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## PSI RELEASES THE MIND THE GAP NATIONAL REPORT



Postpartum Support International (PSI) is honored to share the Mind the Gap National Report on Perinatal Mental Health with you. Mind the Gap is a national collective impact initiative led by PSI in partnership with leading advocacy, policy, and professional organizations working together to address maternal mental health.

As the nation navigates the COVID-19 pandemic, the health and wellbeing of pregnant and new mothers, babies, and families concern us all. With the threat of healthcare and hospital systems becoming strained, and the possibility of beds and care in shorter supply, anxieties are heightened and calls to PSI seeking support are surging. Women at risk for Perinatal Mental Health disorders need help now more than ever.

Based on an in-depth Landscape Analysis and expertise from over 25 leading organizations, this seminal report outlines specific priorities and concrete actions the nation, especially amid this pandemic, must take to save lives and improve the health and wellbeing of America's mothers and families.

The Mind the Gap Initiative advocates for increased research and funding, and improving awareness and access to prevention, education, screening, diagnosis, treatment and support services for pregnant and postpartum women and their families.

We invite you to join with us and other national organizations to work together to implement the actions outlined in the report.

## *Mind the Gap National Report*

### PSI AND COVID-19

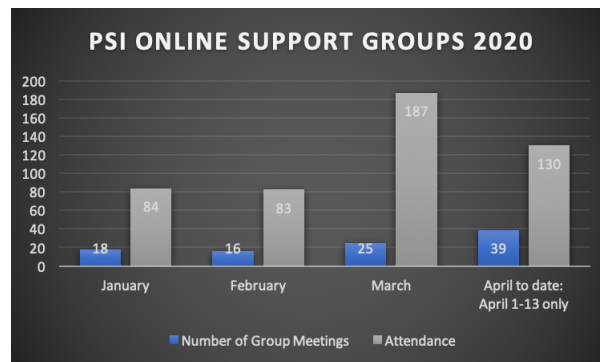
During this time of need, PSI is ready to help you and has increased the number of virtual services available to parents and professionals. We have more online support groups, teletherapy provider referrals, the PSI Helpline, Online Professional Trainings, and other services for you.

We are with you during this time of this global pandemic. PSI is strong and ready to help you feel connected, comforted, and able to help you volunteer or provide services to other families. Stay in touch and let us know what you need. Click [here](#) to learn more about available resources, or contact us for more information.

### SUPPORT GROUPS CONTINUE TO GROW TO MEET NEED

During this time of COVID-19 social distancing, PSI has seen unprecedented growth in demand for our online services, including virtual support groups.

PSI has met this demand by increasing the number of support groups available, and by honing in on specific populations who are in need now, more than ever! Fortunately, PSI is built to meet this demand and to continue to provide services virtually. We couldn't meet this demand without the help of our staff, volunteers, board members, community and donors.



We now have the following groups available:

- Perinatal (Pregnancy & Postpartum) Mood Support Group
- Pregnancy Mood Support Group
- NICU Parents
- Military Moms
- Pregnancy and Infant Loss

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



## **Conference Registration is OPEN!**

**At this time, we have not made any decisions to change the event. Thank you for your patience as we work with public health guidelines and the venue to ensure a safe and successful event.**

## **Check updates for Conference Plans related to COVID-19 [HERE](#)**

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 (PMDs). 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: 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: PSI Advanced PMH psychotherapy training for Certification (6-hour)
- July 12, Sunday: Expert Witness Course for Maternal Mental Illness (6 hour)

## **Register 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 on July 10, 2020.

**Visit here for more info on the Hickman Award: <https://bit.ly/2yVjZIm>**

Create an account and apply here: <https://psi.societyconference.com/v2/>

**Deadline for Hickman Award applications: May 15, 2020**

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## WORLD MATERNAL MENTAL HEALTH DAY - MAY 6th

### #maternalMHmatters

World Maternal Mental Health Day aims at raising awareness of maternal mental health issues so that more women will get treatment and fewer will suffer. Since 2016 a multidisciplinary group of international maternal mental health activists, academics, clinicians and people with lived experience are coming together once a year to raise awareness of this ever topic to demand maternal mental health services for all.



This year, we continue the tradition to celebrate World Maternal Mental Health day on the first Wednesday of the month on 6 May 2020. **Click here** to learn more about World Maternal Mental Health Day and how you can get involved.

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## VIRTUAL CLIMB AND SPIRIT WEEK



As we all know, things are a little different this year. PSI is encouraging all Climb Leaders to follow WHO and CDC guidelines and encouraging leaders to create connection and community online. Reach out to your local Climb Leader and learn more about how you can go virtual.

PSI is launching a campaign called #HomeMadeClimb. The event will include a spirit week, ending in the #HomemadeClimb event on World Maternal Mental Health

Day, May 6th, 2020. See the flyer on #homemadeclimb [here](#) and spirit week. Follow us on social media to keep up to date: @PostpartumSupportInternational.

Join us in creating a community in your Climb Community and beyond! Email Emily with questions.

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## MEMBERSHIP CORNER

We have seen a recent increase in auto-renewing and 2-year memberships. Both add to our long-term stability as we continue to be the place where providers come together; thank you!

As members navigate the current needs of clients/patients, our forum/listserv groups have been active, along with our web-based peer-peer consultation groups. If you are a current member and would like assistance connecting with these virtual communities, or with other member benefits, please email me: [membership@postpartum.net](mailto:membership@postpartum.net)

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

- Edith Casterline, Membership & CRM Manager

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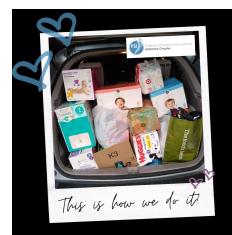
## NEW DAD FACEBOOK LIVE - EVERY THURSDAY IN APRIL

Join Facebook Live Chat with Dr. Daniel Singley, Thursdays in April at 2-2:30 PST. Dr. Daniel Singley is the founder of the Center for Men's Excellence and a renowned expert in the psychology of new fatherhood. Dads, moms, and their family members currently making the transition to parenthood are being faced with unprecedented challenges related to the COVID-19 pandemic. Join Dr. Singley for a series of interactive Facebook Live presentations aimed at empowering new and expectant dads — and the professionals who care for them. See the flyer for more details.



## PSI COMMUNITY IN ACTION

In February 2020, PSI Alabama called its Northern Alabama community of Huntsville to action. A regular postpartum peer support group attendee was experiencing hardship, and needed some assistance gathering winter clothes for her family. PSI Alabama ran a week-long donation campaign, with 2 drop-off locations, and the Huntsville community responded in a big way. Chapter volunteers were able to sort



through donated items and use money from anonymous donations to fill in what was still needed. Thank you, Huntsville for being an example of community.

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## **UPCOMING PSI TRAININGS**

### **NEW! PSI Advisory Council Webinar Series - Next Live Webinar This Thursday**

**Thursday, April 16**

**Vivette Glover, M.A., PhD, D.Sc**

#### **How Music Can Help Symptoms of Perinatal Depression and Anxiety**

LIVE WEBINARS: Every other Thursday (2/20/2020 –5/7/2020) 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](#)**

### **NEW! TELEMENTAL HEALTH WEBINAR SERIES**

Available in live webinars, or by recording. Sign up for all classes, or one at a time. Every other Monday. All live classes are from 1:00-3:00pm Eastern Time, and available by recording post-class.

This PSI professional webinar series was created as a response to the immediate need for mental health providers to utilize telemental health platforms, using best practices and reliable technology. All sessions will include attention to the priorities of confidentiality, client privacy and accessibility to telephone or teletherapy. Presenters are Certified Perinatal Mental Health Professionals (PMH-Cs) and experts in the use of teletherapy. Each session is presented live, with time for Q and A, and discussion of benefits and successes participants have experienced with telemental health. **Register [HERE](#)**

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## **PSI CERTIFICATE TRAININGS**

*UPDATE: All PSI Spring (April - June) in-person trainings will be presented via Webinar. Attendees can choose to attend the 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 offered via interactive webinar this Spring will count towards the advanced training requirement for the PMH-C.***

## **Upcoming PMAD Certificate & Advanced Training**

- **APRIL 22- 24, 2020 – ONLINE TRAINING - TODAY IS THE LAST DAY TO REGISTER**

- April 22-23, 2020: Perinatal Mood Disorders: Components of Care AND April 24, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training
- *The PSI Advanced Trainings provided via Zoom will adhere to Certification guidelines and meet the requirements for the advanced prerequisite for the exam application.*

- **May 7-8, 2020 - Postponed, Date TBD**

- **May 20-22, 2020 - Zoom Webinar**

- May 20-21, 2020: Perinatal Mood Disorders: Components of Care AND May 22, 2020: Advanced Psychotherapy Training
- *The PSI Advanced Trainings provided via Zoom will adhere to Certification guidelines and meet the requirements for the advanced prerequisite for the exam application.*

- **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 AND October 2, 2020: Advanced Psychotherapy Training

- **October 14-16, 2020, Greenville, SC**

- October 14-15: Perinatal Mood Disorders: Components of Care AND 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 AND 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.

- 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)
- Date TBD: Perinatal Mood Disorders: Components of Care, Oklahoma City, Oklahoma (USA)
- Date TBD: Advanced PMH Psychotherapy Training, Oklahoma City, Oklahoma (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.

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

**NOTE: Our testing partner, PearsonVue, designated Certified Perinatal Mental Health Professionals as essential services candidates. PearsonVue had closed testing centers except to essential service candidates until further notice. Due to this special designation decision made on April 7, PMH-C candidates are now able to sign up for testing at designated PearsonVue test centers. Email Jessica Peterson for more details.**



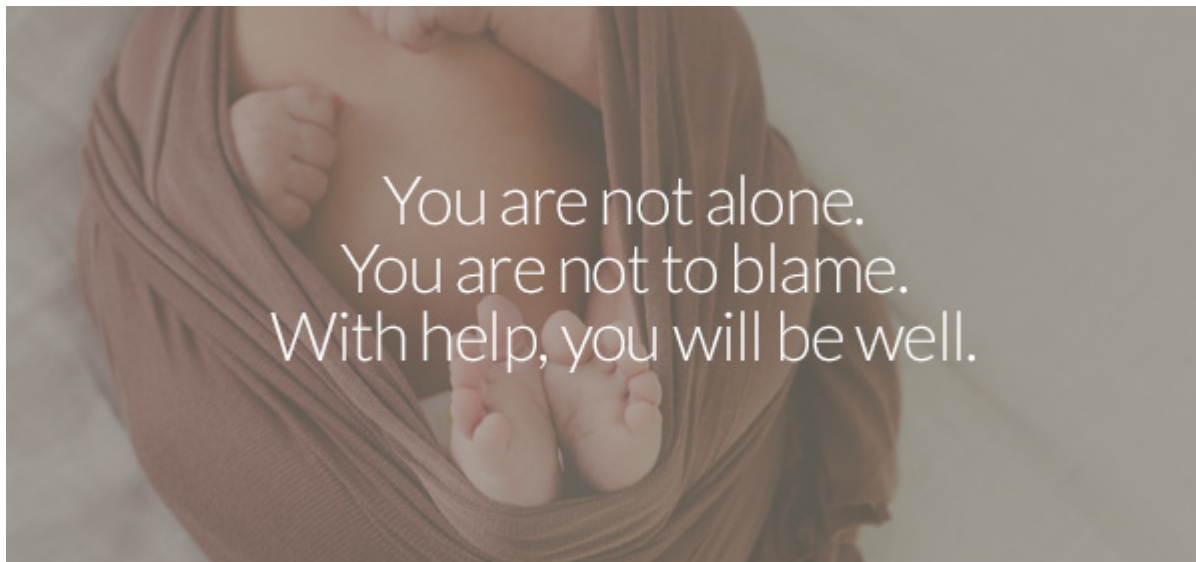
Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in March 2020. You can find the full list of PMH-C recipients [HERE](#). To learn how to become a Certified Perinatal Mental Health Professional, visit our [website](#).

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? Mark your calendars! 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. Zoom Call Details are located [here](#).

### **New PMH-C Recipients from March 2020**

United States			
Sherry Duson	AZ	Andrea LeRoy	MN
Jill Lee	CA	Sheri Walker	MT
Tamra Mabanag	CA	Kristin Koberstein	NY
Jessica Guilfoyle	CA	Mallory Williams	PA
Yolanda Gonzalez	FL	Alison Mistak	TN
Pauline Gubbins	IL	Janetta Fleming	TN
Jamie Hayden	IL	Lisa Noll	TX
Laura Butts	IL	Ilyse Kennedy	TX
Chanda Boyden-Deidrick	IN	Elizabeth Hentschel	TX
Thomas Phelps	IN	Rebecca Gleed	VA
Allison Staiger	LA	Brigette Arnold	WA
Jordan Ray	ME	Maria Hackbarth	WI
Emily Souder	MD	Kaitlyn Schmitt	WI
Suzanne Nystrom	MA	<b>Dominican Republic</b>	
Kristina Ledlow	MI	Sarah Schettini	



24/7 Helpline number:

**1.800.944.4773**

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