

postpartum.net

# 38TH ANNUAL PSI CONFERENCE

July 9-13, 2025 | Hyatt Regency

## 2025 Program Book



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

New Orleans, LA

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# A Message from *Nicole Cirino, MD, CST, PMH-C* PSI Board Chair



Dear Friends and Colleagues,

Welcome to the 38th Annual Postpartum Support International Conference in the vibrant and soulful city of New Orleans! It is with great joy and deep gratitude that I welcome you on behalf of PSI's leadership, volunteers, staff, and Board of Directors. Each year, this conference serves as a powerful gathering of minds and hearts dedicated to improving perinatal mental health.

Our work is driven by a shared commitment—to listen with empathy, to speak with compassion, and to care for those navigating the challenges of the perinatal period. That spirit of Talk, Listen, and Care is at the heart of our national efforts—and beautifully embodied by our host state's maternal mental health initiative, TLC Moms. Louisiana's Department of Health's TLC MOMS represents what we stand for: community-based support that meets women, families and their clinicians where they are, offering a lifeline of connection, understanding, and healing.

This year's conference is a celebration not only of what we've accomplished but also of the powerful momentum we are building together. As a physician who has been working in the field of maternal mental health for nearly 25 years, I feel incredibly honored to serve as PSI's executive board leader. Working with Wendy Davis and PSI for decades has provided the foundation for my career, and it continues to inspire me every day. The organization's mission has always aligned with my personal and professional values, and now more than ever, I am proud to carry that mission forward.

To the clinicians, advocates, researchers, and parents who make up our PSI community: your dedication fuels this movement. Our volunteers give their time and heart; our staff work tirelessly behind the scenes; and our Board leads with vision and courage. It is this collective strength that enables us to grow, evolve, and face the challenges ahead with resilience and determination.

There is much work to do—but I am up for it, and I know you are too.

Thank you for being here. Thank you for the work you do every day. Let's continue to build a future where maternal mental health initiatives are part of every community across the globe.

With gratitude and determination,  
**Nicole Cirino** MD, PMH-C, IF, CST





## A Message from

*Andrea Clark, JD, MDiv*

Director of the PSI Alliance for People of Color,  
and PSI Deputy CEO

### Dear PSI Alliance Members, Allies, and Friends,

Welcome to New Orleans! This is a bitter sweet, full-circle moment for me. Bitter because it is my last conference as Alliance Director. Sweet because as that chapter closes, a new chapter as full-time Deputy CEO begins. I began my journey at PSI in June 2022, as preparations were well underway for PSI's 35<sup>th</sup> Annual Conference. As I took the stage at the Alliance open house that year to be introduced as the inaugural Director of the Perinatal Mental Health Alliance for People of Color, I was excited, nervous and overwhelmed. I felt as though I was living a dream - walking into a role that allowed for my gifts, experiences and passion for maternal wellness to take center stage in my everyday work. I had a n idea of how to continue the great work of the three dynamic women who founded the Alliance, but I could not have imagined what the Alliance would accomplish.

Since the beginning of 2022, The Alliance has provided over 300 scholarships for BI-POC Alliance members to attend perinatal mental health training and to take the PMH-C certification exam. With the help of my colleagues Jenn Davis and Mikah Berg, we worked with our State Chapters and Affiliates program to expand BI-POC representation at the state level by adding the role of Alliance Representative to the state boards. We've worked with our Training and Education program to support the launch of the two-day Perinatal Mood Disorders: Components of Care for Spanish-speaking providers, and have expanded our web-based educational seminars to include webinars in Spanish and others that center the experiences of BIPOC Providers. This year, we are especially proud for conference attendees to hear the brilliant work of the very first cohort of fellows from our Alliance Fellowship Program.

The Alliance is both a supportive space and a bridge; a supportive space for practitioners and a bridge between BI-POC service seekers and BI-POC providers. This work would not be possible without the dedication of our volunteers, members and the dynamic Alliance staff. Thank you Patience, Xochitil, Alejandra, Daniela, Chemyeeka and Renee for your dedication. I would also like to welcome the next Director of PSI's Alliance of People of Color, Shanita Alvarez-Crawley, MSW, LCSW. Shanita is a visionary leader who has dedicated her life to elevating the voices of BIPOC communities in New Jersey and across the country. She has been a dedicated Alliance member and I know The Alliance is in great hands. . We are thankful for your support and continued dedication as we continue to bridge the gap in perinatal mental health services for communities of color.

In Solidarity,

Andrea N. Clark, JD, MDiv  
Deputy Chief Executive Officer, PSI



# PSI Board of Directors



**Nicole Cirino, MD, CST, PMH-C**  
Board Chair



**Laudy Burgos, LCSW, PMH-C**  
Board Vice-Chair  
Alliance Liaison



**Sarah Kotranza**  
Secretary  
Legal Justice Liaison



**Karen Wachenheim**  
Treasurer  
Peer Support Programs Liaison



**Katie Au, MD**  
Development Chair



**Roderick Drew**  
Nominating/Governance  
Chair



**Katayune Kaeni, PsyD., PMH-C**  
Marketing and  
Communications Chair



**Kriti Lodha**  
Member at Large



**Michael Silverman, PhD**  
Research and Impact Chair



**Samantha Suffren MD**  
Education Chair and  
Chapters Liaison



**P. Nicole Taylor MD, PMH-C**  
Consultation Program  
Executive Committee



**Jessica Vernon, MD, PMH-C**  
Membership &  
Professional Outreach Liaison



**Camille Hoffman, MD, MSCS**  
Member at Large



**Alison Goulding, MD, MSCR**  
Member at Large

# PSI Advisory Council



**Daniel Singley, PhD, ABPP**  
Chair, PSI Advisory Council  
Past PSI Board Member



**Linda G. Klempner, PhD**  
Past Advisory Chair  
Past PSI Board Member



**Diana Lynn Barnes, PsyD, MFT, PMH-C**  
Past PSI President



**Susan Dowd Stone, MSW, LCSW, PMH-C**  
Past PSI President



**R. Featherstone, PMHNP, PMH-C**



**Susan Benjamin Feingold, PsyD, PMH-C**



**Jane Honikman, MS**  
PSI FOUNDER



**Pec Indman, EDD, MFT, PMH-C**  
Past PSI Board Member



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



**Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA**



**Alexis Menken, PhD**  
Past PSI Board Member



**Kieran J. O'Donnell, PhD**



**Hajara Kutty**



**Ann Smith, RN, CNM**  
Past PSI President



**Carly Snyder, MD**  
Past PSI Board Member



**Chris Raines, RN, MSN, APRN-BC PMH-C**  
Past PSI President

# CONFERENCE SCHEDULE



Wednesday



**JULY 9, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
7:00 AM - 5:00 PM	Registration	Storyville Hall
7:30 AM - 5:00 PM	Respite Room	Imperial 4
7:30 AM - 5:00 PM	Speaker Ready Room	Imperial 1
7:30 AM - 5:00 PM	Infant Feeding Room	Reliance 4
7:30 AM - 8:30 AM	Breakfast - Pre-Conference Trainings Only	Celestin & Imperial Foyer
8:30 AM - 5:00 PM	PMD: 2-Day Components of Care - Day 1	Celestin BC
8:30 AM - 5:00 PM	Perinatal Grief & Loss Advanced Training - Day 1	Celestin D
8:30 AM - 5:00 PM	Trastornos Del Estado De Animo Perinatales: Componentes De Cuidado - Day 1 (en Español)	Imperial 5D
8:30 AM - 5:00 PM	Paternal Perinatal Mental Health Advanced Certificate Training - Day 1	Imperial 5ABC
10:00 AM - 10:30 AM	Morning Coffee Break	Celestin & Imperial Foyer
12:00 PM - 1:00 PM	Lunch - Pre-Conference Trainings Only	Celestin & Imperial Foyer
1:00 PM - 2:00 PM	Board of Directors Mixer (Invitation Only)	Bolden 6
2:30 PM - 3:00 PM	Afternoon Coffee Break	Celestin & Imperial Foyer

Thursday



**JULY 10, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
7:30 AM - 5:00 PM	Respite Room	Imperial 4
7:30 AM - 5:00 PM	Infant Feeding Room	Reliance 4
7:00 AM - 5:00 PM	Registration	Storyville Hall
7:30 AM - 8:30 AM	Breakfast - Pre-Conference Trainings Only	Celestin & Imperial Foyer
8:30 AM - 5:00 PM	PMD: 2-Day Components of Care - Day 2	Celestin BC
8:30 AM - 5:00 PM	Perinatal Grief & Loss Advanced Training - Day 2	Celestin D
8:30 AM - 5:00 PM	Trastornos Del Estado De Animo Perinatales: Componentes De Cuidado - Day 2 (en Español)	Imperial 5D
8:30 AM - 5:00 PM	Paternal Perinatal Mental Health Advanced Certificate Training - Day 2	Imperial 5ABC
9:00 AM - 5:00 PM	PSI Board of Directors Meeting (Invitation Only)	Bolden 6
10:00 AM - 10:30 AM	Morning Coffee Break	Celestin & Imperial Foyer
12:00 PM - 1:00 PM	Lunch - Pre-Conference Trainings Only	Celestin & Imperial Foyer
2:30 PM - 3:00 PM	Afternoon Coffee Break	Celestin & Imperial Foyer
5:30 PM - 7:30 PM	Peer Support Volunteer Dinner (Invitation Only)	Celestin BC

Friday



**JULY 11, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
6:00 AM - 7:00 AM	Morning Yoga Sponsored by The Climb	Imperial 5CD
7:30 AM - 5:00 PM	Registration	Storyville Hall
7:30 AM - 5:00 PM	Bookstore	Storyville Hall
7:30 AM - 5:00 PM	Exhibit Hours	Storyville Hall
7:30 AM - 5:00 PM	PMHA - POC Wind Down Suite	Imperial 5A
7:30 AM - 5:00 PM	Respite Room	Imperial 5B
7:30 AM - 5:00 PM	Community Room Sponsored by The Climb	Imperial 5CD
7:30 AM - 5:00 PM	Infant Feeding Room	Reliance 4
7:30 AM - 5:00 PM	Speaker Ready Room	Imperial 1
7:30 AM - 9:00 AM	Breakfast	Celestin Foyer
9:00 AM - 9:15 AM	Welcome Remarks - Nicole Cirino, MD, CST, PMH-C	Celestin DEFGH
9:15 AM - 10:15 AM	Opening Keynote: Perinatal Mental Health of Non-Birthing Parents: An Inclusive Discussion Sheehan Fisher, PhD	Celestin DEFGH
10:15 AM - 10:30 AM	Morning Coffee Break	Storyville Hall
10:30 AM - 12:00 PM	Breakout I	
	1A: Integrated Care for Postpartum Pain Management and Perinatal Psychiatry in Birthing People With Substance Use Disorder	Celestin DEFGH
	1B: Fatherhood Through the Years: Perinatal Paternal Mental Health Through a Lifespan Development Lens	Strand 10
	1C: Alliance Fellowship Capstones: Illuminating Disparities and Mental Health in the Perinatal Journey	Celestin BC
	1D: Holistic Approaches to Treating Perinatal Mood and Anxiety Disorders (PMADS) and Birth Trauma: Yoga Therapy, Limbic System and Vagus Nerve Regulation, Somatics, Mindfulness, and Self-Compassion	Celestin A

Friday



**JULY 11, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
	1E: A Single Fetal Center's Model for Psychosocial & Genetic Outreach in the Setting of Termination for Fetal Anomalies	Strand 13
	1F: Cruzando Fronteras Culturales: Methods for Culturally Adapting Perinatal Mental Health Interventions for Spanish-Speaking Immigrant Patients	Strand 11
	1G: Using Action and Experiential Approaches for the Perinatal Population	Strand 12
12:15 PM - 1:15 PM	Breakout II	
	2A: Focusing on the Bump: Are Stimulants "Safe" to Use when Treating ADHD in Pregnancy?	Strand 10
	2B: Motherless Mothering: The Impact of Estrangement in Maternal Identity Development	Celestin DEFGH
	2C: The Families We Make: Increasing Inclusion for LGBTQ Individuals and Families in Perinatal Services	Strand 11
	2D: The Mobile Mama Method: Simple yet Powerful Tools for Perinatal Assessment, Diagnosis, Scaffolding, and Support	Celestin BC
	2E: The Balancing Act: Ethical Considerations for a Client-Centered Approach to Self-Disclosure in Perinatal Therapy	Strand 12
	2F: Becoming a Parent Using a Gestational Carrier: Pregnancy and Postpartum Considerations	Strand 13
	2G: What's My Role? The Importance of Interdisciplinary Teams in Perinatal Loss Prevention and Care	Celestin A
	PMHA - POC Meet-Up & Lunch (RSVP Required)	Celestin BC
1:15 PM - 2:15 PM	Lunch & Networking	Celestin Foyer

Friday



**JULY 11, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
2:30 PM - 3:30 PM	Breakout III	
	3A: Tools for Responding to the Maternal Overdose Crisis: Harm Reduction Saves Lives	Celestin DEFGH
	3B: It's More Than Milestones: Mental Health Strategies for Parents of Children With Disabilities and Complex Medical Needs	Celestin A
	3C: Inter Tribal Maternal Innovation: Using Sovereignty to Build Tribal Relationships	Strand 13
	3D: Saul's Light Support for Latinx NICU Families: Bridging Gaps in Care	Strand 11
	3E: Criminally Charged: A Trauma-Informed Perspective on the Unperceived Pregnancy	Strand 10
	3F: Under the Influence: Mental Health Implications of Parenting in the Age of Social Media	Celestin BC
	3G: Postpartum Planning: A Key Strategy for Supporting Parent Mental Health	Strand 12
3:30 PM - 3:45 PM	Coffee Break	Storyville Hall
3:45 PM - 4:45 PM	Breakout IV	
	4A: Novel Treatments for Postpartum Depression	Celestin BC
	4B: Transformación De La Familia "Clase Posparto"	Strand 13
	4C: A Multidisciplinary Approach to Managing the Intersection of Perinatal Musculoskeletal and Pelvic Health Concerns, Fear Avoidance Beliefs and Behaviors, and Mental Health Outcomes	Celestin DEFGH

Friday



**JULY 11, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
	4D: A Comprehensive Inquiry Into the Mental Health Outcomes of Black Mothers in Ontario Utilizing Mixed Methods Research Approaches	Celestin A
	4E: Bringing Mothers Back to Nature: Innovative Strategies for Perinatal Mental Health Care	Strand 10
	4F: Beyond the Positive Test: Bridging the Gap between Infertility and Perinatal Care	Strand 11
	4G: Educating, Preparing, and Empowering a Two Generation Model	Strand 12
5:00 PM - 6:00 PM	Chapter Board Member Meet and Greet (Invitation Only)	Celestin BC
5:15 PM - 6:15 PM	The Spanish Alliance Meet Up	Imperial 12
6:00 PM - 7:00 PM	PSI - IL Chapter Meeting	Imperial 10
6:00 PM - 7:00 PM	PSI - CA Chapter Meeting	Imperial 11
7:00 PM - 8:30 PM	More Than Blue - Movie Night	Celestin DEFGH
7:30 PM - 8:00 PM	Candlelight Shabbat Ceremony	Imperial 4

Saturday



**JULY 12, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
6:00 AM - 7:00 AM	Morning Yoga Sponsored by The Climb	Imperial 5CD
7:30 AM - 5:00 PM	Registration	Storyville Hall
7:30 AM - 5:00 PM	Bookstore	Storyville Hall
7:30 AM - 5:00 PM	Exhibit Hours	Storyville Hall
7:30 AM - 5:00 PM	PMHA - POC Wind Down Suite	Imperial 5A
7:30 AM - 5:00 PM	Respite Room	Imperial 4
7:30 AM - 5:00 PM	Community Room Sponsored by The Climb	Imperial 5CD
7:30 AM - 5:00 PM	Infant Feeding Room	Reliance 4
7:30 AM - 5:00 PM	Speaker Ready Room	Imperial 1
8:00 AM - 9:15 AM	Breakfast	Celestin DEFGH
8:15 AM - 8:30 AM	Presentation of Ilyene Barsky Memorial Award	Celestin DEFGH
8:30 AM - 9:15 AM	WELCOME REMARKS - Wendy Davis - PSI President and CEO & Susan Hickman Research Awards	Celestin DEFGH
9:15 AM - 10:15 AM	Keynote 2: The Light Within Our Wounds: How Lived Expertise, Partnerships, and Science Can be Levers for Transforming Perinatal Care Nancy Byatt, MD	Celestin DEFGH
10:15 AM - 10:30 AM	Coffee Break	Storyville Hall
10:30 AM - 11:30 AM	Breakout V	
	5A: Suicide in the Perinatal Period: From Facts to Prevention	Celestin DEFGH
	5B: Bringing the Father Into Pregnancy	Celestin A
	5C: Holistic Telehealth for High-Risk Pregnancies: Integrating Midwifery and Maternal Mental Health	Strand 10
	5D: PROSPERing Together: Advancing Health Equity through Colorado's Perinatal Mental Health Access Program	Strand 11

Saturday



**JULY 12, 2025**

**TIME**

**SESSION**

**LOCATION**

	5E: “Breaking the Cycle: Psychotherapy for Intergenerational Trauma in Perinatal Mental Health”	Strand 12
	5F: Treating Complex Perinatal Clients Experiencing OCD and Trauma: A Holistic Approach Involving ERP and EMDR Therapy	Celestin BC
	5G: Let’s Come Together: Where Pharmacology and Psychotherapy Meet	Strand 13
11:45 AM - 12:45 PM	Breakout VI	
	6A: Complex Patient Assessment, Diagnosis and Treatment of Perinatal Inpatient Population	Strand 12
	6B: Integrative System of Addressing Perinatal Grief and Loss within a Metropolitan Hospital System: Acts of Compassion, Courage and Challenge	Strand 11
	6C: Building Perinatal Mental Health Care Capacity and Driving Engagement: How We Can Improve Maternal	Celestin BC
	6D: Peer Coaching and Motivational Interviewing for Pregnant Patients With Substance Use	Celestin DEFGH
	6E: Reparenting Parents: Using Schema Therapy Mode Work to Address Childhood Trauma and Common Triggers in Parents	Celestin A
	6F: Supporting the Mind and Body: The Crucial Role of Doulas in Managing Perinatal Mood Disorders	Strand 10
	6G: Helping Your Clients Find Peace With Food and Body (During Pregnancy, Postpartum, and Beyond)	Strand 13
12:45 PM - 2:00 PM	Postpartum Psychosis Survivors, Families and Advocates Lunch Meeting (CLOSED) - RSVP in Registration	Celestin BC
12:45 PM - 2:00 PM	Lunch & Networking	Celestin Foyer

Saturday



**JULY 12, 2025**

**TIME**

**SESSION**

**LOCATION**

12:45 PM - 2:00 PM	Research Dissemination Meeting Meeting 1 (Invitation Only)	Imperial 9
12:45 PM - 2:00 PM	Research Dissemination Meeting Meeting 2 (Invitation Only)	Imperial 10
12:45 PM - 2:00 PM	PSI English Support Group Leaders Lunch Meeting	Imperial 12
12:45 PM - 2:00 PM	Psychiatric Access Programs Network Lunch Meeting	Imperial 11
1:15 PM - 2:00 PM	Poster Session	Storyville Hall
2:15 PM - 3:45 PM	Breakout VII	
	7A: Filling the Gaps: Addressing the Nationwide Perinatal Behavioral Workforce Shortage to Improve the Mental Health of Pregnant and Postpartum Parents	Strand 10
	7B: When Survivors Give Birth: Common Triggers & Effective Strategies for Clients With a History of Sexual Trauma	Strand 12
	7C: How Do We Keep Missing This: Postpartum Psychosis Myths Hindering Detection	Celestin BC
	7D: Impacts of Institutional Racism and Family Policing on Communities of Color Access to Perinatal and Postpartum Care	Celestin DEFGH
	7E: Healing Through Play: Strengthening Mother-Baby Attachment and Bonding Through Play & Lullabies and Legacies: The Role of Music Therapy within the Perinatal Continuum	Strand 13
	7F: Navigating the Perinatal Season as an ADHDer: Exploring Challenges, Embracing Joy, and Enhancing Support	Celestin A
	7G: Jazz, Blues, and Baby Steps: Navigating Postpartum Together	Strand 11
3:45 PM - 4:00 PM	Coffee Break	Storyville Hall

Saturday

JULY 12, 2025



TIME	SESSION	LOCATION
4:00 PM - 5:00 PM	Breakout VIII	
	8A: Bridges to Healing: Strengthening Perinatal Mental Health Through Collaboration and Advocacy	Celestin A
	8B: Ma(t)ter: A Cross-Disciplinary Program for Perinatal Mental Health Training, Screening, and Early Community Intervention – Preliminary Results and Implementation Insights	Strand 12
	8C: Building a Strong Foundation with a Family Care Plan	Strand 13
	8D: Teen Moms Matter: Addressing the Unique Maternal Mental Health Needs of Adolescents	Celestin DEFGH
	8E: Trauma Perinatal Invisible: Reconociendo Y Sanando Heridas Silenciosas	Strand 10
	8F: Interpersonal Therapy (IPT), Using the Grief and Loss Crossroads for Bereaved Parents	Celestin BC
	8G: Creating a Multidisciplinary Clinic to Treat Perinatal Trauma	Strand 11
5:15 PM - 6:15 PM	Perinatal Mental Health Alliance for People of Color - Invitation Only	Celestin BC
5:15 PM - 6:15 PM	Donor Reception - Invitation Only	Imperial 9
6:30 PM - 9:00 PM	PSI Celebration Dinner	Celestin DEFGH

**JULY 13, 2025**

<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
6:00 AM - 7:00 AM	Morning Yoga by The Climb	Imperial 5CD
7:30 AM - 12:00 PM	Registration	Storyville Hall
7:30 AM - 2:00 PM	PMHA - POC Wind-Down Suite	Imperial 5A
7:30 AM - 5:00 PM	Respite Room	Imperial 5B
7:30 AM - 2:00 PM	Community Room Sponsored by The Climb	Imperial 5CD
7:30 AM - 5:00 PM	Infant Feeding Room	Reliance 4
7:30 AM - 2:00 PM	Speaker Ready Room	Imperial 1
7:30 AM - 9:00 AM	Breakfast	Celestin Foyer
9:00 AM - 10:00 AM	Keynote 3: Beyond the Literature Review: Growth and Impact in the Alliance Fellowship, PSI Alliance Research Fellowship	Celestin DEFGH
10:00 AM - 10:15 AM	Coffee Break	Celestin Foyer
10:15 AM - 1:15 PM	SEMINAR: Enhancing the Continuum of Care: The Role of IOPs and PHPs in Maternal Mental Health	Celestin BC
10:15 AM - 1:15 PM	SEMINAR: Workshop on Advocacy: Everything You Need to Know to Be an Effective Advocate	Celestin DEFGH
10:15 AM - 1:15 PM	SEMINAR: Increasing Awareness, Identification, and Support for Mothers with Autism or ADHD during the Perinatal Period	Celestin A
10:15 AM - 1:15 PM	PSI Perinatal Substance Use Disorder Training (PSUD) - Part 1	Strand 10
10:15 AM - 1:15 PM	PSI Advanced Psychopharmacology Training - Part 1	Strand 11
10:15 AM - 1:15 PM	Psicoterapia Avanzada en Salud Mental Perinatal - en Español - Part 1	Strand 13
10:15 AM - 1:15 PM	PSI Advanced PMH Psychotherapy Training - Part 1	Strand 12

**JULY 13, 2025**

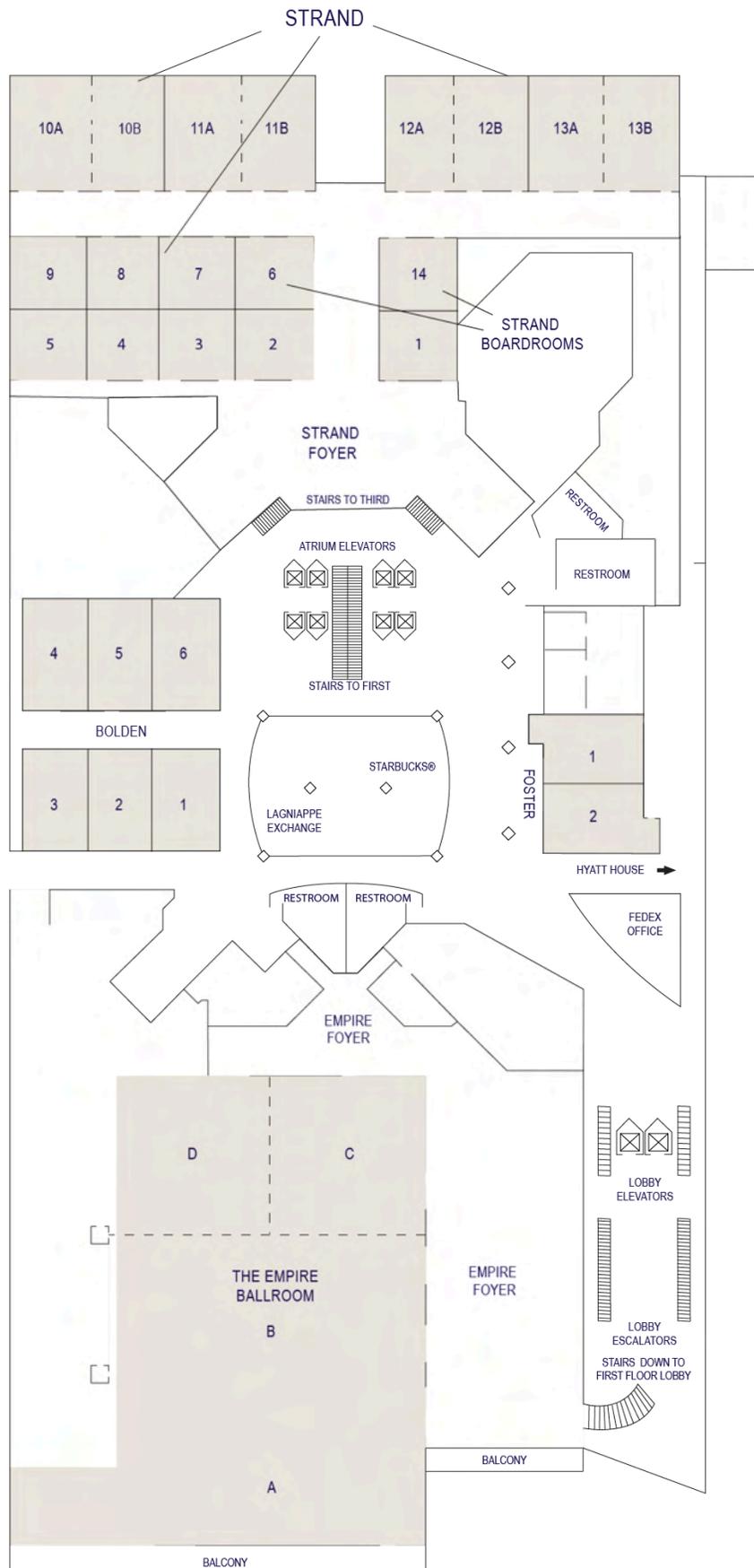
<b>TIME</b>	<b>SESSION</b>	<b>LOCATION</b>
1:15 PM - 2:00 PM	Lunch - Post-Conference Trainings Only	Strand Foyer
2:00 PM - 5:00 PM	PSI Perinatal Substance Use Disorder Training (PSUD) - Part 2	Strand 10
2:00 PM - 5:00 PM	PSI Advanced Psychopharmacology Training - Part 2	Strand 11
2:00 PM - 5:00 PM	Psicoterapia Avanzada en Salud Mental Perinatal - en Español - Part 2	Strand 13
2:00 PM - 5:00 PM	PSI Advanced PMH Psychotherapy Training - Part 2	Strand 12
3:15 PM - 3:30 PM	Coffee Break	Strand Foyer

HOTEL & CONFERENCE

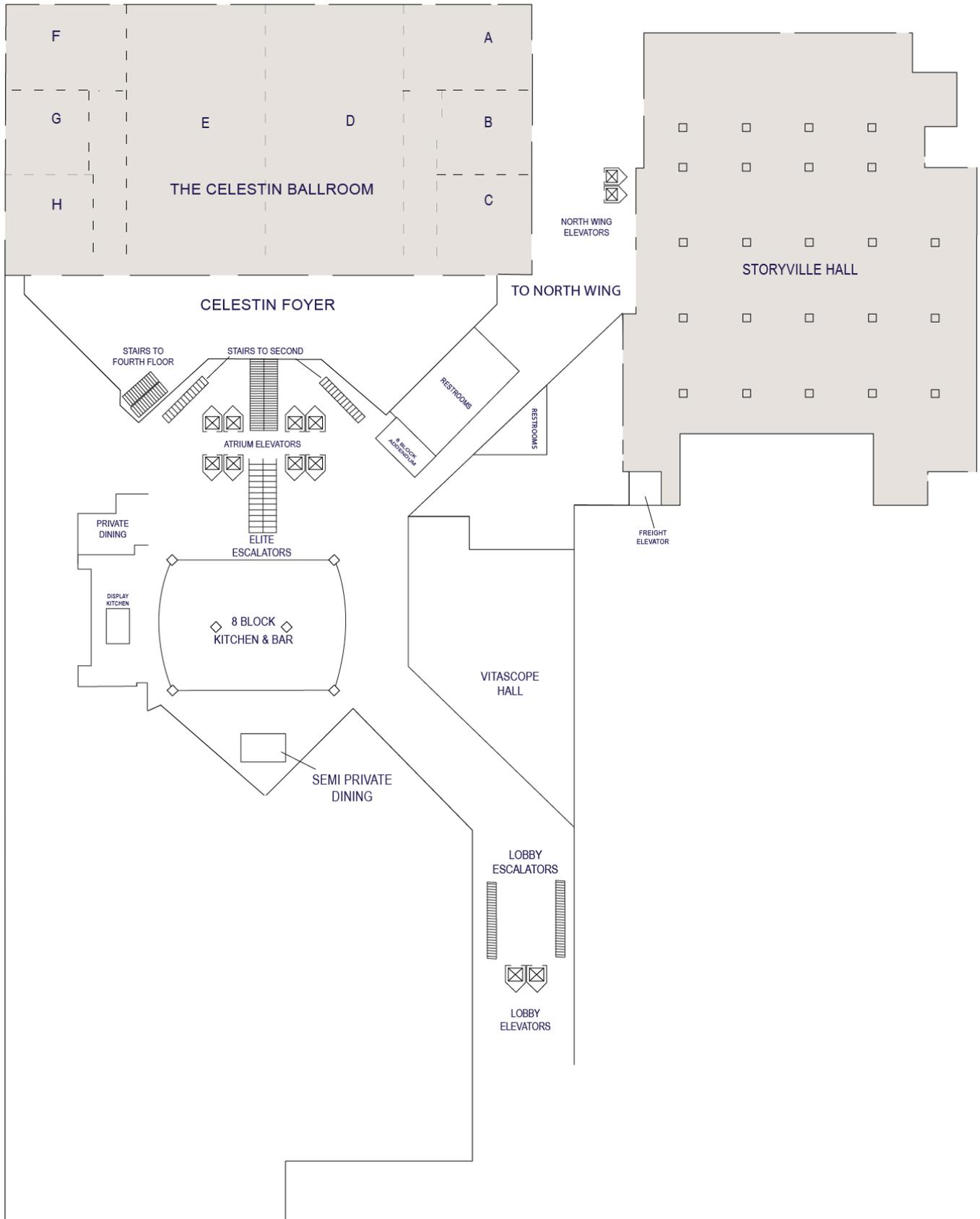
# INFORMATION



# MEETING SPACE MAP LEVEL 2



# MEETING SPACE MAP LEVEL 3



# MEETING SPACE MAP LEVEL 4



# MEETING SPACE MAP

## STORYVILLE HALL

### EXHIBITS & REGISTRATION

## Exhibit Hall Floorplan

### Storyville Hall



# PSI Program Tables

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P1. Postpartum Psychosis Task Force and Program

P2. Climb / I Am One Podcast

P3. Blue Dot

P4. Peer Support Services

P5. PSI en Español

P6. Louisiana Chapter

P7. Chapters Program

P8. Training & Professional Resources

P9. Certification

P10. PSI Alliance for POC

P11. Membership

P12. PSI Research Listening Session

P13. Story Booth

## Exhibitor Tables

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2. Coalition of Common Good

3. Return to Zero: Hope

4. Repro TLC

5. Seven Starling

6. Louisiana Health Connection

7. Indigenous Women Rising

8. Infant Massage USA

9. Adams Purpose

10. Exeltis

11. Phoenix Health

13. Kelsey Getz Solutions

14. El Camino Health

15. Arkansas Maternal Coalition

16. Appalachian Breastfeeding Network

17. Hardy Nutritionals

18. NAPSW

19. Tulia Grove

20. Reunion Neuroscience

21. Momentum Lactation

24. DONA International

25. Meridian Psychiatric Partners

26. Sista Midwife Productions

27. OTIS/Mother to Baby

28. Tibi Health

29. Jane Honikman

30. Navara Health

31. Familywell

32. The Therapist CPA

33. The Shift Shop

36. LumiTot

37. Seleni Institute

38. Repro Psych Academy

39. Star Legacy Foundation

40. Alimentación Segura Infantil

41. IBLCE

42. Nurtur

43. The Hive Maternal Wellness Center

44. MMHLA

45. LA DHS PROMISE

OmniMed

# Hotel & Conference Information

## ..... **Hotel** .....

### **Hyatt Regency New Orleans**

601 Loyola Ave  
New Orleans, LA 70113

With its Bourbon Street bars, Mardi Gras and other annual festivals—think jazz, film and more—discover why New Orleans is a city that’s always celebrating. From Louis Armstrong New Orleans International Airport to heart of the Big Easy, Hyatt hotels place you in the lively city center. Explore the rich heritage and spirited culture of the French Quarter, indulge in a rich beignet or a savory cup of gumbo, and let the good times roll with your stay at a Hyatt hotel in New Orleans.

## ..... **PSI Bookstore** .....

PSI's Conference Bookstore is located in person on Level 3 inside Storyville Hall. A few copies of each book are available live, and QR codes supplied for online ordering.

Visit the PSI Store for Resources, Merchandise, Books, and other Materials.

Free downloadable materials are also located through our website store:  
<https://postpartum.app.neoncrm.com/np/clients/postpartum/giftstore.jsp>

## ..... **Meals** .....

PSI attendees will be provided with meals throughout the conference. Check the conference agenda for meal times and locations.

## ..... **Celebration of PSI** .....

**In celebration of 38 years of PSI, the annual banquet will be hosted on Saturday, July 12 from 6:30 pm - 9:00 pm.** Join us in the Celestin Ballroom at 6:30 pm for the Celebration of PSI and enjoy an evening of music and food tailored to the flavor of New Orleans, all starting with an exciting traditional Second Line parade, starting in the main hotel foyer, to lead us into the evening!

## ..... **Continuing Education Credits** .....

CE certificates will be available after completion of the conference evaluation. All attendees will receive an email with access and instructions for the evaluation post-conference.

## ..... **Photography & Media** .....

Implied consent of presenters and attendees is given to PSI to use pictures taken at the conference in both electronic and print media.

# Special Sessions

## ..... PMHA-POC Meet-Ups .....

The PSI Alliance for People of Color was created to fill a gap in support services for professionals and communities of color around perinatal mood and anxiety disorders. The PSI Annual Conference features two Alliance meet-ups.

**Friday, July 11th - Celestin BC, 1:15 PM - 2:15 PM:** This meet-up is a closed session. All attendees of color are welcome to attend. Lunch will be provided.

**Saturday, July 12th - Celestin BC, 5:15 PM - 6:15 PM:** This meet-up is open to all attendees interested in learning more about the PSI Alliance, its mission, and how to get involved.

## Postpartum Psychosis Survivors, Families, & Advocates Meeting

The PSI Postpartum Psychosis Task Force and PSI online support groups for psychosis survivors will be holding one meet-up during the PSI Annual Conference.

**Saturday, July 12th - Celestin BC, 12:45 PM - 1:15 PM:** This meet-up is a closed session. Individuals, family members, and advocates whose lives have been affected by postpartum psychosis are welcome to join. Lunch will be provided.

## ..... PSI Donor Reception .....

PSI is grateful to our many generous sponsors and benefactors for their support. To show our appreciation, PSI will host a private, invitation-only donor reception on Saturday, July 12th from 5:15 PM - 6:15 PM in Imperial 9. To learn more about how you can support PSI and become a donor, please visit the Membership Desk in Storyville Hall.

## More Than Blue Documentary Movie Night

Join us for a special screening of a powerful new documentary featuring stories of postpartum depression across America, brought to you by the MGH Center for Women's Mental Health. This screening will include a brief Q&A with leading perinatal psychopharmacologist and executive producer, Lee S. Cohen, MD. [Click here to visit the More Than Blue website](#) for more information.

A stylized logo featuring a white silhouette of a person with arms raised, set against a large white circle. The letters 'PSI' are written in a bold, sans-serif font across the center of the circle. The 'P' is orange, the 'S' is light blue, and the 'I' is a darker blue. The background is a soft, multi-colored gradient of purple, pink, and blue.

PSI

# Special Sessions

## Susan A. Hickman Memorial Research Award Presentation

The Susan A. Hickman Memorial Research Award is given each year to an individual involved in a scholarly research project that contributes to the field of perinatal mental health. The recipient(s) are selected by the PSI Research Committee among qualified applicants.

The idea for an annual research award was first proposed in 1994 to promote and foster the interest of beginning researchers in the conduct of scientific investigation and knowledge development about perinatal mental health and psychiatric illness. The award was named in 1997 in honor of past PSI Board member Susan A. Hickman, following her sudden death. Susan Hickman was born April 1, 1943 and passed away June 3, 1997. She was a psychotherapist who specialized in perinatal mood disorders in San Diego, CA, along with her husband Dr. Robert Hickman. Susan was an expert witness in infanticide cases and an outspoken advocate for fair and competent treatment for postpartum women. Susan and Robert attended the very first PSI conference in Santa Barbara in 1987 and hosted the 1992 PSI conference in San Diego.

PSI is proud to honor two awardees this year: **Parisa Kaliush, PhD**, and **Liat Shklarski, PhD, LCSW-R**. View the Susan A. Hickman Memorial Research Award presentation at the conference opening on **Saturday, July 12, 2025, from 8:30 AM - 9:15 AM in Celestin DEFGH** to hear more about their research and celebrate their outstanding work in the field of perinatal mental health.

## Ilyene Barsky Memorial Award Presentation

The Ilyene Barsky Memorial Award was created in accordance with Ilyene's wishes and funded by her friend Diana Lynn Barnes, PsyD, MFT, PMH-C. It is awarded to a PSI Support Coordinator who has created new support services and greatly improved perinatal mental health resources in their community.

PSI will honor another recipient of this special award this year at the Annual Conference. Join us for the Ilyene Barsky Memorial Award presentation, before the Keynote, on **Saturday, July 12, from 8:15 AM - 8:30 AM in Celestin DEFGH** to celebrate the 2025 Barsky award recipient.

# PSI 38TH ANNIVERSARY

## *Celebration & Parade*

The Saturday night celebration is open to all. Tickets are included in main conference registration and are available online or onsite for guests and those not attending the full conference. Stop by the registration desk for more information and to purchase tickets.

### PARADE

Meet in the Celestin foyer to join in the second line parade to the celebration. Masks and beads are encouraged!

**TIME: 6:30 PM**

**SECOND LINE: HOTEL FOYER**

**DINNER AND MUSIC: CELESTIN D-H**

### CELEBRATION DINNER

Join PSI for dinner featuring the flavors of New Orleans, fun raffles, and dancing set to the sounds of a traditional New Orleans band!

**TIME: 6:45**

**LOCATION: CELESTIN D-H**





# PSI 39TH ANNUAL CONFERENCE

THE WESTIN BONAVENTURE

*Los Angeles, California*

Pre-conference June 24-25  
Annual Conference June 26-28

# 2026

SESSION AND SPEAKER  
**INFORMATION**



# Keynote Speakers



## Opening Keynote: Dr. Sheehan Fisher

*PERINATAL MENTAL HEALTH OF NON-BIRTHING PARENTS: AN INCLUSIVE DISCUSSION*

**Dr. Sheehan Fisher, Ph.D.**

Friday, July 11, 2025 | 9:15 AM - 10:15 AM | Celestin DEFGH

Sheehan Fisher, PhD is an Associate Professor and perinatal clinical psychologist at Northwestern University, Feinberg School of Medicine and the Associate Dean for Academic Success and Environment at The Graduate School. His research career focuses on the effects of perinatal and subsequent parental mental health on infant/child health outcomes, with a specialization in the field of non-birthing parent mental health. His aim is to reconceptualize parental mental health research to integrally involve both birthing and non-birthing parents to differentiate parents' impact on child medical and mental health.

Dr. Fisher's research dovetails with his perinatal clinical practice, including being the clinical director of the Fathers' Mental Health Specialty Clinic. He has been a leader nationally and internationally in integrating DEI in perinatal mental health field, including addressing health disparities and advocating for more inclusion of racial, ethnic, sexual, gender, linguistic, and religious minorities in perinatal research and clinical practice. In addition to research and clinical practice, Dr. Fisher focuses on public policy and advocacy to support perinatal families and ensure programs address diversity in family dynamics.

Dr. Fisher was recognized as one of Crain's Chicago Business 2022 Notable Black Leaders and Executives for his dedication to mental health within the Black community. Ultimately, Dr. Fisher's goal is to optimize the health and effectiveness of the parental team to positively influence the child health trajectory and help the family thrive.

# Breakout Session 1

## INTEGRATED CARE FOR POSTPARTUM PAIN MANAGEMENT AND PERINATAL PSYCHIATRY IN BIRTHING PEOPLE WITH SUBSTANCE USE DISORDER

FRIDAY, JULY 11, 2025 | 10:30 AM - 12:00 PM | CELESTIN DEFGH

This interactive presentation will demonstrate how a comprehensive care model, the Partnering for the Future program, can improve outcomes for birthing people with substance use disorder and their families. We will begin with a mock case review to demonstrate interprofessional contributions to care delivery and how a team-based approach to care can effectively address medical and social drivers of health. We will then review key components of interprofessional care for birthing people with OUD/SUD including: 1) concrete steps for establishing comprehensive care programs; 2) integration of trauma-informed, person-centered resources and approaches; and 3) best practices for community engagement and collaboration with individuals with lived expertise. The session will conclude with a moderated question and answer session.



Sarah Novack,  
M.P.H.



Chelsey Caley,  
LMSW



Maria Muzik,  
M.D., M.S.



Alex Peahl,  
MD, MsC

# Breakout Session 1

## FATHERHOOD THROUGH THE YEARS: PERINATAL PATERNAL MENTAL HEALTH THROUGH A LIFESPAN DEVELOPMENT LENS

FRIDAY, JULY 11, 2025 | 10:30 AM - 12:00 PM | STRAND 10

This symposium will bring together a panel of experts to address how fathers' and grandfathers' experience during the perinatal period is situated in their broader lifespan and developmental contexts.



Daniel Singley,  
PhD, PMH-C



Charles Schaeffer,  
Ph.D.



Allan Shedlin,  
MA, ABD



Jena King,  
PhD, CATP

## HOLISTIC APPROACHES TO TREATING PERINATAL MOOD AND ANXIETY DISORDERS (PMADS) AND BIRTH TRAUMA: YOGA THERAPY, LIMBIC SYSTEM AND VAGUS NERVE REGULATION, SOMATICS, MINDFULNESS, AND SELF-COMPASSION

FRIDAY JULY 11, 2025 | 10:30-12:00 | CELESTIN A

Explore evidence-based yoga therapy, somatic tools, and mindfulness for PMADS and birth trauma, emphasizing limbic and vagus nerve regulation to foster resilience, emotional regulation, and holistic healing. This bottom-up somatics approach offers an accessible, inclusive toolbox of practical daily skills for clients. The session includes a 20-30 minute sample yoga and mindfulness practice, demonstrating real-world application and guidance for setting up comprehensive programs for individual or group clients.



Theresa Teofilak-Wilson,  
LCMHC, M.ED.

# Breakout Session 1

## PSI ALLIANCE FELLOWSHIP CAPSTONES: ILLUMINATING DISPARITIES AND MENTAL HEALTH IN THE PERINATAL JOURNEY

FRIDAY JULY 11, 2025 | 10:30-12:00 | CELESTIN BC

Join the inaugural cohort of the PSI Alliance Fellowship Program as they present their capstone literature reviews. This session will delve into critical areas impacting families: Racial/Ethnic Disparities, Paternal Mental Health, and the intersection of Neurodiversity and Perinatal Mental Health. Discover key findings and implications for research and practice.



Chemyeeka Tumblin,  
PMH-C



Charity Crawford



Cherise McManus, RN



Cecily Moore



Jenise Katalina, LCSW,  
M.S.W.



Joslyn Cunningham



Kimberly Polanco,  
LMSW



LaKendra Johnson,  
PMH-C, LPC



Shanita Alvarez-  
Crawley, LCSW, M.S.W.,  
PMH-C



Maxine Marshall,  
LCSW, M.S.W.



Naimah Saleem, LPC,  
PMH-C



Lola Price



Zuania Capó, M.A.

# Breakout Session 1

## A SINGLE FETAL CENTER'S MODEL FOR PSYCHOSOCIAL & GENETIC OUTREACH IN THE SETTING OF TERMINATION FOR FETAL ANOMALIES

FRIDAY, JULY 11, 2025 | 10:30 AM - 12:00 PM | STRAND 13

Describe the current practices involved in supporting families who undergo a termination for medical reasons both before and after procedure who are cared for at CHOP's CFDT.



Alexandria  
Budney,  
M.P.H.



Joanna Cole,  
Ph.D., PMH-C



Haley Crane,  
M.S.



Heather  
Emig



Stefanie  
Kasperski,  
M.S.



Nahla  
Khalek, M.D.,  
M.P.H., M.Ed.



Renee  
Wright

# Breakout Session 1

## CRUZANDO FRONTERAS CULTURALES: METHODS FOR CULTURALLY ADAPTING PERINATAL MENTAL HEALTH INTERVENTIONS FOR SPANISH-SPEAKING IMMIGRANT PATIENTS

FRIDAY JULY 11, 2025 | 10:30 AM - 12:00 PM | STRAND 11

Spanish-speaking perinatal immigrant women face increased risk of psychological distress, including symptoms of depression, anxiety, and trauma.<sup>1-3</sup> This heightened vulnerability stems from complex stressors, including migration-related trauma, acculturative stress, language barriers, precarious documentation status, discrimination, and being separated from their support networks,<sup>4</sup> as well as the unmooring experience of encountering deeply different perinatal beliefs and practices in the host country.<sup>5</sup>

Unfortunately, traditional perinatal mental health interventions often fall short of addressing the cultural and contextual challenges immigrant women face, overlooking the sociocultural strengths that could be integrated into accessible and effective treatments.

Adapting evidence-based perinatal interventions for immigrant and linguistic minority women is essential to fostering equitable mental health outcomes.<sup>6,7</sup> This workshop will 1) explore three models for cultural adaptation that can be implemented for perinatal interventions,<sup>8-10</sup> 2) demonstrate the process of selecting and implementing a model using a case study of adapting Perinatal Acceptance & Commitment Therapy (P-ACT) for Central American immigrants in Washington, D.C. and 3) lead participants in developing plans for adapting psychosocial programming for immigrant women and families within their clinical settings. By providing a framework for modifying evidence-based therapies for diverse perinatal populations, the session highlights strategies for advancing culturally responsive perinatal mental health treatment.



Annette  
Maldonado,  
Ph.D.



Brienne  
Kohrt, Ph.D.



Mariana  
Cerqueira,  
M.D., M.S.

# Breakout Session 1

## USING ACTION AND EXPERIENTIAL APPROACHES FOR THE PERINATAL POPULATION

FRIDAY JULY 11, 2025 | 10:30 AM - 12:00 PM | STRAND 12

This seminar will allow experienced clinicians to focus on the application of "action" and "experiential" treatment approaches with the perinatal population. While pregnancy, birth, and postpartum are socio-emotional events, they very much occur on a physical level. Experiential therapies such as psychodrama, art therapy, music therapy, movement therapy, and gestalt work allow a visceral re-experiencing of life's situations and the subsequent possibility for change and/or relief.

There will first be a didactic presentation describing the utility of "bottom up" (body based) therapies and delineating the factors common to all experiential approaches.

We will then discuss the principles utilized in some of the therapies, and examine several perinatal case studies to demonstrate both the principles and the process of these action methods. Finally, participants will be guided through (voluntary) participation in a group experience utilizing the approach they would most like to explore, as well as the specific perinatal topic that is of the keenest interest.



Leslie  
Butterfield,  
Ph.D., PMH-C

# Breakout Session II

## **FOCUSING ON THE BUMP: ARE STIMULANTS "SAFE" TO USE WHEN TREATING ADHD IN PREGNANCY?**

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | STRAND 10

Is it "safe" for pregnant and lactating women with ADHD to continue taking stimulant medication? Should all women with ADHD continue their stimulant medication during the perinatal period, or only those women with cases so severe they could lose their job or wreck their car? How is ADHD different from "pregnancy brain" or "mom brain?" This presentation answers all of these questions (and more!) by providing a neurobiological overview of ADHD and why it's more often overlooked in girls and women while exploring the reproductive safety profile of stimulant medications using an evidence-based overview of the current research. Using the risk-risk analysis framework, attendees will gain practical insights into balancing the mental health needs of pregnant individuals with considerations for fetal safety, including guidelines for shared decision-making and risk mitigation.



Katrina  
Furey, M.D.

## **MOTHERLESS MOTHERING: THE IMPACT OF ESTRANGEMENT IN MATERNAL IDENTITY DEVELOPMENT**

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | CELESTIN FGHD

Through an interactive presentation, participants will experience a guided session examining maternal and adult-child health outcomes across three types of maternal-adult-child relationships: (1) estranged, (2) socially positive, and (3) socially negative. Participants will have the opportunity to interact with an ongoing research project from Texas Woman's University that aims to explore the connection between these relationship dynamics and maternal mental health outcomes. Through evidence-based research, participants will leave the training with up-to-date literature and practical tools for impact across diverse professions.



Emily  
Morehead,  
M.A.

# Breakout Session II

## **The Mobile Mama Method: Simple yet Powerful Tools for Perinatal Assessment, Diagnosis, Scaffolding and Support**

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | CELESTIN BC

This experiential presentation introduces the Mobile Mama Method: an innovative, three-part framework designed specifically for perinatal counseling. Drawing from over a decade of clinical experience, these evidence-informed tools provide practitioners with a simple, client-focused approach to assessment, diagnosis, scaffolding and support from pregnancy through postpartum. Participants will learn and apply three foundational tools: The Mobile Mama Hand Model, a comprehensive intake and assessment framework that guides essential self-care practices; The Mobile Mama Scale, a practical instrument for developing self-regulation and awareness; The Mobile Mama Solar System, a dynamic perinatal planning model that helps women and couples create robust support strategies for the perinatal period. Whether working with clients experiencing challenging but typical adjustment or those facing more complex perinatal mood and anxiety concerns, these tools foster a gentler transition to motherhood and build confidence in both practitioners and the clients they serve.



Michelle Anderson,  
M.A., PMH-C

## **USING ACTION AND EXPERIENTIAL APPROACHES FOR THE PERINATAL POPULATION**

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | CELESTIN A

Perinatal loss can be complex and intimidating, yet there is a role for all health professionals who engage with families before, during, and after a loss. This presentation will explore how individuals can identify their role when caring for these vulnerable families.



Lindsey  
Wimmer

# Breakout Session II

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## **The Balancing Act: Ethical Considerations for a Client-Centered Approach to Self-Disclosure in Perinatal Therapy**

Friday July 11, 2025 | 12:15 PM - 1:15 PM | Strand 12

Self-disclosure within the therapeutic relationship is a nuanced practice with significant ethical implications, particularly in the context of perinatal therapy. This presentation explores the ethical dimensions of therapist self-disclosure, including its potential to build rapport, enhance client validation, and instill hope while also addressing risks such as boundary-blurring, role confusion, and potential retraumatization. Wounded healers within the perinatal therapy profession are common, adding both strengths and challenges to the approach to self-disclosure. The rise of social media, particularly among therapists and clinical practices, has introduced an additional layer of complexity to this discussion.

Using case examples and empirical evidence, we examine how the vulnerabilities of perinatal clients, often characterized by profound grief, identity shifts, and relational sensitivity, demand a client-centered approach to self-disclosure.

Ethical frameworks, such as those outlined by professional counseling organizations, are applied to guide therapists in discerning when and how self-disclosure may serve the client's best interest. Participants will gain practical tools for balancing authenticity and professionalism, maintaining clear boundaries, and navigating complex dynamics to prioritize client well-being.

This presentation aims to empower clinicians to make informed, reflective decisions about self-disclosure while supporting the healing journey of clients coping with perinatal mood disorders, trauma and loss.



Morgan  
Bradwell,  
LICSW, PMH-C



Kayleigh  
Summers,  
LCSW

# Breakout Session II

## THE FAMILIES WE MAKE: INCREASING INCLUSION FOR LGBTQ INDIVIDUALS AND FAMILIES IN PERINATAL SERVICES

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | STRAND 11

This workshop will explore how perinatal providers can increase relevance and cultural sensitivity for LGBTQ people and communities in fertility, conception, pregnancy, and parenting support. This workshop will also address the unique perinatal mental health considerations for LGBTQ gestational and non-gestational parents.



Kristin Tucker, M.S.W.,  
LICSW, PMH-C

## BECOMING A PARENT USING A GESTATIONAL CARRIER: PREGNANCY AND POSTPARTUM CONSIDERATIONS

FRIDAY JULY 11, 2025 | 12:15 PM - 1:15 PM | STRAND 13

While literature exists describing the mental health needs of gestational carriers (GCs) in third party reproduction, little is known about specific psychological needs and potential assessment of intended parents (IPs). It is clear through working with IPs that they collectively have specific psychological needs that require comprehensive evaluation and strategies to best optimize their transition into healthy and fulfilling parenthood. This breakout session will discuss how to evaluate the IPs' psychological experiences through the process of working with a potential GC, from the initial decision to engage a GC to planning for and going through the GC's pregnancy, and finally into the postpartum and bringing their child home. Each piece of the timeline will include topics on trauma, readiness, narrative development, and religious and cultural influences on decision making.



Dvora Entin, LCSW,  
M.S.W.

# Breakout Session III

## **TOOLS FOR RESPONDING TO THE MATERNAL OVERDOSE CRISIS: HARM REDUCTION SAVES LIVES**

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | CELESTIN FGHD

Harm Reduction saves lives of mothers and pregnant people. Participants will learn evidence-based strategies for responding to perinatal substance use and how to use naloxone to reverse an opioid overdose. There will be hands-on demonstration and opportunity to practice (if desired) the skills utilized in overdose reversal.



Camila Arnaudo, M.D.



Erika Goyer, B.A.

## **IT'S MORE THAN MILESTONES: MENTAL HEALTH STRATEGIES FOR PARENTS OF CHILDREN WITH DISABILITIES AND COMPLEX MEDICAL NEEDS**

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | CELESTIN A

Explore the challenges faced by parents of children with disabilities and complex medical needs, identifying strategies to support their emotional and systemic concerns to improve clinical outcomes and long-term parental mental health beyond the first year of caregiving



Riley Blanton, M.S., Others

# Breakout Session III

## THROUGH THEIR EYES: A TRIBAL LENS ON MATERNAL PUBLIC HEALTH

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | STRAND 13

The culture of a tribal community extends beyond the institutional approach in regards to building and maintaining relationships in public health and tribal member care. Exercising the strategy of sovereignty and tribal appreciation is a critical variable when promoting public health. This interactive session will provide an opportunity to expand on skill and hybrid based approaches towards honoring tribal sovereignty and empowering maternal health prevention initiatives for community and health.



Wendell Honanie,  
B.S.

## SAUL'S LIGHT SUPPORT FOR LATINX NICU FAMILIES: BRIDGING GAPS IN CARE

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | STRAND 11

Latinx families with babies in the neonatal intensive care unit (NICU) face unique obstacles in receiving postpartum care, including insurance coverage, mental health support and language barriers. Community organizations, such as Saul's Light Foundation, bridge vital gaps in care for Latinx families through education, advocacy and resources.



Sophia  
Rosenblatt, B.A.



Kemberly  
Ordoñez

# Breakout Session III

## **CRIMINALLY CHARGED: A TRAUMA-INFORMED PERSPECTIVE ON THE UNPERCEIVED PREGNANCY**

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | STRAND 10

This session addresses the unperceived pregnancy from a psychodynamic perspective looking at the links between childhood trauma and later dissociative defenses that emerge under stress. It presents an overview of the different ways in which pregnancies are denied, with a specific focus on women who lack complete awareness of their pregnancies through labor and birth, providing a clinical framework and trauma-informed lens through which to understand these cases. Participants will gain insight into dissociation as the driving force behind neonaticide in some of these cases. This session looks at the psychosocial themes and demographic parallels that exist, utilizing case examples to address risk factors that leave women more vulnerable to this dissociative disorder.



Diana Barnes, LMFT,  
PsyD, PMH-C

## **UNDER THE INFLUENCE: MENTAL HEALTH IMPLICATIONS OF PARENTING IN THE AGE OF SOCIAL MEDIA**

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | CELESTIN BC

Social media is contributing to a mental health crisis for parents. In this presentation, the clinical implications of being chronically online and subject to both advice and undue influence will be explored. Evidence-based interventions for helping clients navigate social media will also be discussed.



Nicole McNelis, LPC,  
M.Ed., NCC, PMH-C



Colleen Reichmann,  
PsyD

# Breakout Session III

## POSTPARTUM PLANNING: A KEY STRATEGY FOR SUPPORTING PARENT MENTAL HEALTH

FRIDAY JULY 11, 2025 | 2:30 PM - 3:30 PM | STRAND 12

This presentation will explore postpartum planning as an essential strategy for promoting perinatal mental health. Participants will leave with a clear, actionable framework for incorporating postpartum planning into their work with families. The session will focus on two key perinatal care settings: clinical care and community-based programs. It will highlight a doctoral quality improvement project that successfully integrated postpartum planning into hospital-based midwifery practices, as well as demonstrate how postpartum planning is incorporated into the role of community health workers in a small rural program. The presentation will emphasize the importance of postpartum planning for the mental health of parents and provide mental health care providers with practical strategies for integrating it into their practice.



Kestrel Gates, B.A.



Joanna Wilder, CNM

# Breakout Session IV

## NOVEL TREATMENTS FOR POSTPARTUM DEPRESSION

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | CELESTIN BC

In this presentation, we will explore the epidemiology and diagnostic criteria for postpartum depression (PPD), focusing on its risk factors and impact on both the birthing parent and their family. We will delve into the primary etiological factors of PPD, including hormonal fluctuations, hypothalamic-pituitary axis dysregulation, and GABAergic steroid alterations. The broader implications of treating PPD will be discussed, emphasizing the importance of care for the birthing parent, partner, and infant. A significant portion of the presentation will be dedicated to treatment options, where we will examine current evidence-based approaches, including traditional antidepressants, psychotherapy, and emerging neurosteroid-based therapies that target the underlying biological mechanisms of PPD for more effective management.



Katherine Unverferth,  
M.D.

# Breakout Session IV

## TRANSFORMACIÓN DE LA FAMILIA "CLASE POSPARTO"

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | STRAND 13

El posparto es un periodo de profunda transformación en el que las familias enfrentan retos emocionales, físicos y sociales. En esta sesión exploraremos las etapas de adaptación familiar durante los primeros meses tras el nacimiento, enfatizando cómo los cambios en la dinámica familiar afectan el bienestar integral de todos los miembros. También se destacará la importancia de la educación y la preparación en el posparto para fortalecer la comunicación y los roles compartidos dentro de la familia. La presentación se centrará en temas clave como las expectativas frente a la realidad, el apoyo mutuo y el impacto de las redes de apoyo en la transición posparto.

Se presentarán estrategias basadas en evidencia para identificar y abordar las necesidades emocionales, culturales y sociales de las familias en este periodo crítico. Además, se discutirá la importancia de reconocer y valorar las diferencias culturales para ofrecer un acompañamiento respetuoso y equitativo. La sesión incluirá una combinación de información teórica y actividades prácticas para fomentar la participación activa de los asistentes.



Lilia Pérez, B.S. & Jenniffer  
Moreno Rueda, B.S.

# Breakout Session IV

## **A MULTIDISCIPLINARY APPROACH TO MANAGING THE INTERSECTION OF PERINATAL MUSCULOSKELETAL AND PELVIC HEALTH CONCERNS, FEAR AVOIDANCE BELIEFS AND BEHAVIORS, AND MENTAL HEALTH OUTCOMES.**

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | CELESTIN FGHD

The perinatal period is a critical developmental window marked by immense biological and psychosocial transformation with the potential to shape lifelong health and wellbeing. For many, this period is complicated by distressing and often unexpected physical health challenges with significant quality of life impacts. Research is increasingly demonstrating that perinatal physical pain and pelvic health symptoms are common, frequently dismissed, and linked to poor mental health outcomes.

In the absence of providers equipped to support these intersecting biopsychosocial needs, individuals seek recovery and return-to-activity guidance online. While increased access to recovery resources can be empowering, the deluge of non-evidence-based information can reduce clarity, increase hypervigilance to symptoms, perpetuate fear avoidance beliefs and behaviors, and amplify distress.

This seminar, led by a clinical psychology postdoctoral fellow and a physical therapist with over 30 years of combined experience in perinatal health, will expose participants to the multidimensional impacts of perinatal pelvic and musculoskeletal injuries and conditions, stigma and identity considerations, fear avoidance cycles, and mental health challenges. Participants will gain insight and tools to bridge longstanding silos within perinatal health, close care gaps, and support whole-person health and wellbeing through didactic content and case vignettes to synthesize clinical application.



Kimberley Johnson,  
Ph.D.



Julie Wiebe

# Breakout Session IV

## **A COMPREHENSIVE INQUIRY INTO THE MENTAL HEALTH OUTCOMES OF BLACK MOTHERS IN ONTARIO UTILIZING MIXED METHODS RESEARCH APPROACHES.**

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | CELESTIN A

This presentation explores the complex and multifaceted factors that significantly influence the mental health outcomes of Black mothers residing in Ontario, Canada. It highlights the unique and often disproportionate challenges encountered by these women, including experiences of perceived racism, the burden of cultural stigmas, and difficulties related to social integration. Employing a mixed-methods research approach, the study thoroughly investigates the perinatal experiences of Black mothers in Ontario, with a particular emphasis on the perinatal care services received during this critical period.

The analysis of the data was conducted using simple statistics and multiple regression methods, while thematic exploration was carried out through qualitative data. This research provides profound insights into the lived experiences of the participating mothers and the unique challenges and perspectives they face during the perinatal period. The ethical protocol was approved by the University of Toronto's Human Ethics Board, and the research was partially funded by the Centre for Global Health at the University of Toronto.

The findings will equip clinicians, policymakers, and researchers with actionable knowledge to promote equity and resilience in maternal mental health care. The presentation advocates for Black mothers' voices, enhancing understanding of their needs and support for their mental health challenges.



Titilola Omotosho

# Breakout Session IV

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## **BRINGING MOTHERS BACK TO NATURE: INNOVATIVE STRATEGIES FOR PERINATAL MENTAL HEALTH CARE**

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | STRAND 10

The perinatal period brings profound changes—physically, emotionally, and relationally. While traditional approaches to perinatal mental health care remain foundational, integrating nature-informed therapy practices can significantly enhance the therapeutic process for clients and clinicians alike. This intermediate-level session explores how clinicians can incorporate nature-informed strategies to support the perinatal population, with a focus on skill-building and practical application.

This presentation begins with a concise overview of the benefits of nature-informed therapy for perinatal clients, including evidence supporting its efficacy in reducing stressors associated with Perinatal Mental Health Disorders (PMHDs) and enhancing perceived sense of wellbeing. Building on this foundation, we will delve into concrete interventions designed for office-based and outdoor settings, as well as for clients with limited access to natural spaces and those participating in telehealth.



Lauren Bathgate,  
LCSW, PMH-C

# Breakout Session IV

## BEYOND THE POSITIVE TEST: BRIDGING THE GAP BETWEEN INFERTILITY AND PERINATAL CARE

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | STRAND 11

Pregnancy following infertility is often fraught with emotional complexities, as individuals carry the scars of infertility into their new journey. A positive test may be seen as a resolution, but many face anxiety, grief, and fear of loss, which can persist throughout pregnancy and the postpartum period. This presentation will explore how perinatal providers can support clients transitioning from infertility to pregnancy, ensuring emotional well-being and fostering a smooth shift between care models.

Attendees will gain an understanding of the lasting emotional effects of infertility, such as survivor's guilt, grief, and heightened anxiety. Perinatal providers will also learn how to implement resilience-building and coping strategies to help clients navigate their evolving identity as expectant parents.

By providing practical strategies, knowledge, case studies, and interactive exercises, the session will equip perinatal providers to offer compassionate informed care that supports clients throughout this transformative period. Ultimately, the goal is to ensure that clients feel seen, supported, and empowered as they move from infertility struggles to pregnancy and parenthood.



Shatiera Amankrah,  
LCSW, PMH-C

# Breakout Session IV

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## EDUCATING, PREPARING, AND EMPOWERING A TWO GENERATION MODEL

FRIDAY JULY 11, 2025 | 3:30 PM - 4:30 PM | STRAND 12

Florence Crittenton Services educates, prepares, and empowers teen mothers and their children through holistic, comprehensive support. This presentation will explore the organization's unique two-generation approach, which combines education, parenting support, and wraparound services to break cycles of poverty and create opportunities for success. Attendees will learn how Florence Crittenton provides a continuum of care, including a high school for teen mothers, early childhood education, parenting classes, mental health services, and access to critical resources.

By addressing the interconnected needs of young mothers and their children, Florence Crittenton fosters resilience, self-sufficiency, and thriving families. The session will also highlight the transformative impact of community partnerships, culturally responsive care, and trauma-informed practices in creating a supportive environment where teen mothers can grow as individuals, parents, and role models for their children.



Laura Rivera, M.A.



Brooke Kimball, B.S.

# Susan Hickman Awardees

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*DYNAMIC MODELING TO OPTIMIZE HIGH-RISK PERINATAL MENTAL HEALTHCARE AND PREVENT MATERNAL SUICIDE DEATHS*

**Parisa Kaliush, Ph.D.**

Saturday July 12, 2025 | 9:15 AM - 10:15 AM |  
Celestin FGHEd

Parisa Kaliush earned her Ph.D. in clinical psychology from the University of Utah. She completed her clinical internship at the University of North Carolina at Chapel Hill School of Medicine with specialization in reproductive psychology and stayed to complete one year of postdoctoral training in the Center for Women's Mood Disorders. In August 2025, she will transition into UNC's T32 postdoctoral training program in Reproductive Mood Disorders. This transition will allow her to continue her research and clinical practice related to perinatal sleep health, suicide prevention, and increasing access to evidence-based mental healthcare. She deeply appreciates Postpartum Support International's support of this research!



*STRENGTHENING POSTPARTUM CARE: INTEGRATING PERINATAL MENTAL HEALTH INTO COMMUNITY-BASED LACTATION SERVICES TO IMPROVE MATERNAL WELL-BEING AND BREASTFEEDING OUTCOMES*

**Liat Shklarski, Ph.D., LCSW**

Saturday July 12, 2025 | 9:15 AM - 10:15 AM |  
Celestin FGHEd

Dr. Liat Shklarski is an Assistant Professor at The Silberman School of Social Work, Hunter College in New York. Her scholarship centers on equitable access to mental health services for diverse populations, with a particular emphasis on women during the perinatal period. Dr. Shklarski conducts research on perinatal mood and anxiety disorders (PMADs), exploring innovative approaches to early identification and intervention. Her work involves interdisciplinary collaborations with a diverse range of providers, including doulas, lactation support professionals, pediatricians, and OB-GYNs, to strengthen integrated care models and enhance maternal mental health outcomes. Dr. Shklarski partners with scholars and practitioners both locally and internationally and is a licensed clinical social worker practicing in New York City.

# Keynote Speakers

## Keynote 2: Nancy Byatt



*THE LIGHT WITHIN OUR WOUNDS: HOW LIVED EXPERTISE, PARTNERSHIPS, AND SCIENCE CAN BE LEVERS FOR TRANSFORMING PERINATAL CARE*

**Dr. Nancy Byatt**

Saturday July 12, 2025 | 9:15 AM - 10:15 AM | Celestin FGHD

Dr. Nancy Byatt is a perinatal psychiatrist and physician-scientist focused on improving systems of care to promote the mental health of parents and children.

Her passion for her work is deeply rooted in her experiences as a clinician, researcher, daughter, and mother. She is a Professor with Tenure of Psychiatry & Behavioral Sciences, Ob/Gyn, and Population and Quantitative Health Sciences at UMass Chan Medical School. She developed the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms. MCPAP for Moms is a statewide program that has 1) increased access to mental health care for thousands of perinatal individuals 2) become a national model for perinatal mental health care, and 3) impacted state and national policies and funding. She is the Founding Executive Director of the Lifeline for Families Center and Lifeline for Moms Program at UMass Chan Medical School. The Center's activities include capacity building, consultation, and research. Dr. Byatt's research uses implementation science methods to design, implement, and evaluate scalable approaches for improving parental and child mental health services and outcomes. With over ten years of continuous federal funding for her research, Dr. Byatt's achievements have led to over 100 peer-reviewed publications, over 350 presentations, and numerous national awards. Her love is her family, especially her two teenage boys. Her passion is increasing access to and the quality of mental health care. Her mission is to redefine perinatal and family health care to include mental health care.

# Breakout Session V

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## **SUICIDE IN THE PERINATAL PERIOD: FROM FACTS TO PREVENTION**

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | CELESTIN FGHD

This breakout session will contain data from Maternal Mortality Review Committees work on Perinatal Suicide highlighting Illinois as an example. There will be information on risk factors, screening tools, national and international toolkits for prevention. In addition, an overview of various therapy modalities and how they address suicide will be included, as well as current research on perinatal suicide.



Lita Simanis, LCSW



Kara Driscoll, M.D.

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## **BRINGING THE FATHER INTO PREGNANCY**

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | CELESTIN FGHD

A “boots on the ground” approach to father inclusion in pregnancy management using a paradigm changing ante and postpartum medical/psychological questionnaire for fathers. We are all in this together and our interconnections initiate the partnership values that can endure in the emerging family.



Jane Honikman, M.S.



Edward Stephens

# Breakout Session V

## **HOLISTIC TELEHEALTH FOR HIGH-RISK PREGNANCIES: INTEGRATING MIDWIFERY AND MATERNAL MENTAL HEALTH**

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | STRAND 10

The nurse-midwifery model has a longstanding history of viewing childbearing individuals holistically and understanding how life experiences can affect their expectations and mental well-being surrounding birth. These factors can either facilitate or hinder a smooth transition to motherhood. Incorporating data on midwifery care from the U.S. alongside statistics from European counterparts supports the argument for increasing the number of midwives in the U.S. and allowing them to practice to the full extent of their skills, particularly in obstetrics and maternal mental health.

One current untapped resource in maternal mental health is the expansion of midwives' roles in perinatal mental health through certification. This would leverage their obstetrical expertise to help prevent preterm birth and untreated mental illness, while also providing greater access to crucial resources in an overstressed healthcare system.

Utilizing telehealth, we can demonstrate how building trust during virtual prenatal or postpartum visits can lead to the identification of needs and facilitate access to a safety net of multidisciplinary support. This support network may include maternal-fetal medicine specialists (MFM), psychiatric-mental health nurse practitioners (PMHNP), licensed master social workers (LMSW), and nursing care, particularly for vulnerable populations.



Shannon Wise

# Breakout Session V

## PROSPERING TOGETHER: ADVANCING HEALTH EQUITY THROUGH COLORADO'S PERINATAL MENTAL HEALTH ACCESS PROGRAM

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | STRAND 11

This session highlights Colorado's PROSPER (Perinatal Resource Supporting Obstetric Screening, Psychiatric Education, Equity, and Referral) initiative, focusing on its innovative integration of peer support and advocacy to advance health equity for Latina, Black/African American, and Native American mothers in the state of Colorado. The panel will explore PROSPER's peer-led approaches, the role of the Health Equity Committee in reducing disparities, and strategies for engaging marginalized communities. Attendees will gain actionable insights into embedding culturally responsive care and community-driven solutions in their own practices and programs.



Antonella Onofrietti  
Magrassi, Ph.D.



Laurel Hicks, Ph.D.,  
LCSW, PMH-C



Shaleah Dardar

## BREAKING THE CYCLE: PSYCHOTHERAPY FOR INTERGENERATIONAL TRAUMA IN PERINATAL MENTAL HEALTH

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | STRAND 12

This session will dive into how unresolved generational trauma affects perinatal mental health and family dynamics. We'll explore ways to identify trauma patterns, understand their cultural and systemic roots, and use practical therapeutic strategies to help clients heal and create healthier relationships. Attendees will walk away with tools and insights they can immediately apply in their work to support lasting change for families.



Ebony Allen, LCSW

# Breakout Session V

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## **TREATING COMPLEX PERINATAL CLIENTS EXPERIENCING OCD AND TRAUMA: A HOLISTIC APPROACH INVOLVING ERP AND EMDR THERAPY**

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | CELESTIN BC

Perinatal mental health clinicians may find themselves struggling with clinical decisions points when meeting with a client with a complex presentation of both OCD and trauma symptoms. We know that exposure and Response Prevention (ERP) and EMDR therapy are both empirically validated and frequently used treatments for perinatal clients. ERP is effective as a treatment for perinatal OCD and EMDR therapy is effective for reproductive trauma. However, there is a significant overlap of similarity between both OCD and trauma / PTSD symptoms, as well as a frequent comorbidity between the two diagnoses, which can complicate both our assessments and treatment plans. Additionally, many of our perinatal clients present with complex histories and a range of severity and degree of functioning. It can be helpful to have holistic, trauma-informed, and flexible treatment options to conceptualize how to best proceed with our clients, and this can include interweaving both ERP and EMDR therapy with other modalities.



Bethany Warren,  
LCSW, PMH-C

# Breakout Session V

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## LET'S COME TOGETHER: WHERE PHARMACOLOGY AND PSYCHOTHERAPY MEET

SATURDAY JULY 12, 2025 | 10:30 AM - 11:30 AM | STRAND 13

We will discuss how therapy and medication management can support each other for fully integrated care. Leynibel Lopez, LCSW, PMH-C and Theresa Furbish, APRN, PMHNP, PMH-C will present practical strategies and techniques during each visit with a shared patient. These strategies ensure we support a singular patient centered goal. This evidence-based approach will accelerate remission of symptoms for the mother entrusted to our care and ultimately lead to the best possible outcome.



Theresa Furbish, CLC,  
PMH-C, PMHNP



Leynibel Lopez, LCSW

# Breakout Session VI

## COMPLEX PATIENT ASSESSMENT, DIAGNOSIS AND TREATMENT OF PERINATAL INPATIENT POPULATION

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | STRAND 12

This session explores 5 detailed cases exploring assessment, diagnosis, treatment and outcomes, as well as the different data collected for EPDS, PSYRATS and KELCE for a perinatal psychiatric inpatient unit.



Naina Sodhi, M.S.



Nirmaljit Dhani, M.D.

## HELPING YOUR CLIENTS FIND PEACE WITH FOOD AND BODY (DURING PREGNANCY, POSTPARTUM, AND BEYOND)

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | STRAND 13

Learn how to help your clients find peace with food, body image, and exercise during pregnancy, postpartum, and beyond through using a variety of treatment modalities (e.g., IFS, EMDR, CBT, DBT).



Andrea Wetterau

# Breakout Session VI

## **INTEGRATIVE SYSTEM OF ADDRESSING PERINATAL GRIEF AND LOSS WITHIN A METROPOLITAN HOSPITAL SYSTEM: ACTS OF COMPASSION, COURAGE AND CHALLENGE**

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | STRAND 11

Perinatal loss occurs in 15% of known pregnancies. Perinatal loss rates are higher for women of color, compared to white women. Pregnancy loss is an unfortunately common and taboo experience for parents worldwide. Literature illustrates 70% of women felt invisible in their grief and 50% felt responsible for the death of their infant. Persons impacted by perinatal loss experience a range of reactions inclusive of normative and complex grief, anxiety, trauma, and depression.

Perinatal grief is a complex process influenced by cultural components including ethnic, religious, and family traditions. Compassionate and culturally informed bereavement care is essential to promoting positive outcomes. This presentation aims to highlight the comprehensive perinatal bereavement program in place through INOVA Healthcare. Dedicated nursing staff participate in system-wide and national bereavement training to provide quality care to meet unique grief and loss needs of patients. In addition, INOVA has a multidisciplinary perinatal bereavement committee for education and support of staff members and continuous quality improvement.

INOVA Hospital and Women's Behavioral Health team members work collaboratively at the inpatient and ambulatory levels to deliver patient care around perinatal loss. The presentation spotlights the importance of joining medical aspects of pregnancy care with psychological and cultural supports.



Shana Bellow, Ph.D.



Mary Potter



Allyson Manuel



Dianna Hovmiller

# Breakout Session VI

## **BUILDING PERINATAL MENTAL HEALTH CARE CAPACITY AND DRIVING ENGAGEMENT: HOW WE CAN IMPROVE MATERNAL MENTAL HEALTH INFRASTRUCTURE IN THE U.S.**

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | CELESTIN BC

During this session, panelists will talk about how health care organizations, policymakers and providers can work together to improve perinatal mental health infrastructure and better support prevention, screening, diagnosis and respective treatment for those impacted.

The panel will share the latest data on perinatal mental health screenings and utilization – including the implications of lack of data or dissatisfactory data. This will help provide a picture of the maternal mental health landscape and its features – from screening to HEDIS measurements to workforce education – with attention to areas for improvement. Also included will be unique needs and solution approaches for under-represented populations.

Attendees will learn how to strengthen and support the perinatal mental health workforce through training, targeted interventions, alternate sites of care and multichannel engagement with patients and families that address common barriers to care. Audience members will learn about leveraging multistakeholder participation to grow perinatal mental health care, especially among historically under-resourced communities, in both local and large-scale contexts.



Adrienne Griffen,  
M.P.P



Tiffany Conyers,  
LCSW



Joanne Armstrong,  
M.D., M.P.H.



Birdie Meyer, M.A.,  
PMH-C, RN

# Breakout Session VI

## PEER COACHING AND MOTIVATIONAL INTERVIEWING FOR PREGNANT PATIENTS WITH SUBSTANCE USE

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | CELESTIN FGHD

More than 20 percent of pregnant people use substances that can increase risks to their health. Peer coaches with lived experience of pregnancy, parenting, perinatal mood disorders and/or substance use are valuable allies in addressing mental health needs in this population. In this session our peer coaches will discuss motivational interviewing techniques in assessing, addressing, and supporting pregnant people who present for mental health care and who disclose substance use. The session will discuss the peer coaching role in perinatal mental health care, recovery care, and resources for caring for clients with substance use.



Melissa Sherman, M.D.,  
PMH-C



Ciara McManus



Cierra Murphy-Higgs,  
M.S.

## REPARING PARENTS: USING SCHEMA THERAPY MODE WORK TO ADDRESS CHILDHOOD TRAUMA AND COMMON TRIGGERS IN PARENTS

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | CELESTIN A

Parenting as a survivor of early childhood trauma often involves navigating complex emotions, triggers, and stress responses. Schema therapy offers a robust framework for addressing unmet childhood needs and the triggers that emerge in parenting. This therapeutic approach focuses on understanding schemas and modes, and involves 'reparenting' clients to fulfill their unmet childhood needs.

Participants will learn to identify these modes in their clients and employ interventions to bypass protective or overcompensating modes, thereby meeting the vulnerable child's unmet needs.



Danielle Sampson,  
LCSW, PMH-C

# Breakout Session VI

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## **SUPPORTING THE MIND AND BODY: THE CRUCIAL ROLE OF DOULAS IN MANAGING PERINATAL MOOD DISORDERS**

SATURDAY JULY 12, 2025 | 11:45 AM - 12:45 PM | STRAND 10

Perinatal mood disorders (PMD) are a significant and often overlooked challenge affecting the emotional well-being of birthing individuals. This presentation explores the vital role doulas play in addressing PMD, offering evidence-based strategies and compassionate care to support families during the perinatal period. Attendees will gain insights into how doulas serve as trusted advocates, bridging the gap between clinical mental health resources and the unique emotional needs of families.



Nyasia Countee

# Breakout Session VII

## FILLING THE GAPS: ADDRESSING THE NATIONWIDE PERINATAL BEHAVIORAL WORKFORCE SHORTAGE TO IMPROVE THE MENTAL HEALTH OF PREGNANT AND POSTPARTUM PARENTS

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | STRAND 10

Mental health conditions and opioid use disorder are top causes for pregnant-related deaths in the United States. Approximately 70% of U.S. counties lack sufficient maternal mental health resources, including a nationwide shortage of psychiatrists and counselors, especially those specialized in perinatal mental health. Therefore, perinatal mood and anxiety disorders (PMAD) are largely unidentified and untreated. Black and Brown birthing people are more likely to suffer from these conditions and less likely to get care. To address this issue, the Health Resources and Services Administration (HRSA) has funded 13 states to improve systems of perinatal care and bolster workforce capacity to screen, assess, and treat maternal mental health and substance use disorders.

During this session, you will learn about HRSA's perinatal mental health programming and several state grantees' successful implementations of psychiatric consultation line, resources and referrals through care coordination, and evidence-based, trauma-informed, and culturally and linguistically appropriate training opportunities for providers to ensure timely, high-quality and equitable access to perinatal mental health care.



Johanna Paillet-Growl,  
LCSW



Laurel Hicks, Ph.D.,  
LCSW, PMH-C



Courtney Masters,  
M.P.H.



Kelsee Fout



Alma Membreno,  
LCSW, PMH-C



Tara Shuler, M.Ed.

# Breakout Session VII

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## **WHEN SURVIVORS GIVE BIRTH: COMMON TRIGGERS & EFFECTIVE STRATEGIES FOR CLIENTS WITH A HISTORY OF SEXUAL TRAUMA**

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | STRAND 12

So many of us work with clients who have a sexual trauma history. So many of us work with pregnant clients. When we're working with a pregnant client who has a history of sexual trauma, it's imperative they have a supportive and safe space to explore and address potential fear or anxiety they may have about their upcoming birth, so they are not flooded by unexpected or unnecessary triggers during their birth. It is therefore critical for you to improve your understanding of the labor and birth process, and learn how to help all of your clients -- especially those with a history of sexual trauma -- therapeutically prepare for their birth.

Join me in learning about the most common perinatal triggers for sexual trauma survivors and how you can help your clients develop strategies that will reduce their anxiety going into their birth, help them navigate their birth with more ease and confidence, and ultimately reduce their chances of having a traumatic birth or developing a PMAD.



Selena Shelley, M.A.,  
LMHC, CD, LCCE

# Breakout Session VII

## HOW DO WE KEEP MISSING THIS: POSTPARTUM PSYCHOSIS MYTHS HINDERING DETECTION

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | CELESTIN BC

Members of PSI's Postpartum Psychosis Task Force integrate lived and learned expertise to elucidate the nuances regarding the illness' clinical presentation. Together, they help combat myths surrounding postpartum psychosis, in order to help anyone feel more confident identifying this elusive perinatal mental health disorder.



Julia Alzoubaidi, Ph.D.



Diana Barnes, LMFT,  
PsyD, PMH-C



Nicole Cirino, M.D.



Karen Wachenheim,  
B.S.



Laura Lilien, LCSW



Nancy Di Nuzzo



Gina Gerdin, RN

# Breakout Session VII

## NAVIGATING THE PERINATAL SEASON AS AN ADHDER: EXPLORING CHALLENGES, EMBRACING JOY, AND ENHANCING SUPPORT

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | CELESTIN A

This session will explore the experiences of ADHDees in the perinatal season from a neuro-affirming lens, including both the challenges and joys of pregnancy and postpartum as an ADHDer parent. We will explore executive functioning, sensitivity to hormonal change, vulnerability to postpartum mood and anxiety disorders, and examples of ways to support ADHDees. We will also look at the joy of creative and energetic play, embracing deep interests, and building an affirming home culture where every member of the family is encouraged to be their authentic selves.



Jane Kosloff, LICSW,  
PMH-C



Erin Wheeler, LCSW,  
PMH-C



Skylar Ibarra, LCSW,  
PMH-C

## JAZZ, BLUES, AND BABY STEPS: NAVIGATING POSTPARTUM TOGETHER

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | STRAND 11

This presentation explores the emotional symphony of postpartum recovery, drawing parallels to the improvisation of jazz and the raw authenticity of the blues. Attendees will gain insights into fostering connection, resilience, and support for new mothers and families as they navigate the baby steps of healing. Through storytelling, data, and actionable strategies, this session highlights the transformative power of community and compassionate care during the postpartum period.



Jacquelyn Clemmons-  
Muhammed, C.B.E.,  
CLC, Others



Lyndsey Williams,  
LICSW, M.S.W., PMH-C

# Breakout Session VII

## IMPACTS OF INSTITUTIONAL RACISM AND FAMILY POLICING ON COMMUNITIES OF COLOR ACCESS TO PERINATAL AND POSTPARTUM CARE

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | CELESTIN FGHD

This presentation will explore the impact of systemic violence in preventing people of Color, especially poor and working class communities to seek out mental healthcare and postpartum support. We will share historical and present examples of families experiences with institutional racism and the cascade of criminalization that follows many vulnerable families throughout the perinatal and postpartum period. Presenters will share key research, lessons learned and best practices for peers, doulas, and other care providers in promoting healthier outcomes, better utilization of services, and advocacy for families caught in the cycle of family policing.



Christina Lares



Stevie Merino, M.A.

# Breakout Session VII

## HEALING THROUGH PLAY: STRENGTHENING MOTHER-BABY ATTACHMENT AND BONDING THROUGH PLAY & LULLABIES AND LEGACIES: THE ROLE OF MUSIC THERAPY WITHIN THE PERINATAL CONTINUUM

SATURDAY JULY 12, 2025 | 2:15 PM - 3:45 PM | STRAND 13

This presentation will explore how our skin, touch, tactile interactions and play between mother and baby can serve as powerful tools for promoting attachment and bonding and co-regulation during the postpartum period. Drawing on both the principles of attachment theory, play therapy and tactile interactions, attendees will learn how play can be used to help mothers rebuild emotional connections with their babies, regain confidence in their parenting, and reduce the effects of postpartum depression. By incorporating play and tactile interactions therapists can offer mothers a way to reconnect with their babies, enhance their relationship and experience healing. By the end of the presentation, therapists will be equipped with knowledge and practical tools to support mothers struggling with postpartum depression in enhancing their attachment with their babies through the power of play and tactile interactions.

Music therapy offers essential support throughout the perinatal period, addressing the emotional, developmental, and relational needs of birthing individuals, infants, and families. This presentation will highlight its diverse applications in the acute perinatal hospital setting, showcasing its potential to enhance care standards and strengthen mental health support across the perinatal continuum.

The session will explore music therapy interventions designed to reduce stress and anxiety, foster maternal-fetal bonding, support emotional regulation, process grief from perinatal loss, and address other needs during antepartum and labor & delivery care. Additionally, strategies to support infant neurodevelopment, pain management, and emotional connection in the NICU will be covered. Finally, we will examine the role of music therapy in postpartum care, particularly for parents in the NICU, to address PMADs and facilitate adjustment to new roles.

Clinical examples and research findings will demonstrate the effectiveness and versatility of music therapy in promoting positive perinatal outcomes at each stage of the journey.



Heena Khan, M.A.



Shawna Vernisie, M.A.

# Breakout Session VIII

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## BRIDGES TO HEALING: STRENGTHENING PERINATAL MENTAL HEALTH THROUGH COLLABORATION AND ADVOCACY

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | CELESTIN A

Despite the well-documented prevalence and impact of perinatal mental health problems, the siloed healthcare system is inadequately equipped to meet the mental health needs of pregnant patients and their families. This presentation will use case examples and clinical vignettes to illustrate existing gaps in perinatal mental health care as well as opportunities for clinicians to collaborate across disciplines, advocate for their patients, and foster resilience in themselves and colleagues. Cases involving challenges for clinicians and for vulnerable maternal and infant populations will be highlighted. Maternal self-advocacy strategies and multidiscipline clinical care guidelines will be proposed.



Julianna Finelli, M.D.



Renee Bruno, M.D.



Maegen Vincent, M.D.



Karli Boggs, M.D.

# Breakout Session VIII

## **MA(T)TER: A CROSS-DISCIPLINARY PROGRAM FOR PERINATAL MENTAL HEALTH TRAINING, SCREENING, AND EARLY COMMUNITY INTERVENTION – PRELIMINARY RESULTS AND IMPLEMENTATION INSIGHTS**

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | STRAND 12

The Ma(t)ter project addresses the urgent need for an integrated and automated system to enhance access to perinatal mental health care while maintaining the quality of services provided.

This initiative aims to empower professionals involved in perinatal care to conduct early screening, deliver timely interventions, and facilitate appropriate referrals.

Additionally, it fosters collaboration between healthcare and social sector professionals to create a unified approach to managing perinatal mental health challenges.

Key objectives include the development of a streamlined referral system for first-trimester perinatal mental health screening, integrated into widely used clinical software; automation of screenings during the second trimester, early postpartum, and late postpartum periods; implementation of clinical pathways to guide primary care providers in early and appropriate interventions; and training healthcare and social sector professionals to improve literacy and establish a common language in perinatal mental health management.

This presentation will outline the design and implementation of the Ma(t)ter project and share preliminary results, focusing on barriers and facilitators in integrating specialized perinatal mental health care with primary care services. Attendees will gain insights into creating collaborative frameworks for scalable and effective perinatal mental health initiatives.



Teresa Reis, Ph.D.,  
PMH-C



Denise Leite, M.D.

# Breakout Session VIII

## BUILDING A STRONG FOUNDATION WITH A FAMILY CARE PLAN

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | STRAND 13

Families with multiple children are more likely to experience the impact of PMADs, from birthing parents to partners and siblings. While birthing parents are more likely to experience PMADs in subsequent births, the toddler, school age, and adolescent children of these parents are also more likely to experience behavioral issues and difficulty in adjustment. In this interactive workshop, we will expand the perinatal care plan to include the whole family. This presentation will demonstrate the importance of addressing perinatal care throughout the family system, provide tools and skills practice to assessing familial needs across inpatient and outpatient settings, and allows opportunities to practice creating comprehensive family care plans with colleagues.



Kimberly Valdez,  
LCSW

## TRAUMA PERINATAL INVISIBLE: RECONOCIENDO Y SANANDO HERIDAS SILENCIOSAS

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | STRAND 10

El embarazo y el posparto están estrechamente vinculados al cuerpo, ya que durante esta etapa se intensifica la sensibilidad somática y la consciencia corporal. Estos cambios pueden actuar como detonantes para reactivar traumas previamente almacenados en el cuerpo, al tiempo que aumentan la vulnerabilidad frente a nuevas experiencias traumáticas. En esta presentación, examinaremos los cambios neurobiológicos que ocurren durante el periodo perinatal y cómo estos pueden predisponer a la reactivación de traumas previos o a la aparición de nuevos traumas en situaciones adversas. Asimismo, se abordarán enfoques clínicos avanzados diseñados para identificar, tratar, integrar y sanar estas heridas invisibles, beneficiando tanto a las madres como a sus familias.



Alina Uribe, M.D.

# Breakout Session VIII

## TEEN MOMS MATTER: ADDRESSING THE UNIQUE MATERNAL MENTAL HEALTH NEEDS OF ADOLESCENTS

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | CELESTIN FGHD

Adolescent mothers face unique challenges, yet their mental health needs are often overlooked or misunderstood. This presentation highlights the critical gap in recognizing and addressing perinatal mood and anxiety disorders (PMADs) in teen moms. Drawing from my experience as a child and adolescent therapist, we'll explore how these young mothers are impacted by developmental, environmental, and systemic factors that can complicate traditional PMAD evaluations.

Participants will leave with a better understanding of how to assess and address PMADs in adolescent populations, including the role of age-specific approaches and the external pressures many teen moms face. This session also emphasizes the importance of advocacy in ensuring teen mothers receive equitable resources and support. By the end of this session, participants will feel equipped to engage with this often-overlooked population in a way that fosters connection, compassion, and real change.



Lisa Ibekwe, LCSW,  
LICSW, M.S.W.

# Breakout Session VIII

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## **INTERPERSONAL THERAPY (IPT), USING THE GRIEF AND LOSS CROSSROADS FOR BEREAVED PARENTS**

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | CELESTIN BC

Families with multiple children are more likely to experience the impact of PMADs, from birthing parents to partners and siblings. While birthing parents are more likely to experience PMADs in subsequent births, the toddler, school age, and adolescent children of these parents are also more likely to experience behavioral issues and difficulty in adjustment. In this interactive workshop, we will expand the perinatal care plan to include the whole family. This presentation will demonstrate the importance of addressing perinatal care throughout the family system, provide tools and skills practice to assessing familial needs across inpatient and outpatient settings, and allows opportunities to practice creating comprehensive family care plans with colleagues.



Elyse Springer, M.A.,  
PMH-C

# Breakout Session VIII

## CREATING A MULTIDISCIPLINARY CLINIC TO TREAT PERINATAL TRAUMA

SATURDAY JULY 12, 2025 | 4:00 PM - 5:00 PM | STRAND 11

In this presentation we will describe the creation of an innovative trauma-informed multidisciplinary clinic for pregnant people with histories of reproductive trauma. The Perinatal Trauma Clinic at Oregon Health and Science University (OHSU) was designed as an intervention for assisting pregnant people with histories of reproductive trauma by developing a trauma informed care plan for their upcoming births that helps the pregnant person feel more educated, empowered, and in control of their birth process. This is done through joint visits with both an obstetrics and mental health provider who gather a reproductive and psychiatric history to assist the patient in identifying goals for their upcoming delivery, factors they hope to avoid, and alleviating factors from prior birth experiences. In conducting these visits in a multidisciplinary setting, pregnant people avoid having to share their trauma multiple times, and benefit from the combination of both an obstetrics and mental health perspective in the creation of trauma informed care plans to help mitigate the possible recurrence of trauma. In the following presentation we will describe the implementation strategy, trauma-informed approaches, and clinic performance during an initial pilot period as well as directions for future research and program development.



Jessica Beeghly, Ph.D.



Katherine Jorda



Katherine Au, M.D.

# Keynote Speakers

## Keynote 3

### **BEYOND THE LITERATURE REVIEW: GROWTH AND IMPACT IN THE PSI ALLIANCE FELLOWSHIP**

Sunday July 13, 2025 | 9:00 AM - 10:00 AM | Celestin FGHEd

#### **Chemyeeka Tumblin, PMH-C**



Chemyeeka Tumblin is the PSI Alliance Professional Development Programs Manager and current PSI-TN Board Chair. She is a Public Health professional with over a decade of experience fostering relationships within communities by serving in various roles such as a Domestic Violence Advocate, IOP Counselor, Tuberculosis Social Service Coordinator, Preconception Strategist and most recently the Project Director for her local health department's Community Health Worker Program.

While walking alongside families in these various capacities, and her lived experiences, Chemyeeka gained knowledge in navigating the healthcare system, policy creation and lobbying, grant writing and management, as well as a deeper understanding of both Reproductive and Maternal Child Health. This knowledge led her to becoming a Licensed Marriage and Family Therapist, PMH certified, who specializes in Reproductive Challenges and Maternal Mental Health with a focus on Grief and loss, as well as a Certified Full Spectrum Doula.

Chemyeeka enjoys learning and sharing her knowledge with communities and individuals. Through public speaking, board membership, conference moderation and various interview forums she uses her knowledge, experiences and voice to build community capacity to serve families during some of their most vulnerable moments.

Chemyeeka has a B.S in Biology with minors in Chemistry and Psychology from Georgia Southern University, a Master of Science in Public Health from Meharry Medical College and a M.A in Marriage and Family Therapy/counseling from Trevecca Nazarene University.

# Keynote Speakers



## Joslyn Cunningham

Joslyn D. Cunningham is the Founder and Ceo of Blissful Birthing Doula Services Llc. She Was Born and Raised on the Far East Side of Indianapolis, where She Learned the Importance of Building and Uplifting Community Members. Blissful Birthing Doula Services Llc Was Established in February 2020, before She Attended Her First Birth in the Summer of 2020.

Her Birth Work Journey Began with Her Own Experiences during Pregnancy. after Realizing She Was Grossly Undereducated about Birth and Birth-Related outcomes, She Decided No One Should Have to Experience Birth without Being Well-Informed and Supported. She Uses Her voice, experiences, and Expertise to Empower Birthing Persons and Their Families while Collaborating with doulas, midwives, and Community Change- Makers to Initiate Equitable Shifts within the Birth World. Joslyn Has Taught Various Classes Relating to Reproductive Justice and Birth work, including Guest Lecturing at Butler University to Educate Our Future Professionals about Racial Inequities in Healthcare. joslyn is Passionate about Empowering Families of Color while Creating a Sacred Space for Families to Feel protected, educated, and Advocated For.



## Zuania Capó

Zuania Capó is a compassionate, integrative, and spiritually sensitive Licensed Mental Health Counselor serving clients in New York and New Jersey. She is deeply committed to supporting individuals in their journey toward greater self-awareness, emotional growth, and healthier relationships. As a neurodivergent-affirming and multicultural mental health professional, Zuania celebrates and encourages differences while honoring each client's autonomy.

With a strong passion for working with parents and families navigating the emotional complexities of pregnancy, postpartum adjustment, fertility struggles, and loss, Zuania offers a holistic, person-centered approach grounded in trauma-informed and culturally responsive care. Her clinical specializations include neurodiversity (ADHD, Autism Spectrum Disorder, Sensory Processing Disorder), trauma, perinatal mental health, and obsessive-compulsive tendencies.

Beyond therapy, Zuania is an active advocate and contributor to research aimed at reducing the mental health burden on youth and families facing behavioral and emotional challenges. Fully bilingual in English and Spanish, she is dedicated to closing the gap in mental health access for underserved communities—ensuring that care is inclusive, responsive, and equitable.

# Keynote Speakers



## **Shanita Alvarez-Crawley, LCSW, PMH-C**

Shanita Alvarez-Crawley is an LCSW and PMH-C. Shanita Held a Range of Positions with the Nj Department of Children and Families for 17 Years before Deciding to pursue advocacy, prevention, and Protection of Vulnerable Families in Nj through a prevention lens. She Has Been a Member of the Atlanticare Women's and Children's Services in Southern Nj as a Maternal and Infant Health Equity Leader. in This role, Shanita helped advance the Work of Maternal Health Equity as a Leader in the Safe Beginnings program, which Supports Pregnant and Postpartum Families and Their Infants up to One Year of birth in Atlantic City, Nj.

Additionally, Shanita Supported the Healthcare System by incorporating screenings, referrals, and Therapeutic Resources for Families experiencing PMDs during Their Birthing Journey. Shanita Supports the Advancement of Mental health by Serving as a Field Placement Instructor for Interning Students and an Adjunct professor at Stockton University and Rowan College. Shanita Also Serves as the Psi-Nj Alliance liaison and is an Alliance Mentor. She Also Advocates for Equitable Representation and resource Allocation for Communities of Color as a Region Leader on the Coalition for Change NJ.



## **Cherise McManus, RN**

Cherise is a Postpartum Nurse, Hypnobirthing Childbirth Educator, International Board Certified Lactation Consultant and Newborn Care Specialist. She Has a Passion for Perinatal Mental Health and Lactation. She is Currently in Graduate School and newly trained Certified Babywearing Consultant and Hopes to Do See a Connection between Mental Health and Babywearing within the Postnatal Period.

Excited to Be Part of the next Alliance Fellowship cohort, Cherise is Hoping to Make a Difference in the Parental Mental Health Field by Working with Other Passionate Professionals and Her Community. Cherise Ultimately Wants to Give Families Evidence Based Information so that They Can Be Well Informed and Can Advocate for Themselves. aside from Being a Reproductive Justice warrior, Cherise Enjoys traveling, Trying New restaurants, wineries, Spending Time with Loved ones, and Going to Disney World in Her Spare Time.

# Keynote Speakers



## **Cecily Moore**

Dr. Cecily Moore is a Licensed Professional counselor, Clinical Faculty Member at Antioch University, and Founder of Dr. Cecily Moore & Associates, LLC, where She Empowers Black Professional Women and Mothers to Unlearn the Strong Black Woman Narrative and Reclaim Their Wellness. with over a Decade of Counseling experience, Dr. Moore Integrates neuroscience, Social justice, and Storytelling to Challenge Indoctrinated Beliefs about strength, work, and Rest. A military spouse and mother of two, Dr. Moore's work is deeply tied to her lived experience and commitment to helping others. Whether presenting at national conferences, developing interactive courses, or coaching clients, she inspires Black women to live joyfully, unapologetically, and uninhibited by societal expectations.



## **Lola Price**

Lola Price is a Certified Postpartum Doula through Cappa the and Has Obtained Her Pmh- C with Psi. as a Graduate of East Carolina University, Lola Has Earned a Bachelor's Degree in Human Development & Family Science with a Psychology Minor. with This- Lola is Also a Business Owner of with Love, Lola Care Services through which She Has Dedicated Her Work to Improving the Lives of New and Expecting parents.

Her Career Culminated after Years of Supporting Loved Ones and Surrounding Community Members through Their pregnancy, birth, and Postpartum Journeys. now Serving as a Regional Liaison for Psi's Nc Chapter and an Alliance PMH-C Mentor, Lola is Committed to Better Understanding and Addressing the Perinatal Needs of Special Populations within Her State and Linking Arms to Ready Other Aspiring Allied Practitioners Beyond. Lola is Always Looking for New Ways to Connect with Professionals within Her Community and Facilitate as a Bridge for the Families who May Need Their Services. whether through Community Events or Connecting a Family in Need with Local resources, Lola Strives to Bring the Village to Each of Her Clients and Truly Embodies What It Means to "hold the mother".

# Keynote Speakers

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## **LaKendra Johnson, PMH-C, LPC**



LaKendra Johnson, LPCC-S, LPC, PMH-C, is a licensed therapist and founder of Changing Lanes Counseling Services, with over 12 years of experience in community mental health, private practice, and hospital settings. Specializing in perinatal mental health, LaKendra is deeply committed to supporting Black mothers and birthing people through culturally responsive, trauma-informed care. Her work centers on helping mamas prioritize their mental well-being, set empowered boundaries, and thrive through every stage of their journey.

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## **Maxine Marshall, LCSW, M.S.W.**



Maxine Marshall, LCSW-C, RYT, is a Somatic Therapist who Specializes in Supporting Anxious and Adhd Women and Mothers in Their Mental Wellness Journey. She Authors an Online Blog Exploring the Intersection between Clarity and Alignment and Mind Body Connection for Adhd Women. Maxine Received Her Master's in Social Work from Howard University. She Began Her Career Working with Children and Families before Transitioning to Perinatal Mental health, a Field Introduced to Her through a Specialty Group Private Practice.

She Currently Works in Community Mental Health Providing short-Term, Solution- Focused Counseling and Has a Small Private Practice that Provides Therapy to Adhd Women and Mothers. Maxine is Passionate about Helping Clients to Understand the Value of Intentionally Listening to and Caring for Self and Its Connection to Mind Body Work for Whole Body Healing. Maxine Lives in Maryland with Her husband, Their Two children, and Their Dog.

# Keynote Speakers



## **Kimberly Polanco, LMSW**

Kimberly Polanco is a Licensed Master Social Worker, Birth and Abortion Doula, and Childbirth Educator who specializes in creating safe, affirming spaces for individuals and families during pregnancy, abortion, birth, and the postpartum period in both English and Spanish.

Kimberly believes that everyone deserves access to mental health care and comprehensive sexual and reproductive education. Her work is rooted in advocacy, informed decision-making, and culturally sensitive care. She is currently a Prenatal Group Facilitator at Nido de Esperanza, where she offers individualized parenting support and leads prenatal support groups for expectant mothers. Kimberly also serves as a Social Worker with the Bonded by Baby program at Mount Sinai Hospital. She is trained in Perinatal Mood and Anxiety Disorders and Perinatal Loss, and certified in evidence-based modalities including Parenting Journey, Growing Great Kids, Perinatal Mental Health, and Interpersonal Psychotherapy (IPT).



## **Naimah Saleem, LPC, PMH-C**

Naimah Saleem, LPC, PMH-C, Has over Eight Years of Experience in the Behavioral Health Field. Naimah is Currently a Perinatal Behavioral Specialist on a Pcori- Funded Research Project. She Has Completed Perinatal-Specific Emdr Training and Volunteers as a Research Assistant at the Mothers and Babies Lab, Led by Dr. Le at George Washington University. She Presented a Poster titled, One Size Does Not Fit All: Delivering Manualized Cbt Treatment for Low-Income Black Perinatal Individuals, at the 2024 Psi conference.

Naimah Earned a Master of Science in Dance/Movement Therapy from Pratt Institute and a Master of Arts in Mental Health Counseling and Wellness from Nyu Steinhardt. She Has Facilitated Therapy in Various settings, including schools, Inpatient psychiatry, hospitals, and Community-Based Programs in Washington, DC, and New York. Naimah is Passionate about Fostering Healing and Ending Mental Health Stigma in the African American Community and is Committed to Empowering and Supporting the Perinatal Population through both Research and Clinical Practice.

# Keynote Speakers

## **Jenise Katalina, LCSW, M.S.W.**



Jenise L. Katalina, LICSW, is a seasoned clinical social worker and dynamic leader with over a decade of experience in perinatal mental health, racial equity, and community-based program development. As the founder of Kindred Healing and Rise Leadership & Coaching, LLC, Jenise provides culturally responsive therapy, career coaching, and equity-focused training to BIPOC individuals and organizations. Her expertise spans direct clinical work, inclusive leadership development, and curriculum creation, all grounded in a trauma-informed and anti-oppressive framework. She is also a committed educator, serving as an adjunct faculty at Springfield College, where she mentors the next generation of social workers.

In addition to her clinical and educational roles, Jenise serves as an Executive Leader of the Women of Color Health Equity Collective, where she leads movement-building initiatives aimed at advancing health equity and social justice. Her leadership has earned her recognition such as the BusinessWest “40 Under 40” award and multiple accolades for her community impact. A passionate advocate and thought leader, she actively participates in statewide and national efforts to address systemic inequities, including her fellowship with Postpartum Support International’s Alliance for People of Color. Jenise’s work exemplifies her deep commitment to healing, liberation, and equity for marginalized communities.

## **Charity Crawford**



Charity Crawford is a LMSW, PMH-C, and Mental Health Therapist. Her Work within the Mental Health Field Includes Special Emphasis on Supporting Individuals and Couples to Navigate the Challenges of Perinatal Mental Health. Utilizing Acceptance Commitment Therapy, and Cognitive Behavioral Therapy, Charity Guides Clients toward Psychological Flexibility and Alignment with Their Personal Values.

Her Experience in the Mental Health Field Has Included Individual and Couples therapy, Parent Support groups, Maltreatment and prevention, and Psycho-Education in Military and Civilian Communities. outside of Direct Clinical work, Charity is the Creator of the blog, “Charity & Motherhood”, which Explores the Intersections of Mental health, motherhood, and Spiritual Support. as a mom, and Survivor of Perinatal Anxiety and Birth trauma, She Personally Understands the Unique Challenges that Come along with Perinatal Mental Health Challenges. Charity is Excited to Bring Her Professional Experience and Passion for Perinatal Mental Health to the Alliance Fellowship program.

# Sunday Seminars

## ENHANCING THE CONTINUUM OF CARE: THE ROLE OF IOPS AND PHPS IN MATERNAL MENTAL HEALTH

SUNDAY JULY 13, 10:15-1:15 | CELESTIN BC

This session explores IOPs and PHPs as critical interventions for maternal mental health, highlighting program structures, key distinctions, implementation strategies, practical strategies, and considerations for improving access and outcomes.



**Amalia Londoño  
Tobón, M.D.**



**Aimee Danielson,  
PhD**



**Cynthia Battle, PhD**



**Emily Aron, MD**



**Karen Longenecker,  
MA, LCSW, IECMH-E**



**Kristin Wedel,  
LICSW**



**Lisa Cross, LMFT,  
PMH-C**



**Naina Sodhi, M.S.**



**Roxanne Rosenberg,  
LCMHC, PMH-C**



**Ruth Arbit, LCSW**



**Sogand Ghassemi,  
M.D.**



**U'nek Clarke, LICSW**



**Virtue Sankoh, PhD**



**Zobeida Diaz, M.D.**

# Sunday Seminars

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## **SEMINAR: INCREASING AWARENESS, IDENTIFICATION, AND SUPPORT FOR MOTHERS WITH AUTISM OR ADHD DURING THE PERINATAL PERIOD**

SUNDAY JULY 13, 10:15-1:15 | CELESTIN A

Peer-led support groups can be a valuable resource for perinatal mothers and birthing individuals with ADHD. This panel will discuss the importance of ADHD support during the perinatal period and highlight PSI's efforts to address this need through recently launched biweekly support groups. The session will also explore common challenges faced by perinatal individuals with ADHD and provide insights on effective ways to support them during this critical phase.



**Kiley Hanish,  
PMH-C**



**Jennifer Love,  
LCMHC**



**Simal Ozen Irmak,  
M.P.H., Ph.D., PMH-C**



**Megan Roberts,  
PMH-C**

# Sunday Seminars

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## **WORKSHOP ON ADVOCACY AND LOBBYING: EVERYTHING YOU NEED TO KNOW TO BECOME AN EFFECTIVE ADVOCATE**

SUNDAY JULY 13, 10:15-1:15 | CELESTIN DEFGH

This 3-hour interactive workshop is designed for both seasoned advocates as well as those who are new to advocacy. Participants will learn the difference between advocacy and lobbying, how to use their personal story in advocating, what advocacy tools are most effective, and how to engage in national advocacy efforts.



**Adrienne Griffen, M.P.P.**



**Mia Hemstad**



**Jamie Zahlaway  
Belsito, B.A.**

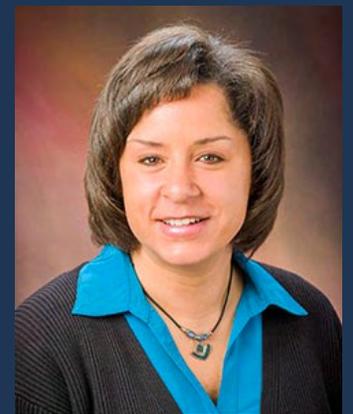


*Thank you*

**TO OUR 2025  
CONFERENCE TRAINERS**

Amalia Londoño Tobón, MD  
Birdie Meyer, RN, M.A., PMH-C  
Kristy Christopher- Holloway,  
Ed.D., LPC, PMH-C  
Renee M. Bruno, MD

Tiffany Conyers, LCSW, PMH-C  
Chris Raines, APRN, PMH-C  
Jacqueline Tynan, PsyD  
Sheehan Fisher, PhD  
Joanna Cole, PhD, PMH-C



# *Thank you* TO OUR PSI TRAINERS

Kara M. Brown, MD

Dvora Entin, LCSW, MSW, PMH-C

Marianela Rodriguez, Ph.D. PMH-C

Ivy Sias, LPC, PMH-C

Danny Singley, PhD, PMH-C

Karla Cardoza, M.A., LMFT, PMH-C

Camila Arnaudo, MD

Nancy Byatt, MD



# POSTERS



# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

1. OTHER WOMEN'S STORIES: CREATIVE WRITING AS A TOOL FOR SUPPORT, RECOVERY, AND EMPATHY-BUILDING

**PEER SUPPORT AND ADVOCACY**

Bridget Bell

2. PANEL PRESENTATION FROM THE PERINATAL MENTAL HEALTH RESEARCH LAB AT ALLIANT INTERNATIONAL UNIVERSITY

**PSYCHOTHERAPY**

Rebecca Bokoch

3. MENTAL HEALTH SCREENING, TRAUMA EXPERIENCES, AND POSTPARTUM MENTAL HEALTH

**INTEGRATED CARE AND SYSTEMS**

Rebecca Bokoch\*, Elise Wilder, Jacqueline Fahey

4. IMPROVEMENT IN ANHEDONIA SYMPTOMS WITH ZURANOLONE IN PATIENTS WITH POSTPARTUM DEPRESSION (PPD): A POST HOC ANALYSIS OF THE PHASE 3 SKYLARK STUDY

**PERINATAL PSYCHIATRY**

Craig Chepke\*, Desiree Matthews, Ruby Castilla-Puentes, Marci Potter, Theresa Vera, David Silver

5. THE EMOTIONAL SIDE OF LACTATION: IMPLICATIONS FOR PERINATAL MENTAL HEALTHCARE

**PSYCHOTHERAPY**

Lindsey Brown McCormick

6. BONDING WITH BABY THROUGH BOOKS: A RESEARCH OPPORTUNITY FOR PARTNERS DURING PREGNANCY

**FAMILIES and PARENTING PARTNERS**

Alexandria Budney\*, Lindsay Zajac, Calista Shank, Joanna C.M. Cole

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

7. BUILDING BABIES' BRAINS QI PROJECT: THE IMPORTANCE OF EARLY INFANT HOLDING AND THE USE OF PARENT FEEDBACK TO GUIDE INITIATIVES

**FAMILIES and PARENTING PARTNERS**

Alexandria Budney\*, Lindsay Zajac, Lara Billet, Kristi Perrone, Casey Hoffman-Craven

8. EMPOWERING STUDENT MOTHERS IN UNIVERSITY, A QUALITATIVE EXPLORATION

**PEER SUPPORT and ADVOCACY**

Christina Castellano\*, Julie Bertram, Michelle Barrier

9. PROVIDER EXPERIENCE WITH NC MATTERS PERINATAL PSYCHIATRY ACCESS PROGRAM

**INTEGRATED CARE AND SYSTEMS**

Andrea Chalem\*, Andi Davis, Alexis French, Karen Burns, Margo Nathan

10. Navigating Minds: Pregnant and Parenting Adolescents' Insights on Perinatal Mental Health

**INTEGRATED CARE AND SYSTEMS**

Olajumok Ojeleye

11. HAPPINEST: ALL-IN-ONE, BEHAVIORAL HEALTH PLATFORM FOR PARENTS

**INTEGRATED CARE AND SYSTEMS**

Utku Irmak\*, Simal Ozen Irmak

12. THE OTHER BIRTHING PLAN: PREVENTION MODEL WITHIN A MULTI-SITE OBGYN PRACTICE TO EMOTIONALLY PREPARE NEW PARENTS FOR POSTPARTUM

**INTEGRATED CARE AND SYSTEMS**

Lisa Cuseo-Ott

13. THE ROLE AND INFLUENCE OF PRENATAL CARE PRACTICES ON POSTPARTUM DEPRESSION: A GLOBAL SCOPING REVIEW

**INTEGRATED CARE AND SYSTEMS**

Esther Abikoye

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

14. TECHNOLOGY ASSISTED SUBSTANCE USE AND MENTAL HEALTH TREATMENT FOR PREGNANT AND POSTPARTUM INDIVIDUALS

## **PSYCHOTHERAPY**

Jaquelin Dodge Evans

15. SUPPORTING NICU FAMILIES: THE MENTAL HEALTH IMPACT OF POSTPARTUM DOULA CARE – INSIGHTS FROM A PIONEERING STUDY

## **INTEGRATED CARE AND SYSTEMS**

Elizabeth Farmer\*

16. MATERNAL MENTAL HEALTH IN THE UNITED STATES: PAST, PRESENT, AND FUTURE

## **PEER SUPPORT and ADVOCACY**

Adrienne Griffen

17. WOMAN'S HOSPITAL - PERINATAL MENTAL HEALTH UNIT

## **PERINATAL PSYCHIATRY**

Whitney Craig, Bianca Glueck, Enrique Flechas\*, Mallori Williams, Amber Thompson, Kelly Cannon

18. PARENTING AFTER LOSS: IMPACT OF RUMINATION AND SELF ESTEEM ON POSTPARTUM ANXIETY AND BONDING

## **PSYCHOTHERAPY**

Agata Freedle

19. INFLUENCE OF A NUTRITIONAL SUPPLEMENT ON POSTPARTUM MOOD BY BASELINE CRYING FREQUENCY SUBGROUP

## **PERINATAL PSYCHIATRY**

Michael Spiliopoulos, Sadia Arshad, Megan Gilbert\*, Justin Sloane

20. A PARENT AND INFANT MENTAL HEALTH-CENTERED APPROACH TO SLEEP: EFFECTIVE ALTERNATIVES TO SLEEP TRAINING

FAMILIES and PARENTING PARTNERS

Valerie Groysman

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

21. DEVELOPMENT OF A PERINATAL PSYCHIATRY OUTPATIENT CLINIC FOR PUERTO RICAN PATIENTS

## **PERINATAL PSYCHIATRY**

Verónica Gutiérrez del Arroyo Lebrón\*, Karen Martinez, Ingrid Casas-Dolz

22. INTEGRATED CARE IN RURAL POPULATION: EMBEDDED SOCIAL WORKER IN WOMEN'S CLINIC

## **INTEGRATED CARE AND SYSTEMS**

Mari Hanchar\*

23. EXPANDING HOSPITAL-BASED VOLUNTEER DOULA SUPPORT TO AN INPATIENT POSTPARTUM CARE UNIT

## **FAMILIES and PARENTING PARTNERS**

Lauren Harper\*, Fariha Rahman, Rhonda Lanning, Emily Locke

24. DEMOGRAPHIC AND SOCIAL DETERMINANTS OF HEALTH INDICATORS ON ENGAGEMENT AND MENTAL HEALTH OUTCOMES FOR LOW-INCOME BLACK PERINATAL INDIVIDUALS

## **PSYCHOTHERAPY**

Naimah Saleem

25. PUBLIC'S OUTLOOK TOWARDS POSTPARTUM DEPRESSION: WHERE DOES #X STAND?

## **PERINATAL PSYCHIATRY**

Kathryn Kelly\*, Chaden Nouredine, Lama Nouredine, Briana Van Verdeghe

26. PUBLIC INTEREST IN PERINATAL OCD AND DEPRESSION: ANALYZING A TWENTY YEAR SEARCH TREND

## **PERINATAL PSYCHIATRY**

Kathryn Kelly\*, Chaden Nouredine, Lama Nouredine, Briana Van Verdeghe

27. BEYOND BABY BLUES: USING TECHNOLOGY TO CREATE AUTHENTIC COMMUNITY SUPPORT NETWORKS FOR NEW MOTHERS

## **PEER SUPPORT and ADVOCACY**

Aparna Kumar

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

28. POSTPARTUM JUSTICE: ADVOCATING FOR EQUITABLE CARE BEYOND BIRTH

**PEER SUPPORT and ADVOCACY**

Erica Livingston

29. MIGRAINE AND PERINATAL MOOD AND ANXIETY DISORDERS: A SCOPING REVIEW

**INTEGRATED CARE AND SYSTEMS**

Anna Matthews\*, Kristin Tully, Martha Grace Cromeens, Bingqin Huang, Shawn Kneipp

30. MACHINE LEARNING MODEL TO PREDICT DEPRESSION AMONG MOTHERS

**PERINATAL PSYCHIATRY**

Bidusha Neupane\*

31. INTEGRATING VALUES WHEN WORKING WITH FAMILIES SUFFERING FROM PERINATAL MOOD DISORDERS

**FAMILIES and PARENTING PARTNERS**

Christina Offill

32. CAPACITY BUILDING FOR NEED-INSPIRED SOLUTION DEVELOPMENT FOR PARENTAL BEHAVIORAL HEALTH CHALLENGES

**INTEGRATED CARE AND SYSTEMS**

Simal Ozen Irmak

33. INCIRCLED: ADD-ON, VIRTUAL PRACTICE PLATFORM FOR PERINATAL BEHAVIORAL HEALTH PROVIDERS

**INTEGRATED CARE AND SYSTEMS**

Simal Ozen Irmak\*, Utku Irmak

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

34. HEARTBEATS: A SPECIALIZED INITIATIVE OF THE VCU TRAUMA CENTER PROVIDING HOSPITAL-BASED/COMMUNITY-LINKED SERVICES FOR THE PERI/POST PARTUM PATIENT TO REDUCE MATERNAL MORBIDITY

## **INTEGRATED CARE AND SYSTEMS**

Carol Olson, Leann Ragland\*, Tia Cochran, Cassandra Michelle, Abriana Gresham, Nicholas Thomson, Michel Aboutanos, Leann Ragland

35. PATIENT SATISFACTION WITHIN AN INTEGRATED PERINATAL MENTAL HEALTH PROGRAM

## **INTEGRATED CARE AND SYSTEMS**

Lindsey Rogers\*, Catherine Wolcott, Bethany Ashby

36. THERAPEUTIC MODALITIES FOR POSTPARTUM COUPLES: STRENGTHENING PARTNER RELATIONSHIPS AGAINST PMAD'S

## **PSYCHOTHERAPY**

Daisy Ruiz\*

37. CREATING A CONTINUUM OF PERINATAL MENTAL HEALTH CARE FOR PARENTS OF NICU PREEMIES THROUGH INTERDEPARTMENTAL COALITIONS AT A COMMUNITY HOSPITAL.

## **INTEGRATED CARE AND SYSTEMS**

Naina Sodhi

38. ASSOCIATION OF MENTAL HEALTH SYMPTOMOLOGY AND MEDICATION TREATMENT WITH SYSTEMIC INFLAMMATION IN PREGNANCY

## **PERINATAL PSYCHIATRY**

Shreya Sridhara\*, Renee Odom-Konja, Lauren Keenan-Devlin, Greg Miller, Ann Borders

39. PERINATAL MENTAL HEALTH AND POSTPARTUM EXPERIENCES: INSIGHTS FROM THE LISTENING TO MOTHERS III

## **PERINATAL PSYCHIATRY**

Penny Telesford\*, Yachun Wen

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

40. BRIDGING GAPS IN MATERNAL MENTAL HEALTH: A SYSTEMATIC REVIEW OF FORMAL AND INFORMAL SUPPORT SYSTEMS

**INTEGRATED CARE AND SYSTEMS**

Tiera Smith\*

41. WORK, SUPPORT, AND MOTHERHOOD: PREDICTING POSTPARTUM DEPRESSION IN BLACK WOMEN

**PEER SUPPORT and ADVOCACY**

Ciara Venter\*, Diego Barcala-Delgado

42. THE IMPACT OF POSTPARTUM DEPRESSION DIAGNOSIS AND BREASTFEEDING STATUS ON MATERNAL DEPRESSION SCORES

**PERINATAL PSYCHIATRY**

Katilya Ware\*, Ann Lambert, Chih-hsuan Wang, Claire Thompson, Brooke Freeman, Pamela Short

43. BLACK MATERNAL MENTAL HEALTH: SUICIDAL THOUGHTS IN THE PERINATAL PERIOD

**PSYCHOTHERAPY**

Natasha Welz

44. FRONTLINE BIRTHWORKERS: CULTURALLY RELEVANT DOULAS PROMOTING MENTAL HEALTH AMONG COMMUNITIES OF COLOR

**Families & Parenting Partners**

Stevie Merino\*, Christina Lares

45. ROLE OF EARLY-PREGNANCY MATERNAL METABOLITE SIGNATURE IN MEDIATING PRE-PREGNANCY PATERNAL PSYCHOLOGICAL DISTRESS AND PERINATAL DEPRESSION

**PERINATAL PSYCHIATRY**

Na Zhang\*, Hui Wang, Jun Zhang

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

46. MATERNAL AND INFANT MENTAL HEALTH - WHY IT'S IMPORTANT AND HOW PEDIATRICIANS, OBSTETRICIANS, AND OTHER HEALTHCARE PROVIDERS CAN HELP

**INTEGRATED CARE AND SYSTEMS**

Brooke Yancey-Ward

47. FROM CONCEPT TO CLASSROOM: DEVELOPING A GRADUATE CERTIFICATE IN PERINATAL MENTAL HEALTH

**INTEGRATED CARE AND SYSTEMS**

Natashia Collins

48. Supporting Individuals Cope with Infertility

**PSYCHOTHERAPY**

Rebecca Gleed

49. BEYOND BABY GEAR: EMPOWERING PARENTS TO BUILD THE ULTIMATE POSTPARTUM SUPPORT NETWORK

**FAMILIES and PARENTING PARTNERS**

Smitha Gudapakkam

50. PMAD SCREENING and TREATMENT PEARLS FOR CLINICIANS

**PERINATAL PSYCHIATRY**

Christina Felten

51. ANTECEDENT TRAUMA AS A PREDICTOR OF POSTPARTUM DEPRESSION IN AFRICAN AMERICAN WOMEN

**PSYCHOTHERAPY**

Ebony Rao

52. CENTERING HER: POSTPARTUM CARE AND THE INTERSECTION OF SOCIETAL NORMS AND PROFESSIONAL SUPPORT

**PSYCHOTHERAPY**

Violet Reynolds O'Brien\*

*\*Presenting Author*

# Poster Sessions

SATURDAY, JULY 12

1:15 PM - 2:15 PM

STORYVILLE HALL

53. PROMOTING PERINATAL MENTAL HEALTH: PSYCHOEDUCATIONAL INTERVENTIONS IN A PUBLIC HOSPITAL

**INTEGRATED CARE AND SYSTEMS**

Teresa Reis\*, Carla Santanita, Denise Leite

54. Reducing the Severity of Initially Moderate to Severe Perinatal Depression Through a Virtual Maternity Program

**INTEGRATED CARE AND SYSTEMS**

Tiffany Conyers

55. Impact of a Virtual Maternity Care Program on Perinatal Depression Screening Rates in a Medicaid-Insured Population

**INTEGRATED CARE AND SYSTEMS**

Tiffany Conyers

56. Cultivating Racial Equity: Virtual Screening and Follow-Up of Prenatal Depression and Social Drivers of Health

**INTEGRATED CARE AND SYSTEMS**

Tiffany Conyers



# Chat With An Expert

Becoming a new parent is often filled with many questions. We are here to help with the ones revolving around mental health. Call our chat, led by a licensed mental health professional.

## What kind of questions can I ask?

- I'm not sure if I need help. How do I know?
- I'm not depressed, I'm anxious. Where do I turn for help?
- Why am I angry all the time?
- How do I find a counselor?
- What will my first therapy appointment be like?
- I don't have any insurance. Is there help for me?
- I can't sleep. What can I do?
- How do I know if medication is safe to take while I'm pregnant or breastfeeding?



**MOMS – EVERY WEDNESDAY**

**DADS – FIRST TUESDAY EACH MONTH**

Chat Number: 1-800.944.8766

Participant Code: 73162#



For times, visit [Postpartum.net/get-help/chat-with-an-expert](https://Postpartum.net/get-help/chat-with-an-expert)

# We Love Our Members!

## Pop by the PSI Membership booth in the exhibitor hall to say hello!

Whether you are already a member or thinking of joining, we'll be glad to see you and answer any questions. Need some hand-holding on using the member forum/listserv groups, or help with your login? This is the place.

PSI has over 6,000 members around the world, including health & mental health care providers, researchers, students, and community supporters.

Member benefits include:

- Member forum/listserv groups, and Peer Consultation web-conferencing groups for providers (in English and Spanish)
- Discounts on PSI trainings & conference registration
- Discounts with our partners on trainings, memberships, and more
- Our appreciation

*Membership dues enable PSI to continue to meet critical needs as we provide direct peer support to families, train professionals, and provide a bridge to connect them. **Thank you** to our members for your part in strengthening the worldwide safety net.*

**Contact [membership@postpartum.net](mailto:membership@postpartum.net)  
with any membership questions.**



Join Here:



# ¡Nos encantan nuestros miembros!

## ¡Pase por el stand de información y membresía de PSI para saludarnos!

Si ya es miembro o está pensando en unirse, estaremos encantados de verle y responder a sus preguntas. ¿Necesita ayuda para utilizar el foro de miembros/grupos listserv, o ayuda con su inicio de sesión? Este es el lugar.

PSI tiene más de 6.000 miembros en todo el mundo, incluidos proveedores de atención de salud y salud mental, investigadores, estudiantes y partidarios de la comunidad.

Los beneficios para miembros incluyen:

- Foro de intercambio y creación de redes, y grupos de consulta por web para proveedores (en inglés y español)
- Descuentos en capacitaciones de PSI y registro de conferencias
- Descuentos con nuestros socios en capacitaciones, membresías y más
- Nuestro agradecimiento

*Las cuotas de membresía permiten a PSI continuar satisfaciendo necesidades críticas mientras brindamos apoyo directo entre pares a las familias, capacitamos a profesionales y proporcionamos un puente para conectarlos. ¡Gracias a nuestros miembros por su participación en el fortalecimiento de la red de seguridad mundial.*

**Comuníquese con [membership@postpartum.net](mailto:membership@postpartum.net) si tiene alguna pregunta sobre la membresía.**



Únete aquí:



# Donate Today!



At PSI, we train talented, dedicated individuals like you.

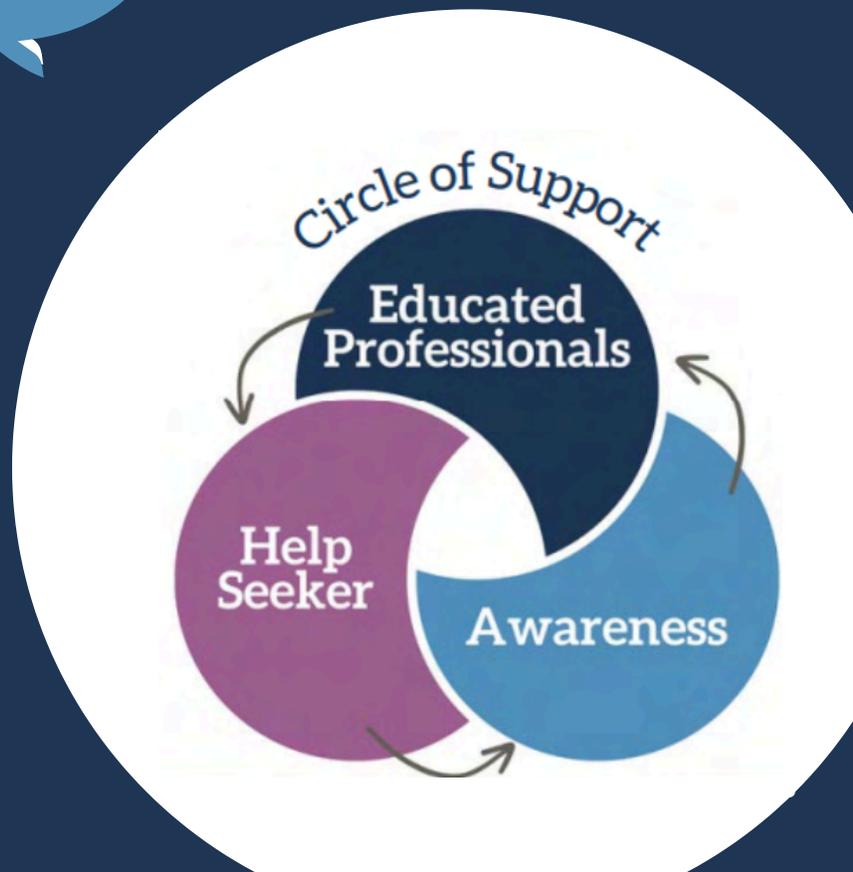
As a 501(c)3 nonprofit we also provide FREE, high-quality peer-support services to families such as:

- The PSI HelpLine
- Over 50+ Online Support Groups
- Peer-Mentor program
- Provider Directory with qualified and vetted providers like you

**But, none of this is possible without generous donors like you...**

Make your donation today at [www.postpartum.net/donate](http://www.postpartum.net/donate) and visit the check-in desk to receive a special donor ribbon

**Thank you for supporting the mission of PSI!**





Every donation grows PSI's reach.  
More help. More healing. More hope.

*Join us!*

**Donate today!**



# Get Connected

Tag us on any of our social accounts or use hashtag **#PSICON2025** to add your photos to our PSI Conference wall.

Use hashtag **#MyWhyPSI** to share YOUR why with us.

The PSI logo consists of the letters "PSI" in white, bold, sans-serif font, positioned inside a blue circle. To the right of the circle is a white, stylized wave or leaf shape that overlaps the circle's edge. The background of the entire page is dark blue with a light blue floral illustration on the left side, featuring several stems with various flower shapes and leaves.

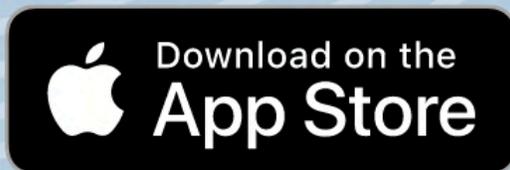
# Download the App

## Connect with PSI for:

- ✓ Community at your fingertips
- ✓ Instant access to HelpLine/hotline
- ✓ Directory of trained providers



Connect by PSI





Scan for Help!

# Support for Parents

## Peer Support Services

### HelpLine

- Toll-free number that anyone can call or text
- Provides basic information, support, & resources regarding perinatal mental health in English & Español.
- Staffed by volunteers 7 days a week
- Voicemails & texts returned within 24 hours

### Online Support Groups

- Free weekly online support groups on numerous topics
- Trained facilitators offer peer (not clinical) support
- "Come as you are" atmosphere - cameras optional
- 90-minutes in length, providing information and resources, with the majority of time spent on open discussion among peers.

### Chat with an Expert

- Free live phone sessions offered to all parents
- No registration required, limited to first 15 callers
- Facilitated by licensed mental health professionals
- Connect with other parents: talk about resources, symptoms, options, & general information about PMADs.

### Support Coordinators

- Provide education, empathy and resource referrals to those who reach out for help.
- Local: Do their best to know all resources in their geographic areas, so they can provide best referrals.
- Specialized: Provide knowledgeable support for a population at high risk for PMADs or a particular experience related to pregnancy, birth or postpartum.

### Social Media Groups

- PSI Closed Facebook Group: For support & peer educational purposes, not clinical help.
- PSI Dads Closed Facebook Group: For support & peer educational purposes specific for dads, not clinical help.
- Smart Patients: An online community for patients and their families beyond the postpartum period. Survivors are welcome to share stories of recovery and hope. Users can be anonymous.

### Peer Mentor Program

- Pairs an individual in need of support with a trained volunteer who previously experienced perinatal mental health struggles and is now thriving.
- Weekly communication between peer and mentor for up to 1 year.
- Pairs are thoughtfully matched on a variety of attributes, including perinatal experiences (including loss and post termination), family structure, race/ethnicity and other individual nuances.

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

Download *Connect by PSI* in your app store for mental health support and resources.



# PSI Chapters Program

*We have chapters in all 50 states, plus Washington, D.C!*

**BUILD COMMUNITY** ♥ **RAISE AWARENESS** ♥ **CREATE RESOURCES** ♥ **ADVOCATE FOR CHANGE**

## PSI Chapters Program Overview

The PSI Chapters Program brings together perinatal mental health advocates (survivors, professionals, stakeholders) from across U.S. states/territories to further PSI's mission and vision on a local level.

Every state/territory/region, has its own respective systems, opportunities, barriers, and access to information, education and resources regarding perinatal mental health. By providing the structure and support chapters, PSI empowers advocates to create change in their own areas.

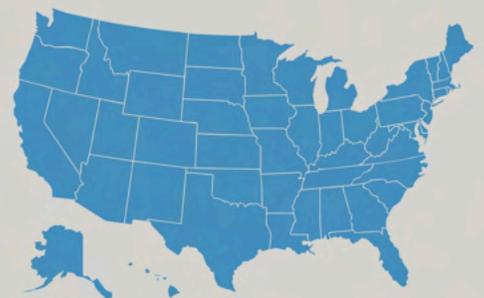
Our chapters are governed by volunteer board of directors and focus on building community, raising awareness, creating resources/programs, and pushing to ensure perinatal mental health is a priority.

## What Are PSI Chapters Doing?

**Chapter activities vary state-by-state, and can include:**

- Work to raise awareness and bring in PSI trainings to providers in their areas
- Offer scholarship monies towards PSI trainings/events
- Offer local in-person support groups
- Provide PMHD educational materials to hospitals
- Serve as content and thought leaders in crafting and promoting legislation in their states
- Become prominent figures on maternal mental health task forces
- Promote awareness campaigns
- Fundraise for chapter programming
- Raise grant monies to support full-time staff and create local programming

## Find Your Chapter



[PSIchapters.com](https://PSIchapters.com)



Para buscar ayuda,  
escanea el código QR



# Apoyo para Familias

## Servicio de Apoyo de Pares

### Línea Cálida

- Número gratuito donde cualquier persona puede llamar o enviar texto con una mínima información requerida. También hay un formulario en línea por el cual se pueden comunicar de cualquier parte del mundo.
- Apoyo y recursos sobre salud mental perinatal en inglés y español.
- Atendido por voluntarias, 7 días a la semana.
- Los mensajes de voz y de texto serán contestados en un lapso de 24 horas.

### Apoyo de Coordinadores

- Proporcionan educación, empatía y recursos locales para las personas que necesitan apoyo.
- Hacen su mayor esfuerzo para conocer los recursos locales del área geográfica que les corresponde.
- Coordinadores especializados: proveen conocimiento y apoyo para la población en riesgo de sufrir algún desorden de salud mental perinatal o alguna experiencia relacionada al embarazo, parto o posparto.

### Encuentros de Apoyo Virtual

- Encuentros de apoyo virtual semanales en diferentes temas.
- Facilitadores capacitados para ofrecer soporte de pares (no clínico).
- Unase a su propio estilo ya que la cámara es opcional.
- Al menos una hora de tiempo para compartir recursos y conversaciones entre pares.

### Hablar con un Experto

- Hable con un experto sin costo.
- Sin registro requerido.
- Estará limitado a los primeros 15 solicitantes y será facilitado por profesionales de salud mental perinatal.
- Conexión con otros padres, hablar sobre recursos, síntomas, diferentes opciones e información general sobre salud mental perinatal.

### Grupos en las Redes Sociales

- Grupo cerrado de PSI en facebook: apoyo educativo y de pares.

### Programa de Pares

- Se empareja a una persona con la necesidad de apoyo con un mentor voluntario quien previamente ha tenido una experiencia de salud mental perinatal.
- Comunicación semanal entre par y mentor por 4 meses.
- El emparejamiento se produce por una variedad de atributos, incluyendo la experiencia perinatal de los miembros (incluyendo pérdida y después de la terminación de un embarazo), estructura familiar, raza/etnia y otras características.

Síguenos en  
**Instagram y Facebook: @PSIespanol**

Descarga **Connect by PSI** en tu  
tienda de aplicaciones



POSTPARTUM SUPPORT INTERNATIONAL

# Loss & Grief Support Groups

BLACK MOMS IN LOSS

EARLY PREGNANCY LOSS SUPPORT FOR MOMS

FERTILITY CHALLENGES

PARENTING AFTER LOSS

PREGNANCY AFTER LOSS SUPPORT

PREGNANCY AFTER STILLBIRTH & EARLY INFANT LOSS

PREGNANCY & INFANT LOSS SUPPORT FOR MOMS

PREGNANCY & INFANT LOSS SUPPORT FOR PARENTS

STILLBIRTH & INFANT LOSS SUPPORT FOR PARENTS

TERMINATION FOR MEDICAL REASONS



SCAN FOR GROUP  
SCHEDULES & TO REGISTER





## *Substance Use Recovery Support for Perinatal Moms & Birthing People*



This peer support group is for those from pregnancy to two years postpartum who are engaged in recovery or considering recovery from substance use disorders (SUD). This is a meeting focused on recovery, meaning a goal of abstaining from use, excluding medications taken as prescribed. The perinatal period brings about unique challenges for those trying to maintain sobriety, and this group is a space to share those experiences and receive support whether you've been sober for one day or one hundred days. PSI recognizes SUD as a chronic illness of the brain from which we can recover and lead healthy lives, and we honor that there are multiple, unique pathways to recovery for each individual. We hope to support those on their recovery journey as they also navigate pregnancy and postpartum.

View the schedule & register: [bit.ly/FindSupportGroup](https://bit.ly/FindSupportGroup)

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



**Feeling overwhelmed or unsure of where to turn for support?  
Want to talk to other parents who can relate to your experience?**



## Join a Free Online Support Group

PSI understands everyone faces different challenges. Our free online support groups are confidential and judgment-free, and led by trained volunteer facilitators who get it.

### **We offer numerous groups on a wide variety of topics, including:**

- Perinatal (Pregnancy & Postpartum) Mental Health
- Loss and Grief
- Post-Abortion
- Termination for Medical Reasons

### **Many groups are tailored to serve specific communities, including:**

- Moms and Birthing People
- Asian, South Asian, Pacific Islander, or Asian Americans
- Black, Indigenous, People of Color
- Dads
- Deaf Parents
- Military Moms
- Queer and Trans Parents

### **What to expect:**

Our sessions are 90 minutes long. The first half-hour provides information and education and establishes group guidelines. Group members spend the next hour sharing and talking with each other. As you share this journey, you'll discover understanding, support, and a wonderful sense of community.

### **What to do:**

Select a group that interests you. It's a great way to learn about helpful tools and resources while connecting with other parents facing similar challenges.

Explore our  
expanding list of  
free support groups:



Spanish-language  
support groups  
Encuentros de apoyo:





Para buscar ayuda, escanea el código QR

Postpartum Support International en español

# Encuentros de Apoyo en Línea



## Encuentros de apoyo para la salud mental de mamás gestantes y en etapa posnatal

- Encuentro de apoyo perinatal
- Encuentro de apoyo para el embarazo
- Encuentro de apoyo para el posparto
- Encuentro de apoyo para mamás independientes
- Encuentro de apoyo para mamás teens
- Encuentro de apoyo ABC de la lactancia
- Clase Transformación de la familia, "Plan de posparto"
- Encuentro de apoyo para UCIN o NICU
- Encuentro para sobrevivientes PPP y bipolar
- Encuentro para madres migrantes
- Encuentro para resignificación del parto y cesárea
- Encuentro para padres con niños con necesidades especiales
- Grupo en portugués Reunião de apoio para mães gestantes e posparto
- Encuentro educativo sobre medicamentos y psiquiatría
- Encuentro para retos de la crianza

## Herramientas de autocuidado

- Encuentro de apoyo de autoestima e intimidad
- Encuentro de conciencia plena, aquí y ahora
- Encuentro educativo para relaciones saludables
- Encuentro para comunicación de la familia
- Taller de escritura

## Pérdida y duelo y retos de fertilidad

- Encuentro de pérdida y duelo
- Encuentro para retos de la fertilidad

Postpartum Support International  
Postpartum.net/en-espanol/

Síguenos en  
Instagram y Facebook: @PSIespanol

Descarga **Connect by PSI** en tu tienda de aplicaciones



## MIND THE GAP

Ensuring Perinatal Mental Health Is A National Priority

GET THE  
LATEST  
UPDATES

Scan the QR code  
to subscribe to our  
newsletter



SIGN UP FOR MIND THE GAP MONTHLY

Undiagnosed and untreated Perinatal Mental Health disorders are a silent health crisis in the United States, deserving national recognition and action to save lives and improve the health and well-being of America's mothers, babies, fathers, families, and the community.

Postpartum Support International is proud to be working with a coalition of women, families, and leading organizations who have set forth a national strategic action plan to turn the tide on the crisis.

Mind the Gap uses The PACE™ Process to facilitate the state policy series. PACE™ is a forward-thinking, evidence-based collaborative process that allows you to quickly leverage current strengths, opportunities, and capabilities so you can clarify goals, identify collaborative partners, and execute a plan that will scale your leadership and impact.

Learn more at <http://reillygroupinc.com/pace>,  
or contact us at [ahammond@reillygroupinc.com](mailto:ahammond@reillygroupinc.com)



THE REILLY GROUP

Moving the Dial + Impacting Change  
Creator of The PACE™ Process



POSTPARTUM SUPPORT  
INTERNATIONAL



# Perinatal Mental Health Certification Program (PMH-C)

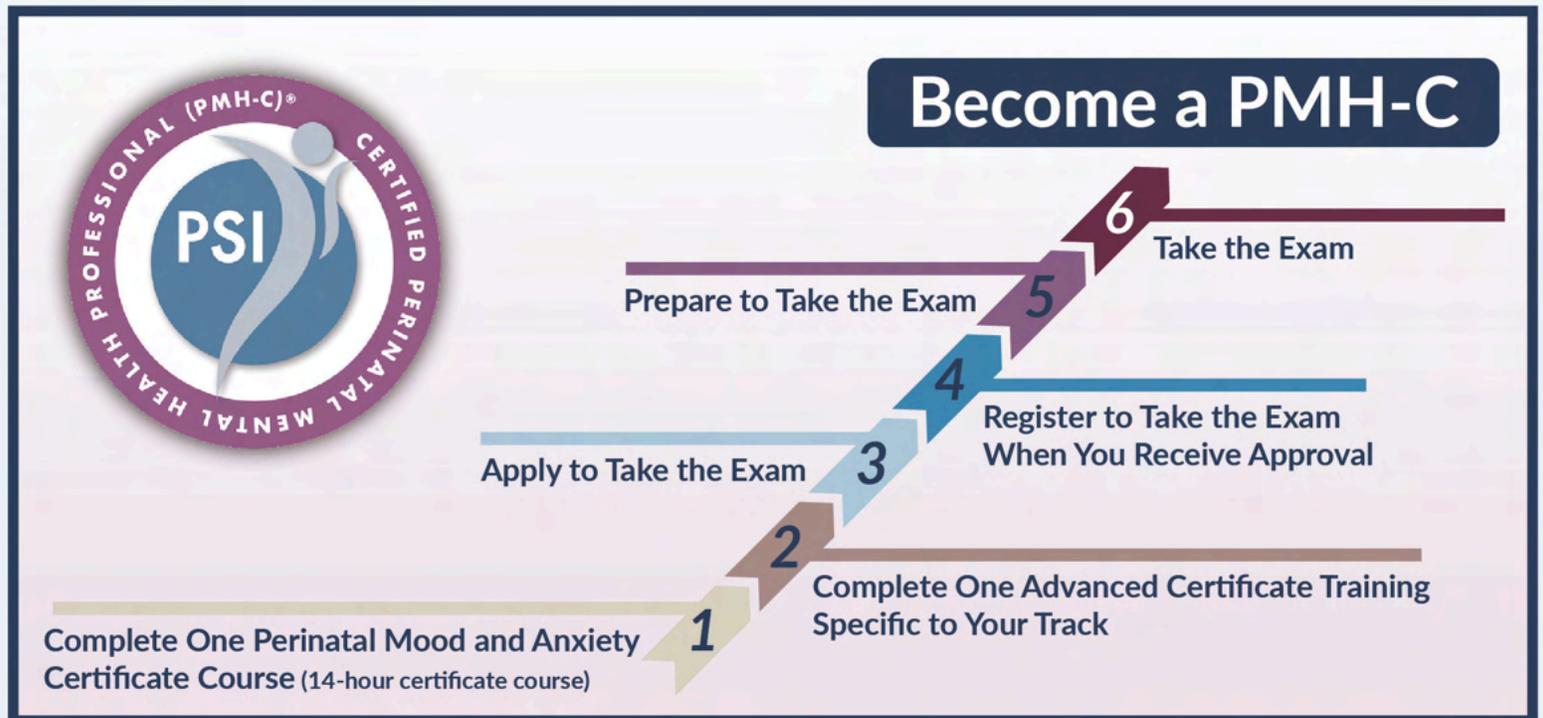
## About PSI

Postpartum Support International (PSI) is the leading organization dedicated to perinatal mental health disorders. Beyond direct support for pregnant, postpartum and post-loss individuals, PSI equips mental health and healthcare providers with resources to identify, support, and treat individuals experiencing perinatal mental health complications.

## Build Expertise, Gain Recognition

Join the PSI Perinatal Mental Health Certification (PMH-C) Program, an advanced and comprehensive initiative designed to elevate your proficiency in perinatal mental health.

Be a recognized specialist with a leading organization devoted to perinatal mental health disorders.





## Certification Overview



The PSI Perinatal Mental Health Certification (PMH-C) Program, developed in collaboration with Pearson VUE, extends beyond standard certificate training. It establishes a structured approach to professional education and evaluation. It sets a standard for training and experience, ensuring that families and payers can trust the expertise of perinatal mental health specialists.



### PMH-C Candidate Requirements:

- Two years of relevant work experience
- Graduate degree (psychotherapy), Medical degree or Advanced Practice Nursing degree (those who prescribe), BA or Certificates (affiliated professionals)
- Evidence-based perinatal mental health certificate training: 14.5 hours of certificate training + 6 hours of advanced training



### PSI Certificate of Completion Courses:

- Perinatal Mood and Anxiety Disorders: Components of Care (2-day training)
- Maternal Mental Health Certificate Course (Webinar series)
- Or Approved Alternate course



### Advanced Perinatal Mental Health Certificate Courses:

- **Courses that advance the overall mental health education for:**
  - Psychotherapy/Mental Health Providers
  - Those who prescribe medication
  - Affiliated Professions: Nurses, Doulas, Childbirth Educators, Lactation Consultants, Coaches, Occupational Therapists, Physical Therapists, Peer Support Specialists, and others

### For More Information or Course Application:

- Email: [certification@postpartum.net](mailto:certification@postpartum.net)

### Upcoming PSI Trainings:

- Explore our upcoming training sessions and events. Stay at the forefront of perinatal mental health expertise.
- Visit: <https://www.postpartum.net/professionals/certificate-trainings>



## Salud Mental Perinatal - Podemos ayudarte

Se supone que tener un bebé es una experiencia increíble, el mejor momento de tu vida. Todo el mundo dice: “¡Debes estar feliz!”. Pero ¿Y si no es así? ¿Y si estas deprimida, ansiosa o agobiada? No estás sola, Postpartum Support International (PSI) puede ayudarte a mejorar.

Muchas personas se enfrentan a problemas de salud mental durante el periodo perinatal: el embarazo, la pérdida y los 12 meses posteriores al parto.

En PSI estamos para apoyarte, durante 35 años hemos proporcionado recursos y programas para ayudar a las nuevas familias a tener el comienzo más sólido y saludable posible, de manera online, confidencial y gratuita.

PSI puede ponerte en contacto con el apoyo y la ayuda que necesitas. Tenemos recursos disponibles:

- Línea cálida para residentes de Estados Unidos. Llame al 1-800-944-4773 (#1 para español)
- Para recibir apoyo de cualquier parte del mundo completa el formulario que está en: [postpartum.net/en-espanol/](http://postpartum.net/en-espanol/) y una de nuestras voluntarias se comunicará contigo para brindarte información básica, recursos y apoyo.
- Encuentros de Apoyo gratuitos que incluyen:
  - Encuentro Perinatal
  - Encuentro para el Postparto
  - Encuentro para Retos de Fertilidad
  - Encuentro para Retos en el Embarazo
  - Encuentro de Pérdida y Duelo
  - Encuentro de Pérdida Temprana de un hijo
  - Encuentro de Mamás Independientes
  - Encuentro con tu autoestima e intimidad
  - Encuentro para Retos de la Crianza
  - Encuentro para Papás
  - Encuentro del ABC de la Lactancia
  - Encuentro de Padres de Niños con Necesidades Especiales
  - Grupo Privado de Apoyo en Facebook

**1 EN 5**  
mujeres y 1 de cada 10 hombres experimentan depresión o ansiedad durante el periodo perinatal.



[postpartum.net/en-espanol/grupos-de-apoyo-en-espanol/](http://postpartum.net/en-espanol/grupos-de-apoyo-en-espanol/)

- Directorio de proveedores en línea: Que ayuda a las personas y a las familias a conectarse de manera rápida y fácil con proveedores de salud mental. [postpartum.net/en-espanol/psi-en-paises-de-habla-hispana/](http://postpartum.net/en-espanol/psi-en-paises-de-habla-hispana/)

Te recordamos que nuestros programas están disponibles en Español para cualquier parte del mundo. No necesitas un diagnóstico para pedir ayuda.

## Pregúntate

- ¿Te sientes triste o deprimida/o?
- ¿Te sientes más irritable o enfadada/o con los que te rodean?
- ¿Tienes dificultades para establecer un vínculo afectivo con tu bebé?
- ¿Sientes ansiedad o pánico?
- ¿Tienes problemas para comer o para dormir?
- ¿Tienes pensamientos perturbadores que no puedes quitarte de la cabeza?
- ¿Te sientes como si estuvieras “fuera de control” o como si “enloquecieras”?
- ¿Sientes que nunca deberías haber sido padre o madre?
- ¿Te preocupa que puedas hacer daño a tu bebé o a ti mismo/a?

Cualquiera de estos síntomas, y muchos más, podrían significar que padeces un Trastorno del Estado de ánimo perinatal.

**La buena noticia es que puedes recibir tratamientos que te ayudarán a volver a sentirte tú mismo. No hay razón para seguir sufriendo. Para más información, visita [www.postpartum.net](http://www.postpartum.net)**



# Trastornos de la Salud Mental Perinatal

Etapa perinatal: se refiere a cualquier tiempo durante el embarazo y el primer año de posparto o puerperio.

Depresión  
(DPP)

Ansiedad  
(APP)

Trastorno de  
pánico

Transtorno  
Obsesivo  
Compulsivo  
(TOC)

Trastorno de  
estrés  
postraumático

Trastorno  
Bipolar

Psicosis  
perinatal



## Síntomas

- Tener sentimientos de culpa, vergüenza y desesperación
- Tener sentimiento de enojo, ira, irritabilidad, miedo o pensamientos no deseados
- No tener interés en el bebé o tener dificultad para apegarse al bebé
- Falta de interés, alegría, o placer en hacer cosas que solías hacer
- Interrupción en el sueño y el apetito
- Estar llorando y tener tristeza, preocupación constante o pensamientos acelerados
- Tener síntomas físicos incluyendo mareos, bochornos, y náusea
- Tener posibles pensamientos de lastimar a tu bebé o a ti misma



## Factores de Riesgo

- Tener antecedentes de episodios de depresión, ansiedad, historial de depresión, ansiedad, o TOC
- Tener desequilibrios en la tiroides, diabetes, o trastornos endocrinos
- Falta de apoyo de la familia o amigos
- Complicaciones en el embarazo o en el parto, infertilidad, aborto espontáneo o pérdida infantil
- Síndrome premenstrual
- Estrés financiero o pobreza
- Detener la lactancia repentinamente
- Tener antecedentes de abuso
- Haber tenido un embarazo no planeado o deseado



## Opciones de Tratamiento

- Consejería
- Medicamento
- Apoyo social de alguien más
- Ejercicio
- Rutina saludable de sueño
- Dieta saludable
- Terapia de luz
- Yoga
- Técnicas de relajación

Postpartum Support International | [Postpartum.net/en-espanol/](https://Postpartum.net/en-espanol/)

Para obtener ayuda, llame al 1-800-944-4773 (#1 para español)  
o envíe un mensaje de texto al 971-203-7773.

Descarga **Connect by PSI** en tu tienda de aplicaciones

## Conecta con nosotros

Para más información sobre la Alianza de Salud Mental Perinatal y Postpartum Support International visita nuestra página web.

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

## Conoce más



## Grupos de apoyo

Postpartum Support International ofrece más de 10 grupos de apoyo gratuitos que abarcan casi todas las etapas del embarazo, postparto, maternidad, paternidad y experiencias de pérdidas y duelo.

'Black Mamas Matter', Madres Negras en duelo, Latinxs, Hispanohablantes, Madres Sur Asiáticas, son algunos de nuestros grupos de especialidad.



## Alianza de Salud Mental Perinatal

Aciortando la brecha en los servicios de apoyo perinatal para proveedores y comunidades hispanohablantes.

## Quiénes somos

### Nuestra historia

La Alianza de Salud Mental Perinatal fue fundada en febrero de 2017 por tres profesionales de salud mental perinatal BIPOC (personas negras, indígenas y de color por sus siglas en inglés).

En 2022 la Alianza se convirtió en un programa totalmente financiado dentro de Postpartum Support International que trabaja para cerrar la brecha en los servicios de apoyo perinatal, ayudando a las familias y proveedores de los sectores más vulnerables.

### Visión

Ampliar el acceso de profesionales de salud mental perinatal a todas las familias de los sectores más vulnerables.

### Misión

Aumentar la capacidad que tienen los profesionales perinatales para apoyar a las personas, familias y comunidades de los sectores más vulnerables en relación a los trastornos perinatales del estado de ánimo y la ansiedad.



Ya sea un proveedor en formación, transición, o un veterano dentro del campo de la salud mental perinatal, siempre hay un lugar para usted dentro de la Alianza.

## Convértase en miembro

- ✓ Recibe becas preferenciales para asistir a la conferencia anual de PSI, la formación para la certificación y el examen FMH-C.
- ✓ Seminarios trimestrales gratuitos de formación continua.
- ✓ Reuniones virtuales para conectar con otros miembros de la Alianza.
- ✓ Programa de tutoría para consulta entre pares centrado en el examen FMH-C.
- ✓ Correo electrónico mensual para informarle sobre las últimas novedades de la Alianza y PSI.

## Programas Culturales en Español de La Alianza

Continuamos cerrando la brecha en los servicios de apoyo a la salud mental perinatal ampliando su alcance a la comunidad Latinx y de habla hispana con nuestro Programa Cultural en Español.



- ✓ Aumentando la comunicación y la divulgación sobre salud mental perinatal entre la comunidad hispanohablante.
- ✓ Desarrollando alianzas estratégicas con organizaciones latinoamericanas.
- ✓ Brindando formación y certificación para profesionales perinatales Latinx o hispanohablantes.



# PERINATAL SUPPORT FOR LATINX MOMS & BIRTHING PEOPLE

This group is for anyone who is pregnant or postpartum (up to two years) and identifies as Latina, Latinx, or Latino. There is no definition or level of being “enough Latinx.” All are welcome who have a familial connection to Latinx culture. This group is in English, so group members will benefit most if they can understand and speak some English (perfection is not required!).

View the schedule and register at [bit.ly/FindSupportGroup](https://bit.ly/FindSupportGroup)



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



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

“We are changing the narrative on the traditional Latinx culture of staying silent when it comes to our mental health. Learning we are worthy of feeling well and leaning on each other for support and community. What a beautiful gift to pass on to our children... it’s okay to talk about your feelings, it’s okay to get help,

*it’s okay to not be okay all the time.”*



-Kristina Ledlow, Perinatal Support for Latinx Moms & Birthing People Leader



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

“Traditional gender roles in the Latinx culture and the stigma of taking medication are topics we always freely discuss.

*The Latinx group is a space I wish I had when I attended PSI support groups postpartum.”*

-Lisette Lopez-Rose, Perinatal Support for Latinx Moms & Birthing People Leader



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

“Empowering Latinx mothers and birthing persons through peer support is not just about providing a safe space; it’s about nurturing resilience, understanding, and a

*shared journey towards mental wellness.”*

-Alexandra Paez-Ferreira, Perinatal Support for Latinx Moms & Birthing People Leader



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

My favorite part about the Latinx group is that it is a judgment-free zone where parents of different Latin cultures

*can relate, feel understood and learn from each other.”*

-Lillybeth Solorio, Perinatal Support for Latinx Moms & Birthing People Leader





## Co-hosted by:

**Emily Jankowski**

*Director,  
PSI's The Climb*



**Dani Giddens**

*Asst. Director,  
PSI's The Climb*



## The I Am One Podcast

features advocates, educators, and professionals sharing their personal experiences with perinatal mental health disorders. We hear how they sought & received help, and how they're supporting folks in the perinatal period now!



Survivor  
Stories



PMH  
Advocacy



Finding  
Connection

## TOP EPISODES



**Wendy Davis, PhD, PMH-C**  
PSI Executive Director



**Dr. Kat Kaeni, PsyD, PMH-C**  
PSI Board Chair



**Jen Hamilton & Julie Koontz**  
L&D Nurse @jenhamilton (TikTok)



**Dr. Nicole Pensak, PhD, PMH-C**  
Clinical Psychologist



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Email Us:  
[dani@postpartum.net](mailto:dani@postpartum.net)



# THE CLIMB

## What is The Climb?

A program of Postpartum Support International (PSI), The Climb is the world's largest event dedicated to raising awareness & understanding of perinatal mental health disorders. Hosted annually in summer and fall, volunteers organize community events to offer connection points between parents, professionals, and support services, while fundraising for care during this critical period of time. We gather in recognition of each individual's Climb out of perinatal mental health complications, and onto recovery.

### Volunteer-Led

Climb events are organized entirely by volunteers who help make PSI's vision a reality - that every family worldwide will have access to information, social support, and informed professional care for mental health issues related to childbearing.

### Community-Focused

Through fundraising and community engagement, we bring global attention, knowledge, and support to parents navigating mental health conditions commonly related to childbirth - and we celebrate their recovery!

### Awareness

We share the stories and critical experiences of a family's mental health journey. Increasing awareness prevents perinatal mental health conditions from remaining undiagnosed, unsupported, and untreated.

### Community

We support all families at all stages of parenting because a supportive community is paramount during pregnancy and the postpartum period. We help organize communities and cultivate connections to show families they are not alone.

### Education

We provide tools and training for volunteers who want to make change. Volunteers enjoy free PSI Membership, reduced admission to the Annual PSI Conference, and a multitude of connection points with other professionals and advocates.

### Fundraising

We fundraise so PSI and its Chapters can continue providing: free resources to families, specialized training to providers, and volunteers to bridge the gap between the two.



Contact Us



[climb@postpartum.net](mailto:climb@postpartum.net)



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



POSTPARTUM SUPPORT  
INTERNATIONAL

# Apply for a FREE listing on the PSI Provider Directory

We all know that finding a qualified perinatal mental health specialist in your time of need can be challenging, but can also be a life-saving resource. That is why PSI created the online

Provider Directory. This directory offers qualified perinatal mental health professionals and support groups across the United States, Canada, the United Kingdom, and Australia. Join the registry and share your listing as a mental health provider, a healthcare provider, a childbirth professional, or a support group.



## To qualify, you must:

- Be a professional provider in good standing with state or province standards
- Have completed specialized training in perinatal mental health – access a full list of approved courses using the QR code below

## Why create a listing in the PSI Provider Directory?

- It's FREE
- Expand your reach and serve families in your state
- Receive referrals from the National Maternal Mental Health Hotline and PSI

*Ready to sign up?*

## Create a FREE listing:

- Add a specialty category or language to your listing
- Include your Perinatal Mental Health Certification status



[PSIdirectory.com](https://PSIdirectory.com)



POSTPARTUM SUPPORT INTERNATIONAL

# PERINATAL PSYCHIATRIC CONSULT LINE

877.499.4773

A free consultation line for medical professionals with questions about the mental health care of pregnant, postpartum, and pre-conception planning patients. Call today to speak with one of our expert reproductive psychiatrists.

*This service is available for medical providers only.*



# Resources for Families

## Get Help

Call the PSI HelpLine:  
**1-800-944-4773**

#1 En Español or #2 English

Text "Help" to 800-944-4773 (EN)  
Text en Español: 971-203-7773

GET HELP

988 Suicide & Crisis Lifeline

National Maternal Mental Health Hotline (US only)

\*The PSI HelpLine does not handle emergencies. People in crisis should call their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).



# PSI Provider Directory

<https://psidirectory.com/list-your-practice>



PSI

## PSI PERINATAL PROVIDER DIRECTORY

**START YOUR FREE LISTING TODAY!**

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



# Smart Patients Forum



Postpartum Support International (PSI) is proud to partner with Smart Patients to offer this online community, where women can receive peer support in a private space where they can feel comfortable sharing openly. The Smart Patients Postpartum community complements the programs of PSI to provide the information and comfort to pregnant and new mothers suffering from perinatal mood and anxiety disorders like postpartum depression, postpartum anxiety, postpartum PTSD, postpartum psychosis and depression and anxiety during pregnancy.

One of PSI's main goals is to make mothers and families aware that effective help is available, that they can get better, and that PSI can help them find knowledgeable providers who understand how to treat PPD.

Join Smart Patients, ask a question, participate in the discussions and support others who can learn from you.



Learn from other patients.

Patients often become extraordinarily knowledgeable about their disease. You can, too.

- Online health forum for medical and mental health challenges
- PSI staff moderates the PMAD forum
- Can be anonymous
- [www.smartpatients.com/ppd](http://www.smartpatients.com/ppd)

## PSI Educational DVDs



### *Healthy Mom, Happy Family*

- In English and Spanish
  - [www.postpartum.net/resources/psi-educational-dvd/](http://www.postpartum.net/resources/psi-educational-dvd/)
  - Buy or watch online at [www.vimeo.com/ondemand/postpartumvideo](http://www.vimeo.com/ondemand/postpartumvideo)

# Perinatal Mental Health Alliance for People of Color (PMHA-POC)



**Vision:** To provide a safe space for clients, families, and professionals of color around perinatal mental health. Every person of color will be heard and supported around perinatal emotional wellness.

<https://www.postpartum.net/professionals/perinatal-mental-health-alliance-for-people-of-color/>



# Alianza de Salud Mental Perinatal para Personas de Color (PMHA-POC, por sus siglas en inglés)



**Visión:** Proporcionar un espacio seguro para los clientes, las familias y los profesionales de color en torno a la salud mental perinatal. Todas las personas de color serán escuchadas y apoyadas en torno al bienestar emocional perinatal.

<https://www.postpartum.net/la-alianza/>





## What Is the PSI PAF?

The PSI Perinatal Action Fund (PAF), developed in 2017, has provided PSI Conference scholarships to providers of color worldwide. Funded by a portion of the PSI Climb fundraiser and individual donors, the fund has provided 600+ conference scholarships, including more than \$120,000 in travel funds and \$300,000 in conference registrations.



## Helping Communities Around the World

Providers of color who attend the annual conference through PAF scholarships receive access to community, education, and research. Our ability to support and welcome providers of color to the annual conference has improved the PSI Conference and the field of perinatal mental health.

## Growing Our Reach

We want to increase the scholarships we can provide in 2025 and beyond.

**PURCHASE RAFFLE TICKETS TO WIN  
ONE OF OUR AMAZING CHAPTER BASKETS —  
ALL PROCEEDS GO TO  
THE PERINATAL ACTION FUND.**



Tickets are available at the bookstore or at the Celebration dinner on Saturday.

**\$5= 1 TICKET OR \$20=5 TICKETS**

The raffle drawing will occur at the Celebration Dinner, winner must be present.

# TheBlueDot

p · r · o · j · e · c · t

PSI

TheBlueDotProject is program of Postpartum Support International

The blue dot is the symbol of perinatal mental health survivorship, support, and solidarity.

## The Purpose of TheBlueDotProject

- Raise awareness of perinatal mental health disorders
- Proliferate the blue dot as the symbol of solidarity and support
- Combat stigma and shame

The official host of:

**Maternal Mental Health AWARENESS WEEK**  
A social media campaign every first week of May



## BlueDot Ambassadors

TheBlueDot project

BlueDot Ambassadors serve as the “boots on the ground” advocates to help proliferate the blue dot symbol and spread awareness surrounding perinatal mental health.



Sign up



Learn more



TheBlueDotProject.org

Let's make the blue dot as recognizable as the pink ribbon is for breast cancer.



Get your blue dot



Shop

# The PSI Yates Children Memorial Fund Legal Justice Program



## What we do

- Connect legal professionals with mental health experts
- Give perinatal mental health presentations to legal professionals
- Host legal seminars for perinatal mental health experts

PSI Legal Justice does not provide legal services or monetary support.

Having perinatal mental health experts in the courtroom  
can make a world of difference in some cases.

**Interested in being on our  
expert witness referral list?**

Scan the QR code to get started.



For more ways to get involved, email [legaljustice@postpartum.net](mailto:legaljustice@postpartum.net)

# PSI Program Tables see exhibit hall on next page

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P1. Postpartum Psychosis Task Force and Program

P2. Climb / I Am One Podcast

P3. Blue Dot

P4. Peer Support Services

P5. PSI en Español

P6. Louisiana Chapter

P7. Chapters Program

P8. Training & Professional Resources

P9. Certification

P10. PSI Alliance for POC

P11. Membership

P12. PSI Research Listening Session

P13. Story Booth

## Exhibitor Tables see exhibit hall on next page

---

2. Coalition of Common Good

3. Return to Zero: Hope

4. Repro TLC

5. Seven Starling

6. Louisiana Health Connection

7. Indigenous Women Rising

8. Infant Massage USA

9. Adams Purpose

10. Exeltis

13. Kelsey Getz Solutions

14. El Camino Health

15. Arkansas Maternal Coalition

16. Appalachian Breastfeeding Network

17. Hardy Nutritionals

18. NAPSW

19. Tulia Grove

20. Reunion Neuroscience

21. Momentum Lactation

24. DONA International

25. Meridian Psychiatric Partners

26. Sista Midwife Productions

27. OTIS/Mother to Baby

28. Tibi Health

29. Jane Honikman

30. Navara Health

31. Familywell

32. The Therapist CPA

33. The Shift Shop

36. LumiTot

37. Seleni Institute

38. Repro Psych Academy

39. Star Legacy Foundation

40. Alimentación Segura Infantil

41. IBLCE

42. Nurtur

43. The Hive Maternal Wellness Center

44. MMHLA

45. LA DHS PROMISE

# Exhibit Hall Floorplan

## Storyville Hall



# THANK YOU TO OUR BLUE DOT T SPONSOR



# The Blue Dot t

P R O J E C T

## OUR PROGRAMS



### Grief Support Groups

A supportive community for grieving moms of Color, providing connection and healing after the loss of a child, regardless of the circumstances.



### Social Meetup Connection

Monthly connections offer bereaved moms a unique social experience to explore healing through nature, arts, and culture.



### Individual Therapy

Bereaved moms get up to six free therapy sessions with our network therapists, ensuring they have access to mental health support.



### Community Grief Education

We cultivate resilience and unity by providing grief education, advocacy, and mental health support through culturally engaging content, discussions, and events.



### Healing & Remembrance

Our annual "A Mother's Mourn Healing & Remembrance Brunch" on Mother's Day Weekend pays tribute to bereaved moms, remembers deceased children, and offers support to grieving families.

## Culturally Responsive

Grief support for women of Color who have experienced pregnancy, infant and child loss.

**OUR MISSION** is to support bereaved moms of Color, offering *help, hope, and healing* after the loss of a child. We prioritize culturally sensitive support, provide direct access to bereavement and mental health support. We aim to make grief conversations easier and support more accessible.



**JOIN US** in uplifting the Black community through culturally responsive grief education, bereavement support, and collaborative initiatives that foster trauma-informed healing for families impacted by the loss of a child including miscarriage, stillbirth, and early infant loss.

Let's build partnerships together!



### DONATE

Text 'GIVE' to 720-619-3343 to donate



### SCAN

QR Code to donate online



[www.adamspurpose.org](http://www.adamspurpose.org)



[Info@adamspurpose.org](mailto:Info@adamspurpose.org)



[Facebook.com/AdamsPurpose](https://Facebook.com/AdamsPurpose)



720.209.4441

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Project #IHAVETOO Digital Library & Project Frame Your Journey

#### RESOURCES

Clinically reviewed workbooks & Evidence-based guides & checklists

#### COMMUNITY

Weekly Virtual Support Sessions & Groups; Stillbirth & Miscarriage Care Box



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BREASTFEEDING NETWORK

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## Apoyar y acompañar la alimentación infantil con empatía transforma realidades.

Oferta especial

PSI2025



Según un estudio publicado en el *Journal of Women's Health* (2021), el 34% de los casos de depresión posparto están vinculados a dificultades no resueltas durante la lactancia, particularmente cuando existen problemas de agarre, dolor persistente o percepción de baja producción.

Amplía tu conocimiento con nuestros cursos y podrás:

- Identificar situaciones de salud mental / lactancia que pudieran estar asociadas.
- Apoyar con información y estrategias basadas en evidencia.
- Conocer como y cuando referir a una IBCLC y/o grupos de apoyo.

Nuestro programa cumple con los criterios teóricos para convertirte en IBCLC. Ofrecemos mentoría y oportunidades clínicas.

En ASI, no solo enseñamos técnicas para proteger y promover la lactancia, sino que cultivamos escucha activa y adaptación cultural, porque cada familia merece sentirse vista, segura y capaz.



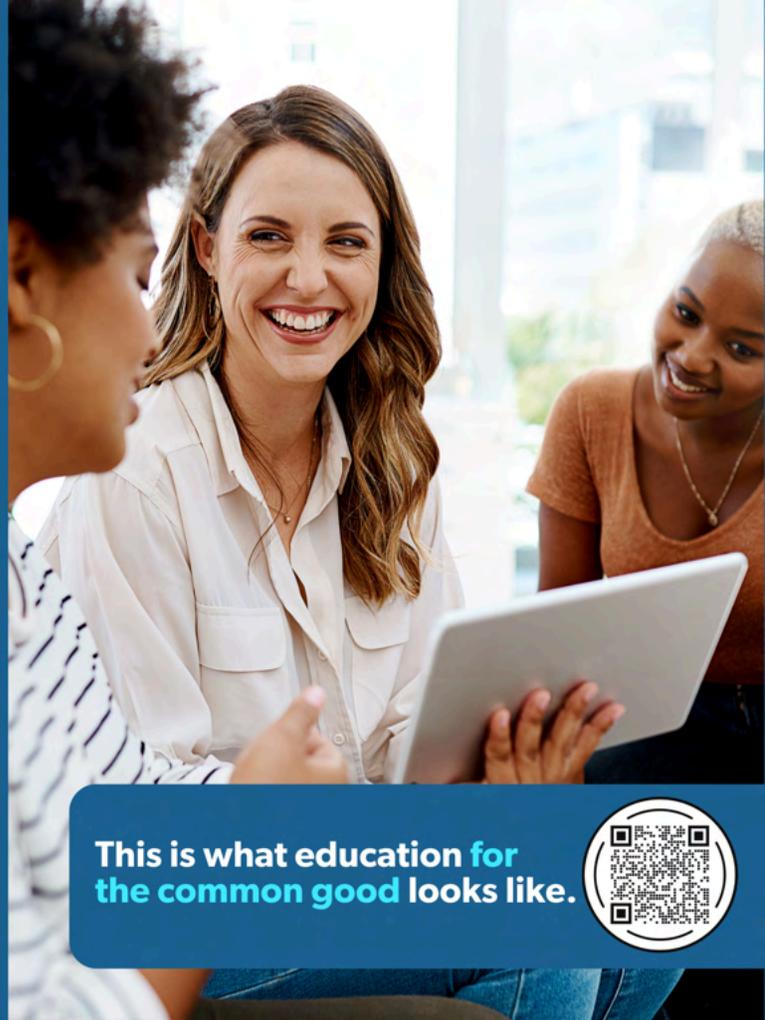
[alimentacionsegurainfantil.podia.com](http://alimentacionsegurainfantil.podia.com)

Hahn-Holbrook, J., et al. (2021). "Maternal Depression and Breastfeeding Challenges: A Bidirectional Relationship". *Journal of Women's Health*, 30(4), 512-525.

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- less likely to need Pitocin
- less likely to have a Cesarean birth
- less likely to use any pain medication
- more likely to rate their childbirth experience positively



Studies show that postpartum doula support can help:

- reduce postpartum mood disorders
- improve breastfeeding success
- improve infant and family bonding

Become a Doula | Continuing Education | Find a Doula  
[www.DONA.org](http://www.DONA.org)



# Our Strength. *Your* Health.

Maternity care for  
mind and body.



For more than 60 years, El Camino Health has set the standard for compassionate care for women and their families.

Our care teams understand that maternity care means supporting both mind and body. Our nationally recognized Maternal Outreach Mood Services (MOMS) program helps new and expecting mothers through the emotional challenges of pregnancy and postpartum. When more intensive support is needed, our Women's Specialty Inpatient Unit provides short-term psychiatric care in a safe, healing environment designed specifically for women.

Discover how the MOMS program promotes mental wellness for new and expecting mothers — visit [elcaminohealth.org/maternalmood](http://elcaminohealth.org/maternalmood)



## PERINATAL MENTAL HEALTH YOU CAN TRUST

We partner with OB/Gyn providers to embed a virtual perinatal mental health program into your practice.



### Evidence-Based

Patients complete a 4-month virtual program with a perinatal specialized care team. 95% of patients see clinical improvement in 4 months.



### Financial Benefit

Get paid to integrate FamilyWell into your practice through the collaborative care CPT® codes at no financial risk to you.



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FamilyWell's program is covered by nearly all commercial & Medicaid plans, making care affordable & equitable. Patients access care within 24 hours, avoiding long wait times.



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With customized workflows plus a "free" care manager, you will feel more confident that your patients are accessing the support they need when they need it.



[www.familywellhealth.com](http://www.familywellhealth.com)

# Exeltis USA Introduces Blues Away®: Postpartum Mood Support\*

Discover **Blues Away**®, an over-the-counter postpartum nutritional supplement from Exeltis USA, the trusted makers of Pregnitude® Fertility Support Supplement. This clinically tested, first-of-its-kind product is designed to provide mood support for new mothers in the days following childbirth.\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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of  
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Mutual reduced stress

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Improved sleep quality

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**INDIGENOUS WOMEN RISING IS  
COMMITTED TO HONORING NATIVE &  
INDIGENOUS PEOPLE'S INHERENT RIGHT  
TO EQUITABLE AND CULTURALLY  
SAFE HEALTH OPTIONS THROUGH  
ACCESSIBLE HEALTH EDUCATION,  
RESOURCES, AND ADVOCACY.**

[IWRISING.ORG](http://IWRISING.ORG)

[@indigenouswomenrising](https://www.instagram.com/indigenouswomenrising)



Feeling buried in admin tasks or stuck in systems that don't quite work?

**We help perinatal mental health providers like you:**

- ✓ Simplify and streamline systems
- ✓ Get paid faster, with less hassle
- ✓ Feel confident running your practice
- ✓ Do more of the work you love (and less of what you don't!)

**We specialize in:**

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You take care of others.  
Let *us* take care of your  
practice.

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mental  
health a  
priority.



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get to know us.

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Our **Reproductive Psychiatry  
& Wellness Division** will be with  
you every step of the way.

Specialty-trained psychiatrists and therapists offer:

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- Medication management
- Psychotherapy for individuals and couples

**Now accepting appointments!**

Most visits can be scheduled in just a few days  
and are available both in-person and online.

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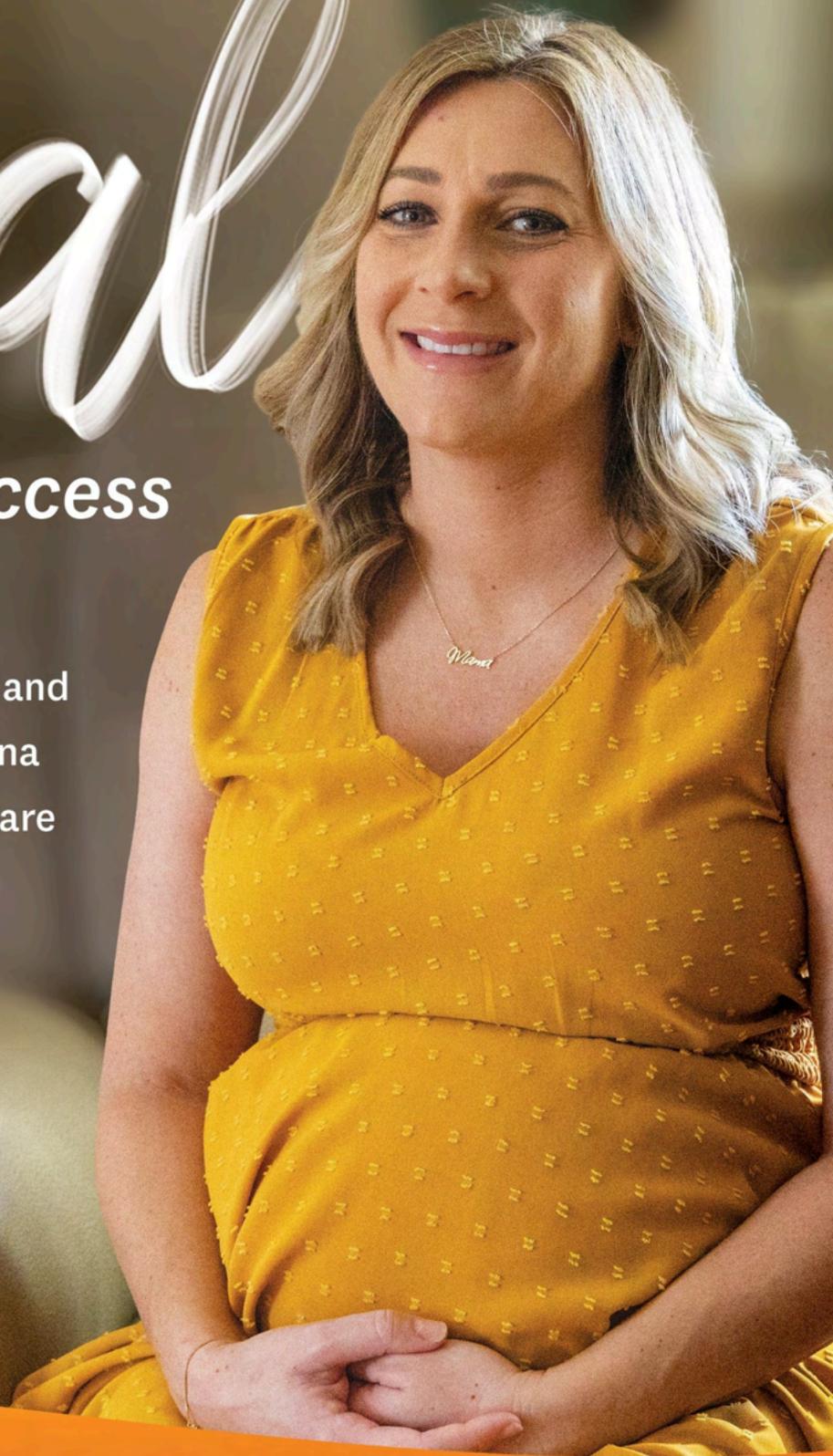
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# Your *local*

## Partner for Success

With knowledge, resources, and people rooted in our Louisiana communities, we're health care with a *local* touch.





CONNECT WITH US!



MMHLA  
Maternal  
Mental Health  
LEADERSHIP ALLIANCE

MMHLA is a nonpartisan nonprofit leading national efforts to improve maternal mental health in the U.S.

Advocating for Policies

Building Partnerships

Curating Information

# Momentum LACTATION

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## We Provide:

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- Prenatal Breastfeeding Visits
- Breastfeeding & Newborn Care Classes
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- Stroller Walking Group
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lactation@momentum-well.com



## Our Maternal Mental Health Services

Trained information specialists will answer your questions about exposures to medications or maternal health conditions during pregnancy and breastfeeding. If you reach us outside of regular hours, a specialist will respond to you during the next business day. Access our free fact sheets on a variety of exposures, including anxiety, depression and more.

### Contact Us

- Text: 855-999-3545
- Call: 866-626-6847
- Live Chat: MotherToBaby.org
- Email: Fill out a contact form at [MotherToBaby.org/ask-an-expert](https://www.MotherToBaby.org/ask-an-expert)

- Free
- Confidential
- Available in English and Spanish



SCAN ME

## Supporting Maternal Mental Health and Wellbeing



### Your clients meet with you for an hour a week

*What about the other 167 hours?*

Sessions help - but motherhood is 24/7. Between appointments, your clients are still struggling with loneliness, identity loss, and the crushing mental load.

Navara can help with:

- Therapists trained in perinatal mental health moderate our community
- Helps moms rediscover who they are beyond "just mom"
- Quick support when crisis moments happen
- Research-backed peer support that really works

*"As a therapist and mom, I built the village that I needed and that I saw my clients searching for between sessions."*

**Alli Bankston**  
LPC, PMH-C, Co-Founder of Navara

### Partner With Navara

- Free resources for your clients
- Receive client referrals
- Joint marketing efforts

Let's chat about working together.  
**Reach out to [alli@meetnavara.com](mailto:alli@meetnavara.com).**

Learn more: [www.meetnavara.com](http://www.meetnavara.com)



# National Association of Perinatal Social Workers

**Vision** Every baby, every family ... supported with competent and compassionate care.

**Mission** To promote and support excellence in perinatal social work in order to maximize healthy outcomes for babies and their families.

**Purpose** NAPSW is a community of perinatal social workers sharing a knowledge base and striving for excellence in practice for the benefit of families around the time of birth.

The NAPSW is a group of social workers who help individuals, families, and communities respond to psychosocial issues that emerge during the period from pre-pregnancy through an infant's first year of life.

## Annual Conference

Save the dates April 15-18, 2026 for NAPSW's in-person conference in Nashville, TN. NAPSW presents a clinical conference every year—one of the largest gatherings of Perinatal Social Workers from across the United States and Canada. Conference locations rotate to provide everyone a chance to attend.

## Grants & Awards

**Award for Excellence** is presented to recognize excellence and/or outstanding accomplishment by a perinatal social worker. The **Innovative Programs/Research Grant** provides seed money for perinatal social workers to fund special programs or research efforts that would otherwise be unfunded.

## Professional Publication

First published as High Hopes in 1980, it became NAPSW FORUM in 1984. FORUM is published online quarterly as a professional newsletter committed to providing useful, timely information to social workers and related colleagues working in all settings of perinatal health care.

## Virtual Education

NAPSW hosts virtual education opportunities in a variety of areas multiple times a year including quarterly webinars with topics specific to the work of perinatal social workers. Open to the all. Free to members with small fee for non-members. CEUs are available for all.

**For information on membership and all of our programs visit [napsw.org](http://napsw.org)**



## Advancing Trained Sexual & Reproductive Healthcare Providers Since 2006

Repro TLC improves access to comprehensive sexual and reproductive health care by coordinating training for providers in abortion and miscarriage care, contraception, pregnancy options counseling, and beyond.



**INDIVIDUAL CLINICAL TRAINING**

**PROVIDER & COMMUNITY EDUCATION**

**PROVIDER MOVEMENT BUILDING**

# ON-DEMAND, EVIDENCE-BASED TRAININGS FOR REAL-WORLD CLINICAL PRACTICE

*From Reproductive Psychiatrist Dr. Katrina Furey*

Customized Learning

Curated Content

Gain Competency · Find Community · Build Credibility



Return to Zero: Hope is dedicated to offering hope and healing to those impacted by pregnancy and infant loss through genuine connection, holistic support, inclusive resources, and grief-informed education.



## WE SUPPORT PERINATAL HEALTH PROFESSIONALS WITH OUR:



### WEBSITE

Comprehensive resources for all stages of perinatal loss.



### COMMUNITY SUPPORT

Virtual support groups, workshops, and in-person retreats.



### DIRECTORY

Provider network where loss parents can easily find bereavement resources.



### CE CREDITS

Accredited, multi-disciplinary trainings for supporting a full spectrum of loss experiences on the journey to parenthood.



### EDUCATION & TRAINING

Courses teaching how to offer empathetic, informed, and culturally-sensitive support to bereaved families.

RTZ HOPE IS OFFERING

# 1 FREE CE COURSE

TO PSI CONFERENCE ATTENDEES

Scan the QR code or visit [rtzhope.org/CEU](http://rtzhope.org/CEU) to access a free CE course and view educational opportunities and resources.

# RECONNECT

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Transforming mental health.  
Restoring connection.

Pioneering psychedelic therapies to bring fast, meaningful relief for postpartum depression and beyond.

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**RECONNECT Phase 2 results upcoming in Fall 2025.**



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SELENI

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Elevate your practice with evidence-based learning backed by PSI.



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# A PARENTING ROADMAP

**THAT STARTS WHERE LIFE BEGINS**

LumiTot offers a multidimensional parenting approach that supports families from conception through the first five years.

### *Parenting by Design*

LumiTot guides you by addressing the root of everyday challenges through brain, body, heart, and soul integration.

### *Science Meets Soul*

We blend neuroscience, functional medicine, and ancient wisdom to help parents shape development from the inside out.

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A virtual space for live experiences, on-demand learning, personalized tools, expert guidance, and community support.

Visit Dr. Karen Molano, Founder of LumiTot, at exhibition booth #36  
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Psychology Today

US INSIDER

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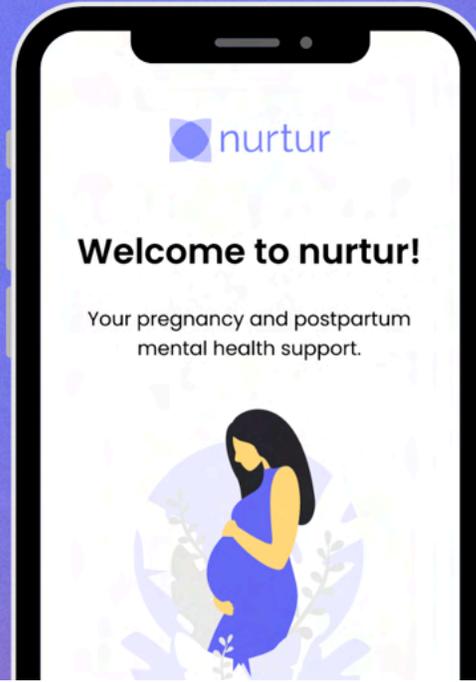
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-Clinician partner



Health Services  
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## PERINATAL RESOURCES TO OPTIMIZE MENTAL HEALTH INTERVENTIONS & SUBSTANCE USE TREATMENT EXCELLENCE

PROMISE is a provider-to-provider consultation line where any provider can get assistance in how to assess, diagnose, and treat pregnant and postpartum patients who may be experiencing substance use and/or mental health symptoms.

Available to all Providers within and outside of LA Health Services PROMISE Consultation Line

**1-833-374-4MMH**

Monday - Friday 8 a.m. - 5 p.m.

### CONTACT PROMISE FOR CONSULTATIONS ON:

Assessment

Diagnosing

Treatment

Resources

Medication Questions



# PROMISE

For more information on the scope of provider-to-provider consultation, please scan the QR code.



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## Specialized *virtual* therapy for motherhood, covered by insurance.



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1x1 Therapy



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People experiencing anxiety, depression,  
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- ✓ Fertility challenges
- ✓ Pregnancy
- ✓ Loss and miscarriage
- ✓ Postpartum
- ✓ Early parenthood



Coming across Seven Starling is exactly what I needed to get through my PPD. My therapist is absolutely incredible. Seven Starling, thank you for saving my life.



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Your **ADD-ON** practice at your own terms:

- Offer individual or group services
- Choose your schedule
- Set your fee
- Run your sessions
- Receive your payments

Operational & clinical support:

- Easy onboarding
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- Streamlined session reports

Take your seat at our practice hub



More time for clients:

- No need for marketing
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## About us:

We are a health technology company with **TWO** platforms & **ONE** big purpose: making the perinatal period safer and healthier.



Take the first step in becoming a member



**inCircled** is our platform for perinatal behavioral health providers. inCircled works in tandem with **happiNest**, our platform for parents.

# THE ShiftShop

At The Shift Shop, we believe growth should feel grounding: not exhausting. Our offerings support women, mothers, and entrepreneurs in building sustainable lives and businesses rooted in clarity, wellness, and real-world capacity. Come see us!

## EVENTS



## CENTERING YOU



## COACHING & SPEAKING





BECOME CERTIFIED AS AN EXPERT  
IN PERINATAL HEALTH!



**IPPE**

INTERNATIONAL PARTNERSHIP  
FOR PERINATAL EXCELLENCE



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FREE CONTINUING  
EDUCATION



AND MORE!



**STAR LEGACY**  
FOUNDATION

*HONORING BABIES  
INSPIRING PREVENTION  
SUPPORTING FAMILIES*



ONE-ON-ONE  
PEER COUNSELING



SUPPORT  
GROUPS



BEREAVEMENT  
RESOURCES



PREGNANCY  
RESEARCH



NATIONAL  
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Texas Intensive Outpatient Program and  
Outpatient Services for  
Perinatal Mood and Anxiety Disorders

[www.tuliagrove.org](http://www.tuliagrove.org) | [info@tuliagrove.org](mailto:info@tuliagrove.org)

Maternal Mental Health, Reimagined

Maternal Mental Health is essential. Tulia Grove offers both Intensive Outpatient and Outpatient services. Whether you need structured support or flexible therapy, in person or virtual—we're here for every step of your healing journey.



To know more about us

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scared, ashamed, guilty,  
anxious, angry, or  
overwhelmed?

Don't recognize yourself?

You are not alone.

Call or Text Us!  
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- Counseling (individual or group)
- Mental Health Medication
- Complementary & Alternative Medicine (CAM) Recommendations



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appointment



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