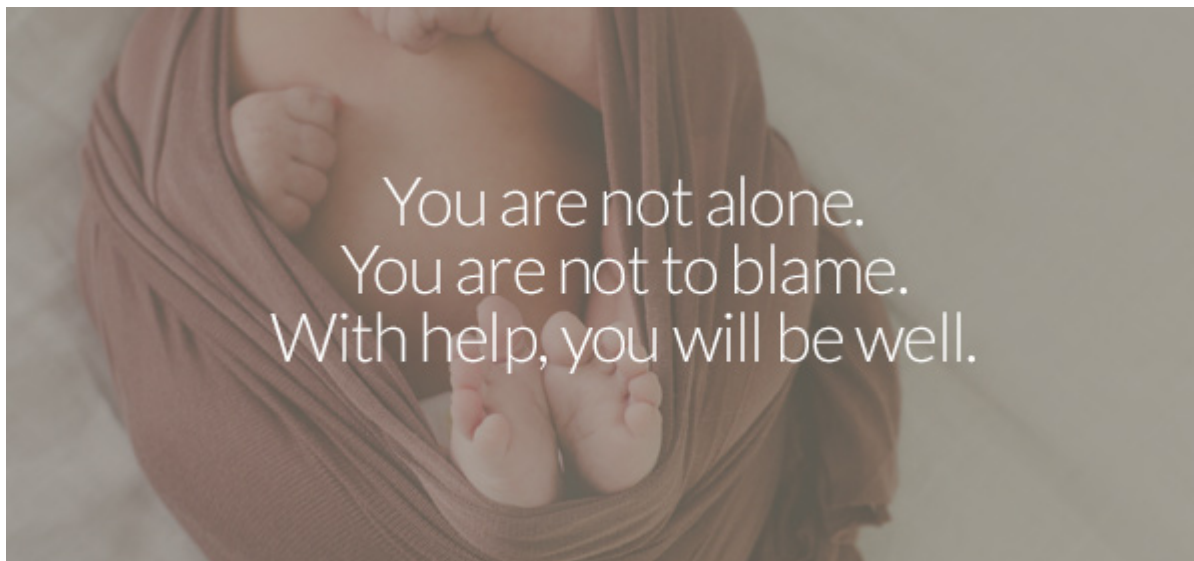
Treatment Orientation
(208)

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 March 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**.

State	PMH-C Recipients
AK	Joclyn Reilly
AZ	Ashurina Ream
CO	Amy Wheeler
GA	Susanne Turner
HI	Sarah Warren
IL	Agnieszka Grabowski, Emily Heilman, Brenda Papierniak
KS	Kara Hansen, Melissa Liddle
LA	Ivy Sias
MI	Danielle Gordon, Margaret Mieras
MN	Jessica Helle-Morrissey, Lisa Cross
MT	Kelsey Kyle, Melinda Cline
NC	Emily Barlas
NJ	Leanne Sim, Sheri Hovdestad
PA	Erin Saddic
UT	Dorann Mitchell
WV	Michelle Comer
Canada	
Alberta	Kristine Aanderson

Check out the full list of PMH-Cs [HERE](#).



24/7 Helpline number:

1.800.944.4773

GET HELP | LEARN | JOIN | PROFESSIONALS
RESOURCES | BLOG | ABOUT

Donate



6706 SW 54th Avenue, Portland, OR 97219
© 2018 Postpartum Support International

To unsubscribe from future mailings please click [here](#).