



# POSTPARTUM SUPPORT INTERNATIONAL

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# What are PMADs?



**P**

Perinatal

Pregnancy to 1 year  
postpartum

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**A**

Anxiety

General Anxiety, Panic, OCD,  
PTSD

**M**

Mood

Depression, Bipolar Disorder,  
or Psychosis

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**D**

Disorder

Interferes with functioning  
and day-to-day life

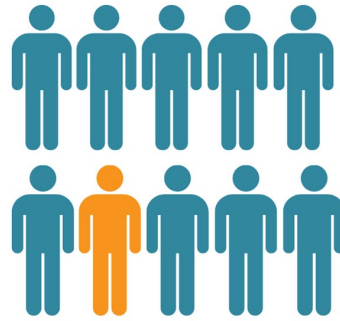
# The Facts about Perinatal Mental Health Disorders

PMADs are the **#1 complication** of pregnancy and childbirth



Nationally, PMADs affect up to **1 in 7** pregnant and postpartum women

1 in 10 dads are affected by **postnatal depression**



Half of **perinatal women** with a diagnosis of depression do not get the treatment they need



Untreated PMADs in the U.S. **are costly** and have **multigenerational consequences**



An estimated **\$14.2 billion** for all births in 2017



# Did You Know...

Perinatal mood and anxiety disorders are more common than gestational hypertension, pre-eclampsia, and gestational diabetes **combined?**

Postpartum Support International  
800-944-4773 | [postpartum.net](http://postpartum.net)

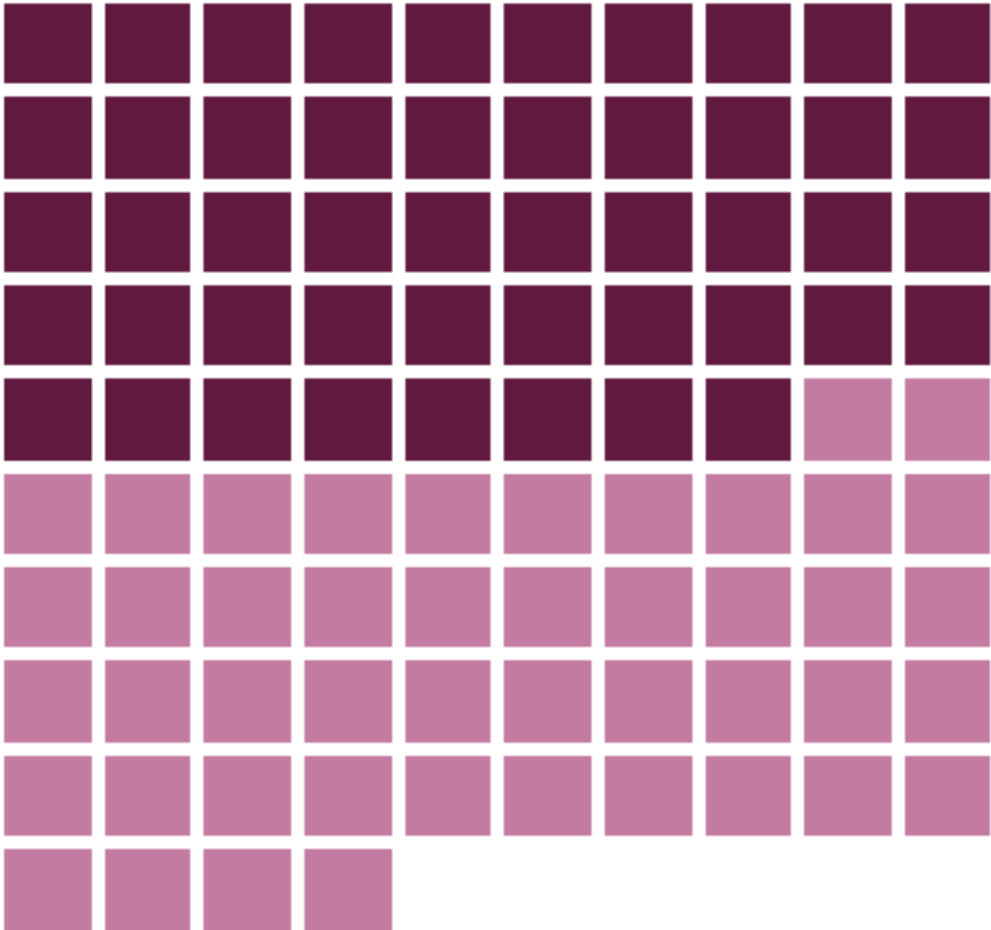




# Almost All Pregnancy-Associated Deaths Related to Mental Health Conditions or Substance Use Disorder were Preventable

2016-2018 Deaths in Arizona of Women 15-49 Years Old with a Pregnancy in the Previous 365 Days

**98%**  
were  
preventable



- Good Chance to Prevent Death (48.5%)
- Some Chance to Prevent Death (46.5%)



## Did You Know...

Perinatal mood and anxiety disorders are the number one complication of childbirth, affecting 1 in 7 new moms?

Postpartum Support International  
800-944-4773 | [postpartum.net](http://postpartum.net)





# Did You Know...

1 in 3 moms of color will experience a perinatal mood and anxiety disorder?

Postpartum Support International | 800-944-4773 | [postpartum.net](https://postpartum.net)







## Did You Know...

1 in 10 dads will be affected  
by a perinatal mood and  
anxiety disorder?

Consider similar impact for all non-birthing partners

Postpartum Support International  
800-944-4773 | [postpartum.net](http://postpartum.net)





# Risk Factors (an incomplete list)

- ▶ History
  - ▶ Personal or family history of depression or anxiety, bipolar disorder, psychosis
  - ▶ Diabetes or thyroid issues
  - ▶ PMS or PMDD
  - ▶ PTSD, sexual trauma or abuse
  - ▶ Infertility
- ▶ Pregnancy and birth factors
  - ▶ Traumatic pregnancy or delivery, miscarriage, infant loss
  - ▶ Birth of multiples
  - ▶ Baby in the NICU
  - ▶ Challenges with breastfeeding
- ▶ Life stressors
  - ▶ Relationship issues
  - ▶ Single and/or teen mother
  - ▶ Little/no social support
  - ▶ Major events: job loss, move, financial struggles



# Symptoms

Symptoms can start anytime during pregnancy through first year postpartum

- They can often *look* like good parenting/mothering.

## Depression

- ▶ Anger or irritability
- ▶ Lack of interest in the baby
- ▶ Appetite and sleep disturbance
- ▶ Crying and sadness
- ▶ Feelings of guilt, shame or hopelessness
- ▶ Loss of interest/pleasure in things used to enjoy
- ▶ Thoughts of harming baby/self
- ▶ **~15% have significant depression postpartum.**

Not the “**baby blues**” - feelings of sadness begin a few days after delivery. Up to 4/5 new parents (80 percent) effected. Can last 2 weeks postpartum; usually resolves without treatment.

Postpartum depression is similar, but more severe and last longer.

## Anxiety

- ▶ Constant worry or feeling something bad is going to happen
- ▶ Racing thoughts
- ▶ Disturbances of sleep and appetite
- ▶ Inability to sit still
- ▶ Physical symptoms: dizziness, hot flashes, and nausea
- **Postpartum Panic Disorder:** anxiety w/panic attacks
- **Obsessive Compulsive Disorder**
  - ▶ Obsessions or intrusive/repetitive thoughts, mental images related to baby; upsetting
  - ▶ Compulsions: repetitive behaviors done to reduce stress; cleaning, checking, counting
  - ▶ Fear of being left alone with infant and/or hypervigilance in protecting
  - ▶ Know thoughts are abnormal, unlikely to act on them (vs postpartum psychosis)

# Symptoms

## Post-Traumatic Stress Disorder

- ▶ 9% following childbirth, partners too;
  - ▶ Real or perceived trauma during delivery or postpartum.
  - ▶ Feelings of powerlessness, poor communication and/or lack of support and reassurance during the delivery
- ▶ Previous trauma = higher risk
- ▶ Intrusive re-experiencing of a real or perceived traumatic event or nightmares
- ▶ Avoidance of stimuli associated with event, including thoughts, feelings, people, places
- ▶ Persistent arousal (irritability, difficulty sleeping, hypervigilance, startle response)
- ▶ Anxiety and panic attacks
- ▶ Feeling a sense of unreality and detachment



# Symptoms

## Bipolar Disorder

- ▶ 50% of birthing people with bipolar disorder are first dx in postpartum period
- ▶ + Family history & high risk relapse
- ▶ Periods of severely depressed mood and irritability
- ▶ Mood much better than normal
- ▶ Rapid speech/thoughts, trouble concentrating, decreased need for sleep, high energy, overconfidence, impulsive, poor judgement
- ▶ Delusions (grandiosity paranoia)

## Psychosis

- ▶ ~1 to 2 out of every 1,000 deliveries, or 0.1 -0.2% of births.
- ▶ Onset is usually sudden, often within 2 weeks postpartum
- ▶ Delusions or strange beliefs/paranoia
- ▶ Hallucinations (seeing or hearing things that aren't there)
- ▶ Irritability, hyperactivity, decreased need for or inability to sleep
- ▶ **Psychosis is an emergency**



# PSI Perinatal Mental Health Discussion Tool (English and Spanish)

## Perinatal Mental Health Discussion Tool

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your medical provider. Being your own advocate is okay and you deserve to be well.

I have been experiencing the following symptoms: (please mark all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Feeling depressed or void of feeling                                      | <input type="checkbox"/> Flashbacks regarding the pregnancy or delivery                |
| <input type="checkbox"/> Feelings of hopelessness  | <input type="checkbox"/> Avoiding things related to the delivery                       |
| <input type="checkbox"/> Lack of interest in the baby  | <input type="checkbox"/> Scary and unwanted thoughts                                   |
| <input type="checkbox"/> Trouble concentrating   | <input type="checkbox"/> Feeling an urge to repeat certain behaviors to reduce anxiety |
| <input type="checkbox"/> Brain feels foggy   | <input type="checkbox"/> Needing very little sleep while still functioning             |
| <input type="checkbox"/> Feeling anxious or panicky  | <input type="checkbox"/> Feeling more energetic than usual                             |
| <input type="checkbox"/> Feeling angry or irritable  | <input type="checkbox"/> Seeing images or hearing sounds that others cannot see/hear   |
| <input type="checkbox"/> Dizziness or heart palpitations   | <input type="checkbox"/> Thoughts of harming yourself or the baby                      |
| <input type="checkbox"/> Not able to sleep when baby sleeps  |  |
| <input type="checkbox"/> Extreme worries or fears<br>(including the health and safety of the baby) |  |

## Risk Factors

Below are several proven risk factors associated with postpartum depression (PPD) and postpartum anxiety (PPA). Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- |  |  |
|--|--|
| <input type="checkbox"/> History of depression or anxiety      | <input type="checkbox"/> Birth of multiples            |
| <input type="checkbox"/> History of bipolar disorder           | <input type="checkbox"/> Baby in the NICU              |
| <input type="checkbox"/> History of psychosis                  | <input type="checkbox"/> Relationship issues           |
| <input type="checkbox"/> History of diabetes or thyroid issues | <input type="checkbox"/> Financial struggles           |
| <input type="checkbox"/> History of PMS                        | <input type="checkbox"/> Single mother                 |
| <input type="checkbox"/> History of sexual trauma or abuse     | <input type="checkbox"/> Teen mother                   |
| <input type="checkbox"/> Family history of mental illness      | <input type="checkbox"/> No or little social support   |
| <input type="checkbox"/> Traumatic pregnancy or delivery       | <input type="checkbox"/> Away from home country        |
| <input type="checkbox"/> Pregnancy or infant loss              | <input type="checkbox"/> Challenges with breastfeeding |

## RESOURCES

[www.postpartum.net](http://www.postpartum.net)

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Online Weekly Support Groups:** Led by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/psi-online-support-meetings/>
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

\*\* This is not a diagnostic tool and should not take the place of an actual diagnosis by a licensed professional. \*\*

[www.postpartum.net/resources/discussion-tool](http://www.postpartum.net/resources/discussion-tool)

PSI national: [www.postpartum.net](http://www.postpartum.net)

AZ chapter: [www.psiarizona.org](http://www.psiarizona.org)

Support for  
Families

Support for  
Providers

Education  
& Training

Advocacy  
& Outreach

[www.facebook.com/PostpartumSupportInternational](https://www.facebook.com/PostpartumSupportInternational)

Local: IG @psi\_Arizona [www.facebook.com/psiazchapter](https://www.facebook.com/psiazchapter)



# Support for Families

# PSI HelpLine & Volunteer Coordinators

**PSI HELPLINE**  
**800.944.4773**

The PSI HelpLine is a toll-free number anyone can call or text 'HELP' to get basic information, support, and resources for perinatal mental health (this is **NOT** a crisis line). Our volunteers are here to help, listen and connect you with a PSI Support Coordinator in your state (local resources).



Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773

## English

- Call or Text “HELP” to 800.944.4773

## Spanish

- Call 800.944.4773
- Text 971.203.7773

**National Suicide Prevention Lifeline**  
**Call/text 1.800.273.8255**

# National Maternal Mental Health Hotline

- ▶ 1.833.HELP4MOMS/  
1.833.943.5746
- ▶ Call/text
- ▶ English/Spanish
- ▶ Provide education,  
support
- ▶ Available 24/7



# PSI Support Coordinators

- ▶ **Local Coordinators:** Statewide coverage in Arizona [www.postpartum.net/get-help/locations](http://www.postpartum.net/get-help/locations)
- ▶ **Specialized Support Coordinators:** Specialize in specific populations <https://www.postpartum.net/get-help/specialized-support-coordinators/>
  - ▶ Adoptive parents & birth mothers
  - ▶ Spanish speaking, immigrants, cultural/religious affiliations
  - ▶ Lactation support
  - ▶ Dads & partners
  - ▶ Fertility challenges, miscarriage, infant loss
  - ▶ LGBTQIA+
  - ▶ Military families
  - ▶ NICU, parents of multiples, special needs
  - ▶ Post-abortion; termination for medical reasons
  - ▶ Postpartum PTSD, psychosis support
  - ▶ Single/co-parent; teen/young adult moms
  - ▶ Substance use and misuse



# PSI Online Peer Support Groups (FREE!)

- ▶ Casual, virtual support groups in a variety of areas facilitated by a trained volunteer.
- ▶ Free, register at website to access groups.
- ▶ 90 minutes ~30m info/education, ~60m “talk time”

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

- ▶ Black Moms Connect
- ▶ Dad/Partner Support
- ▶ Desi Chaat: A Support Group for South Asian Moms
- ▶ Military Moms - Perinatal Mood Support Group
- ▶ NICU Parents and Parents of Multiples
- ▶ Support for Special Needs and Medically Fragile Parenting
- ▶ Postpartum Psychosis Support for Moms;
- ▶ Queer and Trans Parent Support
- ▶ Support for Parents of One to Four year Olds
- ▶ Teenage Mothers Connect



# PSI Online Peer Support Groups (FREE!)



- ▶ **Support for Pregnancy and Infant Loss & Fertility Challenges**
  - ▶ Fertility Challenges
  - ▶ Pregnancy after Loss
  - ▶ Pregnancy and Infant Loss for Moms; Support for Parents
  - ▶ Termination for Medical Reasons
  - ▶ Post-Abortion Support Group
- ▶ **Support for Family Members**
  - ▶ Support for Families After Maternal Death
  - ▶ Support for Families Touched by Postpartum Psychosis
- ▶ **En Español**
  - ▶ Apoyo Perinatal
  - ▶ Grupo para Madres Independientes

# PSI Support for Dads

10% dads have PPD, ~20% have anxiety disorder

- ▶ Helpline
- ▶ Dad Support Group - FREE
  - ▶ 1<sup>st</sup> Fridays at 10am ET/3<sup>rd</sup> Fridays at 8:30pm ET
- ▶ Chat w/a Fatherhood Expert - FREE
  - ▶ 1st Monday call-in forum for dads facilitated by PSI Board Member Dr. Daniel Singley. There is no need to pre-register or give your name.
- ▶ Specialized coordinators for dads
- ▶ Additional resources on PSI website

[www.postpartum.net/get-help/help-for-dads](http://www.postpartum.net/get-help/help-for-dads)

## SIGNS OF POSTPARTUM DEPRESSION IN DADS



- Frustration or irritability
- Feeling discouraged
- Increased physical problems, such as headaches & indigestion
- Problems concentrating
- Increased fatigue
- Lack of motivation
- Loss of interest in hobbies or work
- Self-isolation
- Working constantly
- Increased anger
- Increased use of alcohol or illegal drugs, misuse of prescription medication
- Violent behavior
- Impulsiveness
- Thoughts of self-harm or suicide



Postpartum Support International  
Indiana Chapter

# PSI Peer Mentor Program

[www.postpartum.net/get-help/peer-mentor-program](http://www.postpartum.net/get-help/peer-mentor-program)

A resource for parents struggling with perinatal mental health challenges. This program pairs moms or dads in need of support with a trained volunteer who has experienced & recovered from PMADs

Weekly communication over six-months, peers & mentors build a strong relationship that removes isolation, provides education, breaks down stigma.





# Chat with an Expert

- ▶ Phone chat led by a licensed mental health professional
- ▶ Clarification and answers
- ▶ Every Wednesday for moms
- ▶ First Mondays for dads
- ▶ [www.postpartum.net/get-help/chat-with-an-expert](http://www.postpartum.net/get-help/chat-with-an-expert)

What kinds of questions can I ask?

- How do I know if I need help?
- I'm not depressed, I'm anxious. Where do I go for help?
- Why am I angry all the time?
- What can I do to support my partner?
- What will my first therapy appointment be like?
- I don't have any insurance. How do I get help?
- Am I the only person struggling to become a dad?
- How do I know if medication is safe to take while I'm pregnant or breastfeeding?

# Support for Providers



## PSI Perinatal Mental Health Provider Directory

- ▶ Free directory of perinatal mental health specialists, can search by zip code
- ▶ Share your listing as mental health provider, a healthcare provider, childbirth professional, support group.
- ▶ Search by location, name, specialty, or browse by categories (languages, virtual options, insurance...)
- ▶ <https://psidirectory.com/>

# Education & Training

# Maternal Mental Health 101

[www.postpartum.net/professionals](http://www.postpartum.net/professionals)

- ▶ Free 90 minute webinar
- ▶ Presented live via Zoom
- ▶ Offered quarterly



# Certificate Trainings

[www.postpartum.net/professionals](http://www.postpartum.net/professionals)

MMH Online certificate course with 2020Mom

2-day Certificate Training for Perinatal Mood  
and Anxiety Disorders: Components of Care

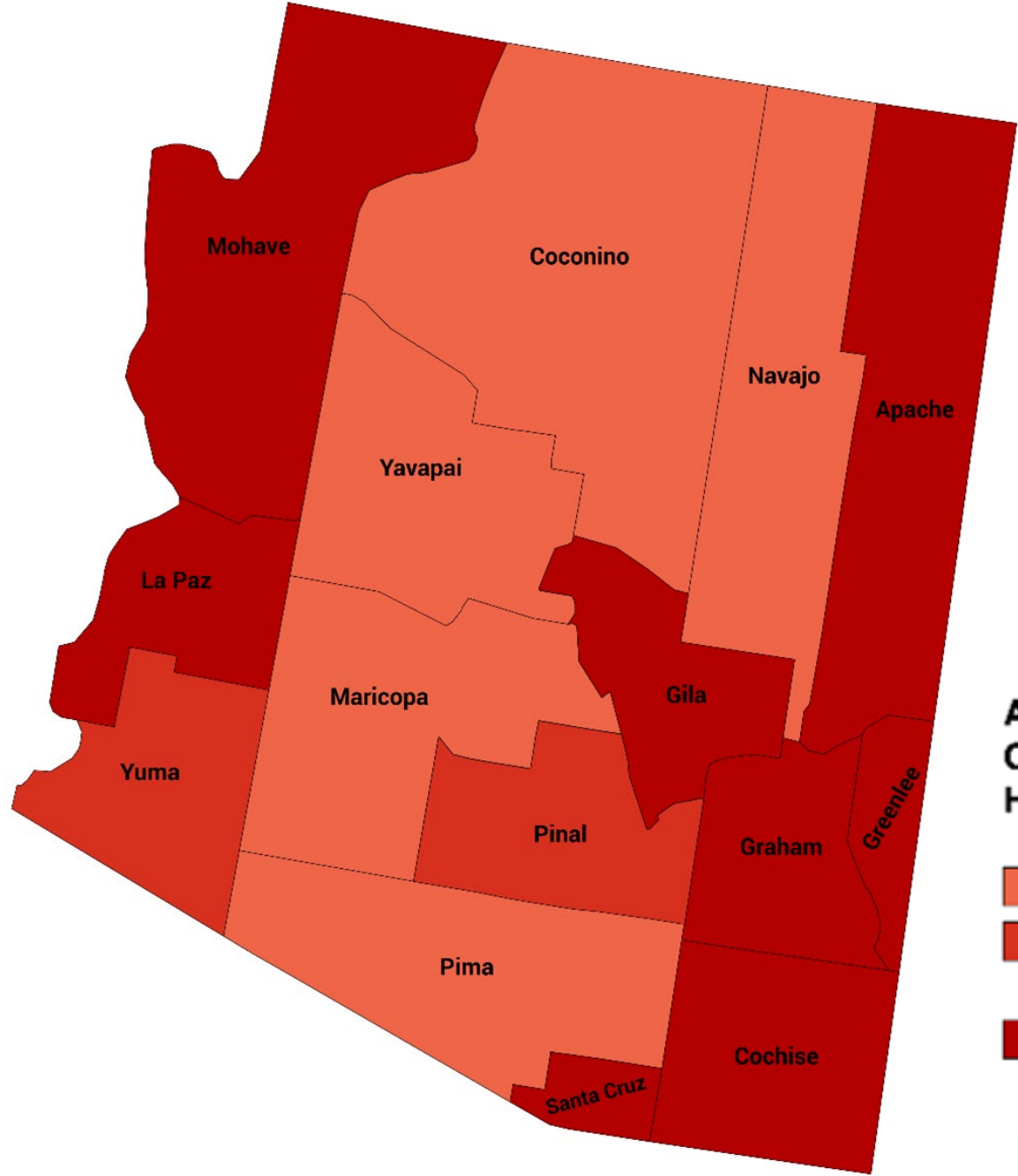
Advanced Psychotherapy

Advanced Psychopharmacology

State of the State:  
Perinatal Mental Health  
Certified Providers by County

Key Takeaways:

- 1) Currently, the **ENTIRE** state is a perinatal mental health desert.
- 1) Eight AZ counties still have **NO** Perinatal Mental Health certified (PMH-C) behavioral health / mental health providers!




**Annual Caseload for Certified Perinatal Mental Health (PMH-C) Professionals**

- 250 - 500 patients / year
- More than 500 patients / year
- No PMH-Cs

# Perinatal Mental Health Certification Training Tracks for PMH-

C

Tracks	TARGET AUDIENCE	STEP 1 (both in any order)		STEP 2	STEP 3
		Experience	Initial Training		
AFFILIATED PROFESSIONALS	Acupuncturists Chiropractors Doulas Massage Therapists Lactation Consultants Nurses Medical Assistants Peer Supports Physical Therapists	2 years of practice	<u>Components of Care 2-Day Training</u> online: live [\$425*, 14.5 CEU]	<u>Advanced Psychotherapy</u> virtual or in-person [\$250*, 6 CEUs]	Certification Exam  \$500  
			-OR-	<u>Advanced Psychotherapy</u> virtual or in-person [\$250*, 6 CEUs]	
			<u>PSI / 2020 Mom MMH Online Certificate Course</u> online: live or recorded [\$480*, 16 CEU]	<u>Advanced Psychopharmacology</u> virtual ONLY [\$250*, 6.25 CEUs]	
MENTAL / BEHAVIORAL HEALTH PROVIDERS	Therapists Psychologists Social Workers LMFTs LACs LPCs				
PRESCRIBERS	Physicians Nurse Practitioners Physician Assistants Psychiatrists		-OR-  (or approved alternative; 14 hrs)		

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

[www.psiarizona.org](http://www.psiarizona.org)  
[www.postpartum.net](http://www.postpartum.net)  
[psi.arizona1@gmail.com](mailto:psi.arizona1@gmail.com)



POSTPARTUM SUPPORT  
INTERNATIONAL

# Thank you for your Support!

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Community & Health Advancement

<https://psiarizona.org/sponsorship-opportunities-1>