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33RD ANNUAL PSI CONFERENCE IS NOW VIRTUAL

A promotional banner for the 33rd Annual PSI Virtual Conference. The banner has a light blue background on the left and a white background on the right. On the left, it says 'Postpartum Support International 33rd Annual Conference' in black, 'July 8-12, 2020 VIRTUAL CONFERENCE' in blue, and 'postpartum.net' in black. In the center is the PSI logo. On the right, there is a photograph of a woman with curly hair holding a baby, and a blue box with the text 'You are not alone. You are not to blame. With help, you will be well.'

Postpartum Support International
33rd Annual Conference

July 8-12, 2020
VIRTUAL
CONFERENCE

postpartum.net

PSI

You are not alone.
You are not to blame.
With help, you will be well.

The PSI 33rd Annual Conference that was planned for New Orleans in July will now be held virtually and will take place with all the wonderful presentations that we have come to expect and look forward to.

We will begin as usual with the 2-day Perinatal Mood Disorders Certificate training on July 8th and 9th. The conference itself will begin on Friday, July 10th and continue on the 11th, with additional specialty seminars on Sunday, July 12th.

Parthenon Management Group, our terrific event management firm, is leading us through how to manage all this virtually, having done so for several other organizations with more to come.

View the conference schedule here. Click here for all the details on the 2020 PSI Virtual Conference.

Do you have questions about the conference? **Visit our Conference Q&A or email psiconference@parthenonmgmt.com**

[REGISTER HERE](#)

JUNE 19 DEADLINE: PSI COMPONENTS OF CARE AND ADVANCED PSYCHOTHERAPY TRAINING



[REGISTER HERE](#)

PSI CONFERENCE KEYNOTE SPEAKERS

We are honored to have three national expert keynote speakers at our 2020 Conference

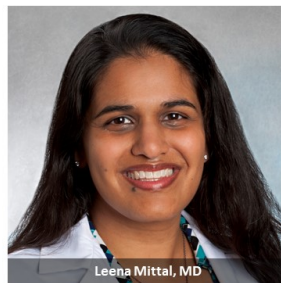
Keynotes will not be recorded - don't miss them!



Sayida Peprah, PsyD



Nicole Deggins, CNM, MSN, MPH



Leena Mittal, MD

2020 PSI KEYNOTE SPEAKERS

[REGISTER HERE](#)

FRIDAY, JULY 10: 10:15 EDT/9:15 CDT/8:15 MDT/7:15 PDT

Sayida Peprah, PsyD

Dismantling Implicit Bias and Strengthening Cultural Humility in Maternal Health

Studies have identified implicit bias and lack of culturally appropriate care as a contributor to maternal and mental health disparities among marginalized and

minority communities. Mitigating implicit bias among providers has been identified as a strategy to improve client/patient-provider communication and service/treatment decisions, contributing to improved quality of care and outcomes. Participants will have the opportunity to broaden their awareness of their personal cultural script and implicit biases (subtle, unconscious assumptions about others). Participants will also be equipped with tools to engage with pregnant, birthing and postpartum clients with increased cultural sensitivity and humility.

SATURDAY, JULY 11: 10:15 EDT/9:15 CDT/8:15 MDT/7:15 PDT

Leena Mittal, MD

Perinatal Mental Health and Substance Use Disorders

Women diagnosed with substance use disorder that become pregnant are faced with immense challenges when attempting to engage in care and prepare for parenting. These women represent a particularly vulnerable population with high rates of traumatic experiences and adverse childhood experiences and greater rates of concurrent mental health conditions. For women of color struggling with mental health and substance use conditions, there are even further challenges as these women have less access to screening, assessment and treatment. The systems of care for mental health, substance use treatment and obstetric care are often ill equipped to manage the complex and distinct needs of this population, leaving most with inadequate or disconnected care. Providers working with this population, therefore have an opportunity to learn how to provide more patient centered and responsive care with the potential have a lasting impact on women and their families.

SUNDAY, JULY 12: 10:15 EDT/9:15 CDT/8:15 MDT/7:15 PDT

Nicole Deggins, CNM, MSN, MPH

Examining the R.O.O.T.S. of Poor Perinatal Outcomes. Moving Toward Family-Centered Solutions

It is a known fact that the United States has some of the worst perinatal outcomes in the developed world. As we examine our birth outcomes, our perinatal inequities, and our inadequate obstetrical care options, we must acknowledge that the perinatal care system serving families today is not working. During this session using the acronym R.O.O.T.S. (Racism, Obstetrical Options, and Transparency in Services) we will discuss current standard obstetrical practice and how it can be detrimental to the well-being of pregnant families. We will discuss how placing the needs of families at the forefront, and advocating for evidenced-based individualized care, we can reduce mortality and trauma and improve overall birth outcomes and experiences.

[REGISTER HERE](#)

conferencing groups. Each member is an important part of the PSI community;
thank you!

For new members who will be registering for the PSI conference, please allow a few days after joining for your status to show in the conference system to receive the member rate.

Would you like a personal tour of member benefits for you or your team?

Whether you are an existing or upcoming member, feel free to email me with some time/date preferences for a tour, or with questions.

More on PSI membership is **here**.

membership@postpartum.net

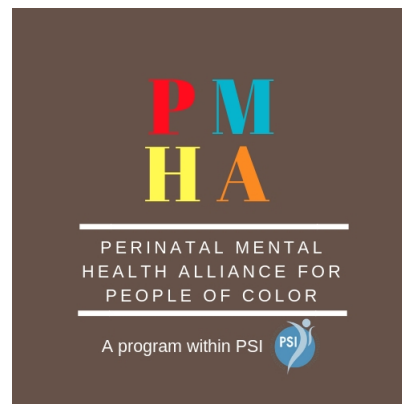
Edith Casterline, Membership & CRM Manager

PERINATAL HEALTH ALLIANCE FOR PEOPLE OF COLOR: NEW MEMBERSHIP YEAR STARTS IN JULY

PMHA-POC (the Alliance) is a program within PSI geared towards building capacity in the perinatal mental health field to better support families and providers of color around perinatal mood and anxiety disorders.

Our work currently includes:

- Identifying Alliance representatives in all 50 states
- Providing scholarships for mental health professionals of color to receive training around perinatal mood and anxiety disorders
- Working to further integrate information about racism, equity, and oppression into PSI training initiatives



Providers of color are invited to become **Alliance members**. PMHA-POC membership is from 7/1 to 6/30 each year. PMHA-POC members receive local and regional support from **PMHA-POC leadership**, and 15% off of PSI membership. (Alliance membership: \$20 Student, \$40 Professional, \$80 Organization)

White allies are encouraged to make a donation **here**, to directly support the work of the Alliance, including scholarships.



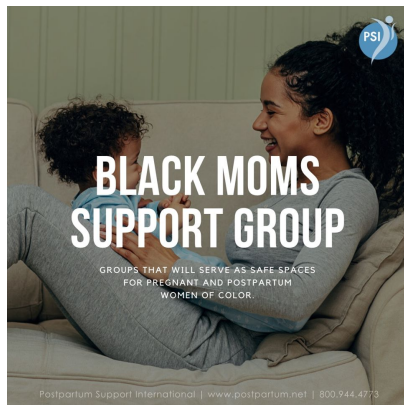
PSI LAUNCHES FIRST IMPACT REPORT

You have made an impact! PSI has created our first-ever Impact Report to show the work we did in 2019, and to look to 2020 and beyond. This work would not be possible without the help from our many volunteers, staff, donors, and committed Board and Advisory Council.

Take a moment to download the report and see what PSI did in 2019.

ALL DONATIONS IN JUNE GO TO CREATING + SUPPORTING A BLACK MOMS SUPPORT GROUP

Black women are at a higher risk for PMADs, compared to white women, but they are less likely to get treatment or to receive quality mental health care. PSI is committed to living our mission and serving Black families and families of color. All funds raised during the month of June will support and enhance the creation of additional FREE weekly Online Support Groups that will serve as safe spaces for pregnant and postpartum women of color. We are currently training facilitators and will be posting a link to join the group by the end of June. June's funding will allow us to grow this crucial family service, and advertise it more widely. Please let us know if you have any questions.



PMD COMPONENTS OF CARE AND ADVANCED TRAININGS

PSI is ready to convert any of the scheduled trainings to quality online events, in the case that public health recommendations do not allow us to safely deliver the event in person. Stay tuned for updates.

- July 8-12, 2020 - PSI 33rd Annual Conference - Now Virtual- **Register Here (Training Registration Deadline 6/19)**
- September 23-24, 2020 Salt Lake City, UT - Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- Sep. 30- Oct. 2, 2020, Portland, ME - 2-Day Perinatal Mood Disorders: Components of Care & Advanced Psychotherapy
- October 14-16, 2020, Greenville, SC - 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- October 21-23, 2020, Moorhead, MN - 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- October 22-24, 2020, Grand Rapids, MI 2-Day Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy & Advanced Psychopharmacology
- December 7-9, 2020 Oklahoma City - Perinatal Mood Disorders: Components of Care & Advanced Psychotherapy



JOIN THE CLIMB AND PSI IN SHARING THE LIGHT

We are creating a video of survivors and advocates of perinatal mental health complications passing a candle to one another. We are going to share our light with the world through this video. We will encourage folks to light a candle and take a video of themselves passing the candle first towards the camera,

then to the right, and to the left. Like this: <https://vimeo.com/421110236>

We would be honored to have your participation and the participation of your fellow advocates and survivors. Here is where you can upload your video:

<https://forms.gle/kP2JSeiE7kfhGtjb9>

Please invite everyone you know to participate, the more the merrier!

Emily Jankowski Newton cotd@postpartum.net

CONGRATULATIONS TO OUR PMH-C RECIPIENTS IN APRIL & MAY!



If you have submitted your PMH-C Exam and have not heard from PearsonVue or PSI, please email certification@postpartum.net.

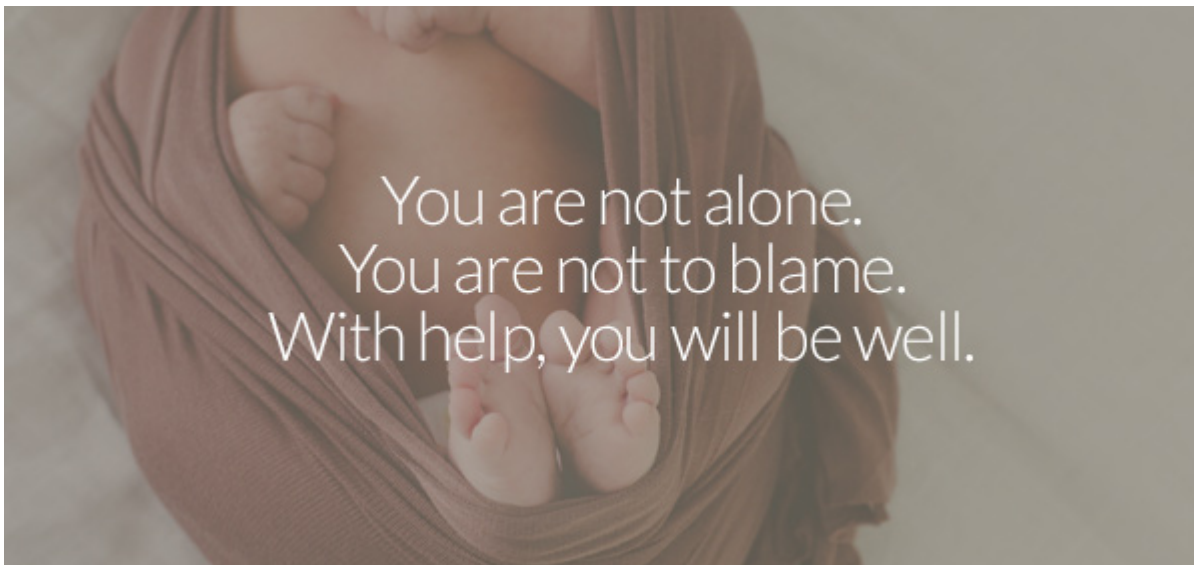
We are now offering the option to have a professionally printed version of your PMH-C certificate. The certificate is for those providers who have already passed the PMH-C exam, and are PMH-

C Certified. **Visit the store to order!**

Do you have questions about the PMH-C? PSI is now hosting a monthly call where we can answer your questions! The PMH-C call is the perfect time to have questions answered about qualifications, exam preparation, etc. Join us on Zoom the first Friday of the month at 1 pm PST/4EST. Register for the call [here](#).

Perinatal Mental Health Certificate (PMH-C) recipients from April and May 2020.

UNITED STATES			
AK	Bethany Neubarth	MA	Kelly Curran
CA	Brenna Rizan	MO	Kira Harkins
CA	Lorena Watson	NY	Megan Asuncion
CA	Michelle Dabach	NY	Diana Springer
CA	Jennifer Hersch	NY	Pauline Walfisch
CA	Kiley Hanish	NC	Michelle Helms
CA	Jeannemarie Leone	TX	Sylyna Kennedy
CA	Amy Lajiness	TX	Elizabeth Hevener
CT	Anna Diamantis	VA	Samantha Lawson
FL	Nancy Layish	WA	Claudia Swanson
MD	Sharon Fisher	WI	Melissa Jenneman



24/7 Helpline number:

1.800.944.4773

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