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COVID19 AND PSI EVENTS AND TRAININGS

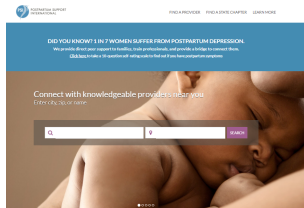
As the news surrounding COVID-19 unfolds, we want to remind everyone that PSI is here for you. We provide support to families and training to professionals from afar every day. Our HelpLine, Video Groups, Webinars, FB support, Coordinators, Chapters, Climb Leaders, Peer Mentors, and Trainers are here, as always, and ready. Call us at 800-944-4773, or text 503-894-9453 (Eng) or 971-420-0294 (Español), to connect with the support you need.

Here are some updates regarding PSI services:

1. Our online directory and support coordinators can link people to more than 550 perinatal mental health specialists who provide online services. Find perinatal mental health specialists who offer online services [on the Provider Directory](#). If you don't find what you need in our directory, then please reach out to your closest PSI support coordinators for further assistance.
2. Our local Support Coordinators provide support and referrals by phone, email, or text.
3. PSI Online Support Groups: We have increased the number of our free weekly online support groups, and added one for pregnancy mood support. [Find info on timings and register here](#).
4. Trainings: All PSI Spring in-person trainings will be presented via Zoom Webinar. Attendees can choose to attend the zoom webinar or transfer credit to another PSI Training, online or later in the year. [Learn more](#).
5. Annual Conference: It's too early to make a decision about the July conference in New Orleans. Registration is open and we will update when we have more information. Watch our [conference page](#) for updates.

We strongly encourage everyone to prioritize their physical and mental health. Practice good hygiene, social distancing, and, if needed distancing yourself from the news as well. Become knowledgeable about the facts but unplug when needed.

PSI PROVIDER DIRECTORY AND ONLINE SERVICES



As the news of COVID-19 is every developing, many people have been asked to stay home, and many businesses are unable to provide in-person services. These circumstances have left a demand for services, including online mental health services. We are asking that every provider who offers online services and has taken an approved Perinatal

Mental Health training add these services to your existing PSI Provider Directory listing, or create a new listing.

Teletherapy Best Practices: Are you a professional interested in learning more about providing online or phone-based services? Take a moment to visit Person Centered Tech to take advantage of useful information, resources, and programs. Discounted programs available through March 31. Or check out this APA webinar on March 20.

For those seeking help, our online directory can link you to more than 550 perinatal mental health specialists who provide online services. Take a moment to search for providers who are offering online services in your area.

33RD ANNUAL PSI CONFERENCE: REGISTRATION IS OPEN & SUSAN HICKMAN RESEARCH AWARD



Registration is OPEN!

The annual PSI conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mood and anxiety disorders (PMADs). This professional event is a unique training and networking opportunity, last

year attracting more than 700 participants. The purpose of the conference is to bring together and inform medical and mental health providers, childbirth professionals, support and resource providers, caregivers, policy-makers, researchers, volunteers, families, and educators who want to improve their understanding of PMDs and improve their ability to serve pregnant, postpartum, and post pregnancy-loss families.

- July 8-9: PSI 2-Day Pre-Conference Certificate Course, "Perinatal Mood and Anxiety Disorders: Components of Care."
- July 10-12: Main PSI Conference, expert keynotes and breakouts
- July 10 Lunch: Hickman Research Award
- July 10 Evening: Poster Session, Member Reception
- July 10 Evening: Friday Night Banquet
- July 12, Sunday Morning: 3-hour in-depth expert workshops (includes 3-hour workshop for Advanced Psychopharmacology training)
- July 12, Sunday Training: PSI Advanced PMH psychotherapy (6-hour) training for Certification

Register For The 2020 Conference Today

Susan Hickman Research Award

The Susan A. Hickman Memorial Research Award is given by PSI each year to an individual involved in a scholarly research project that contributes to the field of perinatal mental health. The recipient is selected by the PSI Research Committee among qualified applicants. The research award is \$5000, and also includes conference registration and a stipend for travel to attend the annual PSI Conference. The 2020 award will be presented at the conference in New Orleans on July 10, 2020. Visit [here](#) for more info on the Hickman Award

Create an account and apply here Deadline: April 1, 2020

MEMBERSHIP CORNER

Just a quick note this month, to remind you of member resources that can help providers navigate the current crisis together. We have several virtual communities for members to share tips, information, and questions.

Forum/listserv groups:

- PSI Care Providers Group (for both professional and non-professional providers)

- PSI Reproductive Psychiatry Group (for mental health, psychiatric, and primary care clinicians involved in perinatal and reproductive psychiatric research and practice)

Peer-consultation groups (via web conferencing):

For members who are professional providers of perinatal mental health services, to discuss cases and improve knowledge & skills relating to the treatment of perinatal mood and anxiety disorders, birth trauma, and perinatal loss. The groups meet for 90 minutes once a month:

- 2nd Monday of each month at 9 am PST (12 pm EST)
- 3rd Friday of each month at 12 pm PST (3 pm EST).

More about PSI membership is here. If you are a current member and would like assistance connecting with the PSI's virtual community groups, send me an email at membership@postpartum.net

- Edith Casterline, Membership & CRM Manager

POSTPARTUM ACTION INSTITUTE & WORKSHOPS

Jane Honikman, MS and Shoshana Bennett, PhD



August 15-16, 2020 and November 7-8, 2020 (SANTA BARBARA, CA)

The Postpartum Action Institute is created for individuals who are committed to confronting the stigma of mental illness and the mythology surrounding new parenthood. In a user-friendly and non-lecture style, PAI provides unique learning experiences for all professionals and community leaders working with expectant and new parents. This Institute is dedicated to the power of professionals and advocates who are willing to improve care during the transition to parenthood. Attendees will practice skills in an interactive and intimate setting – not in a typical classroom. Through innovative training methods over one and a half days, attendees will gain insights not taught in schools or professional conferences. Learn more about our workshops. Space is limited to 8. View the flyer here for more information. To register, click here.

UPCOMING PSI TRAININGS

[NEW! PSI Advisory Council Webinar Series](#)

LIVE WEBINARS: Every other Thursday (2/20/2020 – 4/30/2020) from 4:00-5:30 pm Eastern Time. Also available by recording. Register any time, and we'll send you all of the recordings!

Postpartum Support International (PSI) Advisory Council webinar series explores expert research and treatment in perinatal mental health. The sessions cover identification, diagnosis, support, and treatment. The expert faculty are members of the Postpartum Support International Advisory Council and are experienced clinicians, researchers, and perinatal mental health support, advocates.

Register [HERE](#)

PSI Certificate Trainings

UPDATE: All PSI Spring (April & May) in-person trainings will be presented via Zoom Webinar. Attendees can choose to attend the zoom webinar or transfer credit to another PSI Training, online or later in the year. Contact Orrin Banta with any questions. PSI online advanced psychotherapy and psychopharmacology trainings will count towards the advanced training requirement for the PMH-C.

Upcoming PMAD Certificate & Advanced Trainings

- **April 1-3, 2020 - Online Training**
 - April 1-2, 2020: Perinatal Mood Disorders: Components of Care
 - April 3, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

- **APRIL 22- 24, 2020 – ONLINE TRAINING**
 - April 22-23, 2020: Perinatal Mood Disorders: Components of Care
 - April 24, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

- **May 7-8, 2020 - Online Training:** Perinatal Mood Disorders: Components of Care

- **May 20-22, 2020 - Online Training**
 - May 20-21, 2020: Perinatal Mood Disorders: Components of Care

- May 22, 2020: Advanced Psychotherapy Training
- **July 8-12, 2020 New Orleans, LA (See registration for specific dates)**
 - Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy, Advanced Psychopharmacology.
- **September 30- October 2, 2020, Portland, ME**
 - Sept 30-Oct 1, 2020: Perinatal Mood Disorders: Components of Care
 - October 2, 2020: Advanced Psychotherapy Training
- **October 14-16, 2020, Greenville, SC**
 - October 14-15: Perinatal Mood Disorders: Components of Care
 - October 16, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training
- **October 21-23, 2020, Moorhead, MN**
 - October 21-22, 2020: Perinatal Mood Disorders: Components of Care
 - October 23, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

Coming Soon! The events listed below are not open for registration yet, but they will be soon. Keep an eye on our event page for more information. Trainings might become online events depending on public health status.

- June 15-16, 2020 Perinatal Mood Disorders: Components of Care, Oklahoma City, Oklahoma (USA)
- June 17, 2020, Advanced PMH Psychotherapy Training, Oklahoma City, Oklahoma (USA)
- July 23-24, 2020 Perinatal Mood Disorders: Components of Care, Akron, Ohio (USA)
- September 23-24, 2020 Perinatal Mood Disorders: Components of Care, Salt Lake City, Utah (USA)
- September 25, 2020, Advanced Perinatal Mental Health Psychotherapy Training, Salt Lake City, Utah (USA)
- September 25, 2020, Advanced Perinatal Mental Health Psychopharmacology Training, Salt Lake City, Utah (USA)

- October 22-23, 2020 Perinatal Mood Disorders: Components of Care, Grand Rapids, Michigan (USA)
- October 24, 2020, Advanced Perinatal Mental Health Psychotherapy Training, Grand Rapids, Michigan (USA)
- October 24, 2020, Advanced Perinatal Mental Health Psychopharmacology Training, Grand Rapids, Michigan (USA)
- October 29-30, 2020 Perinatal Mood Disorders: Components of Care, Indianapolis, Indiana (USA)
- October 31, 2020, Advanced Perinatal Mental Health Psychotherapy Training, Indianapolis, Indiana (USA)
- October 31, 2020, Advanced Perinatal Mental Health Psychopharmacology Training, Indianapolis, Indiana (USA)

* PMAD Certificate Training (OR an approved equivalent): is a pre-requisite training for the Advanced training and 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, Psychotherapy, or Affiliate Track.

* Advanced Psychopharmacology: This Advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification, Psychopharmacology Track.

* You can see alternative courses approved as prerequisites here.

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

NOTE: Our testing partner, PearsonVue, is closing all company-owned centers in the US and Canada from 3/16 through 4/16. In addition, many international testing centers have been closed. Email Jessica Peterson if you have questions.



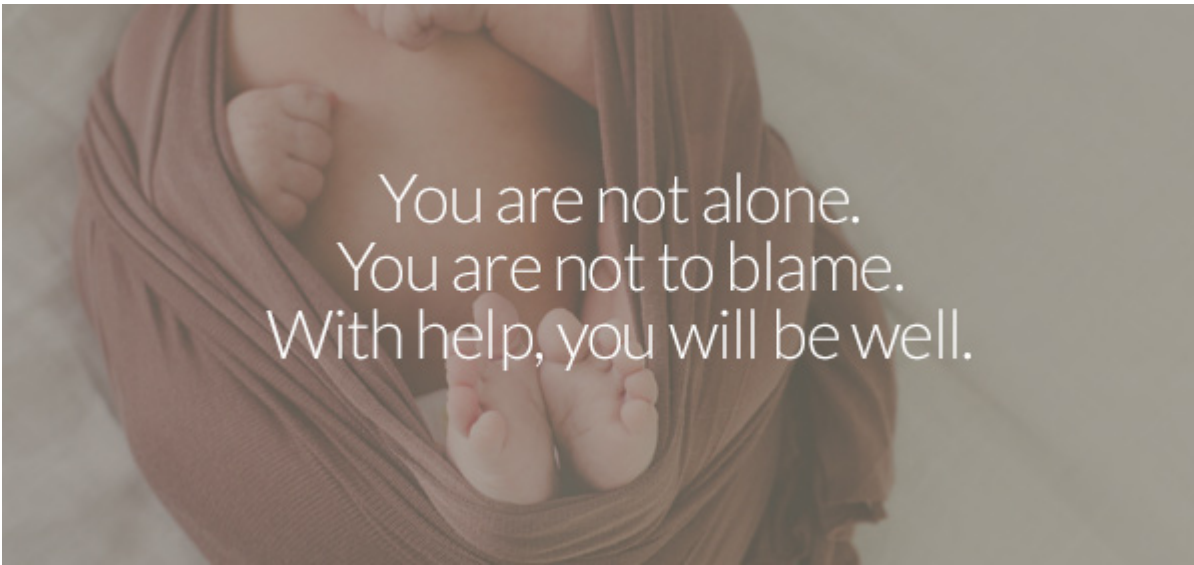
Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in February 2020. You can find the full list of PMH-C recipients [HERE](#). To learn how to become a Certified Perinatal Mental Health Professional, visit our [website](#).

We are now offering the option to have a professionally printed version of your PMH-C Certificate. The certificate is for those providers who have already passed the PMH-C exam, and are PMH-C Certified. Visit the store to order!

Do you have questions about the PMH-C? PSI is now hosting a monthly online zoom meeting where we can answer your questions! This is the time to ask questions about qualifications, exam preparation, etc. Join us on Zoom the first Friday of the month at 1pm PST/4EST. Dial by your location (+1 669 900 6833 US (San Jose) or +1 646 876 9923 US (New York)) Meeting ID: 733 060 228 OR Or Join by Video with Zoom: <https://zoom.us/j/733060228>

New PMH-C Recipients from February 2020

UNITED STATES					
AZ	Lewis	Leigh	NJ	Finch	Daniel
AR	Rogers	Amanda	NY	Barreras-Cruz	Tania
CA	Caetano Francy	Izabel	NY	Legg	Raelyn
CA	Silacci	Karisma	NY	Garcia	Alexandra
CA	Wurtzel	Angela	NY	Derevjanik	Elise
CA	Kerlin	Kimberly	NC	Davis	Megan
FL	Cano	Bethany	NC	Schermerhorn	Jennifer
FL	Metcalfe	Amanda	NC	Vollentine	Lauren
FL	Arauco	Andrea	OH	Beck	Richard
ID	Woodworth	Jerri	OR	Beeghly	Jessica
IL	Johnson	Christina	TN	Wood	Julia
IL	Wilson	Ashley	TN	Batts	Alexine
IL	Schuch	Ashley	TX	Cooper	Caren
IL	Hudzik	Kristine	UT	Henderson	Ashley
IL	Gonski	Melissa	VT	Fossiano	Nicole
IN	Skinner	Jodie	VA	Kennedy	Holly
IN	Tomlin	Angela	VA	Hull	Jerusha
IN	Ilievski-Doolittle	Draga	WA	Pham	Angela
LA	Rockweiler	Cassandra	CANADA		
MD	Mole	Kaitlyn	AB	Martin	Jillian
MI	Giupponi	Anna	BC	Rossen	Larissa
MN	Nelson	Kelly	ON	Osman	Kameela
NJ	Sager	Tara			



24/7 Helpline number:

1.800.944.4773

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