



PRC Update

The Postpartum Resource Center of Kansas

Helping families achieve their full potential

Volume 3, Issue 1 Spring 2009

1st Fundraising Event: Mothers Matter Walk

To ensure the long-term viability of PRC, it has become clear that we need to begin hosting fundraising events.

With much excitement, we announce the first Mothers Matter Walk to be held Saturday, May 23, at 9 a.m. A family event, the walk is approximately 2 miles, each step representing the estimated 8,707 families in Kansas City and throughout Kansas affected by perinatal mood disorders, each year. Registration is \$25 per family;

participants are encouraged to get tax-deductible pledges. Families who raise \$150 will each get a t-shirt. Families who raise \$300 will also get tickets Jiggle Jam, a two-day family fun and music festival. It begins immediately after the walk—just across the street!

Please join us! There'll be a bounce house and free light breakfast. Most importantly, you will experience the joy in knowing that your family is helping to fund the fight against an illness that too often goes untreated, resulting in neglect, abuse and even death. For more information and to register: www.kansasppd.org/walk or call 913-677-1300.



"I have spent far too much of my career concerned about how antidepressants affected the baby, when I should have been concerned with how depression & anxiety affected the baby."

—Zachary Stowe, MD, Dir. of Women's Mental Health Program at Emory Univ., on the effects of taking antidepressants during pregnancy

2009 IN REVIEW

95 percent of women report improvement in symptoms after attending one of PRC's evidence-based support groups.

A recent survey of Kansas City OB offices found that providers who have relationships with PRC of Kansas are more likely to correctly answer questions about perinatal mood disorders.

More than 12,000 brochures were distributed in 2008 to more than 100 clinics & hospitals, statewide.

327 community members and professionals educated

6 new volunteers trained

PRC Launches Landmark PTSD Program

A recent national survey found that a whopping 18 percent of women nationwide experience symptoms of Postpartum Post Traumatic Stress Disorder. PTSD often causes hyper vigilance, inability to sleep, replays of the trauma (in this case, usually the birth), and inability to bond with the baby. Abuse survivors, an estimated 30 percent of all U.S. women, are most at risk

for Postpartum PTSD.

To help this at-risk group, PRC is leading the nation in developing a program targeting pregnant abuse survivors and offering services—before they give birth—to help prevent Postpartum PTSD. This program, Education & Support for Survivors Who Give Birth, is a joint effort with several Kansas City domestic violence and sexual assault

agencies to offer education and outreach to survivors and their medical and mental health providers.

As the program proves effective, PRC will standardize the curriculum and market it nationwide. There is no reason for 18 percent of U.S. women to experience PTSD symptoms, when the worldwide incidence is just 1-6%!

3 Ways You Can Support PRC

If you believe in our mission and have a desire to help Kansas City and Kansas families struggling with depression, anxiety and other mood disorders, we welcome you to join us. We have a need for:

1. **Financial donations.** Make and/or gather pledges for our Mother Matters Walk on May 2. See www.kansasppd.org/walk for more information. Can't make it? We accept tax-deductible donations of any amount (please send checks to PRC of Kansas, P.O. Box 8015, Prairie Village, KS 66208).
 - \$35 pays for 100 brochures to be produced.
 - \$100 pays for training three new volunteers to offer phone and group support .
 - \$250 pays for space and supplies for a 10-week support group for up to eight moms.
2. **Volunteer support for women and families.** Complete training sessions to offer phone support via our warm-line, group support via a weekly support group or one-one-one mom/family support in your area.
3. **Administrative volunteer support.** We need help with chairing fundraising events, public relations, data entry, brochure production/distribution and more.

Help Pass the Melanie Blocker Stokes MOTHERS Act

WHAT IS IT?

The Melanie Blocker Stokes MOTHERS Act (HR20) is a bill that requires The Department of Health and Human Services (HHS) and The National Institutes of Mental Health (NIMH) to research the prevalence and long-term effects of Postpartum Depression and Postpartum Psychosis. It also establishes a small grant fund for public and nonprofit agencies that provide services to families who suffer with Perinatal Mood Disorders.

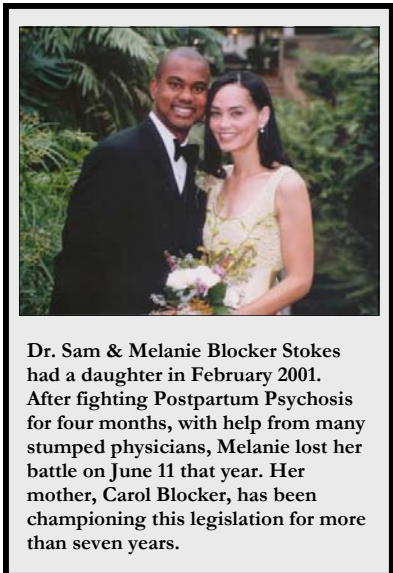
It will cost \$9 million over three years, and no new taxes or appropriations are necessary in order to fund the bill.

WHAT IS ITS CURRENT STATUS?

It passed the passed the U.S. House of Representatives on March 30, 2009, with a 391-8 vote. It now sits in the Senate Committee on Health, Education, Labor and Pensions (HELP), chaired by Mass. Senator Edward Kennedy. To move forward, HR 20 must be placed on the HELP committee agenda, passed by the committee, make it to the Senate floor for debate, and pass. President Obama must then sign it into law, a likely occurrence since he co-sponsored the bill when he was a senator.

HOW CAN I HELP?

1. Kansas Senator Pat Roberts sits on the HELP committee. Call his Overland Park office at (913) 451-9343 and tell the staff member that you (1) want to convey your support for HR 20 to Sen. Roberts and (2) urge him to ask Sen. Kennedy to give HR20 a hearing in the HELP committee.
2. Send an e-mail to Jen Stoll, PRC executive director, at jen@kansasppd.org if you'd like to join the PRC Action Team and receive legislative updates and Calls to Action.



Dr. Sam & Melanie Blocker Stokes had a daughter in February 2001. After fighting Postpartum Psychosis for four months, with help from many stumped physicians, Melanie lost her battle on June 11 that year. Her mother, Carol Blocker, has been championing this legislation for more than seven years.

did you know?

1 out of every 3 new moms experiences symptoms of Depression or Anxiety

1 out of every 5 new moms experiences symptoms of Post Traumatic Stress Disorder

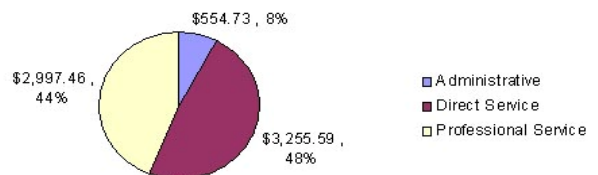
1 out of 20 new moms has had thoughts of suicide within the last two weeks

Your 2008 Investments

In 2008, our donors gave \$8,241, 100% of the 2008 operating budget. PRC's administrative costs totaled \$554.73, only 8% of the total budget. Direct Service, such as Phone Support, Group Support, and Area Support Networks received nearly half of the budget. Professional Service, such as trainings, case consultation, and material contributions receiving the remaining

44%. Management was provided by a small volunteer labor force, and totaled more than 3,000 hours (or 1.5 FTE) in contributions.

If you would like further information, please contact Jen Stoll, Exec. Dir. at jen@kansasppd.org.



According to *New Mothers Speak Out*, a report from Childbirth Connections, August 2008.

2008 in Review

PRC experienced several exciting developments in 2007, including:

- A new data management system that allows staff and key volunteers across the state 24/7 access to updated information pertaining to PRC's mission and functions. This has greatly streamlined processes and created a comprehensive database in which community outreach, support given, resources and volunteer actions are tracked. The system and its contents are continually being refined, and we believe this system will provide even more benefits to PRC in the coming years.
- A new support base in Hays, Kansas. After attending a presentation by Meeka Centimano, LCSW, PRC founder, and Jen Stoll, PRC executive director, at Hays Medical Center, several dedicated volunteers from a variety of health agencies banded together. They provide one-on-one support for local women and those in surrounding rural areas experiencing postpartum depression and other perinatal mood disorders. Because women living in rural areas are more likely to have less access to mental health resources, we are especially excited about this opportunity and the initiative exhibited by the Hays network.

- Growth in other Area Support Networks in Wichita and Manhattan, both in outreach and volunteerism.
- Nearly 300 women and their families served, either through phone contact, one-on-one support or group support. PRC of Kansas provides a phone support line, ongoing support groups in several locations throughout the metro as well as Lawrence and quarterly "family night" education events. E-mail support was also added and is popular among clients who often have difficulty finding time for a focused phone call.
- Educational outreach. To reach as many of the estimated 8,707 K.C. and Kansas families who are affected by perinatal mood disorders as possible, we rely on the assistance of medical and mental health professionals. In 2008, Meeka Centimano, LCSW, and Jen Stoll, Executive Director, spoke at 13 events, educating more than 300 professionals about perinatal mood disorders.
- Distribution of more than 12,000 PRC of Kansas brochures to medical and mental health providers throughout Kansas. As we talk to more families, we often hear, "I saw your brochure in my OB's office." Each brochure describes signs of perinatal mood disorders, steps to wellness, PRC services and other helpful information.

for professionals

a column for Mental Health, Obstetric & Pediatric Providers

PRC's goal is to equip providers in every part of the state with the tools necessary to effectively treat their patients who experience Perinatal Mood Disorders. Visit www.kansasppd.org/for-professionals/ often for updated resources. Here are a few of the services we offer:

- Online resources, such as guidance on prescribing for pregnant and breastfeeding mothers, screening tools, and many other resources.
- An ever-expanding resource list of providers who treat women & men with perinatal mood disorders. Volunteers use this list to offer women medical & mental health resources in their area.
- Trainings: **Diagnosing & Treating Perinatal Mood Disorders & Supporting Survivors During Pregnancy, Delivery, & Postpartum.** Trainings can be customized to fit your needs and are offered on-site and online.
- Scheduled **online trainings** will begin in June. Once a quarter, PRC will offer a three-hour (3 CEU) course, introducing research-based methods for treating Perinatal Mood Disorders. Class size is limited to offer adequate time for questions & discussion with Kansas's experts in PMD recovery. Register at www.kansasppd.org/for-professionals/ to receive quarterly announcements of the topic area, date & time of the course. (See pg. 2 ad.)

Research Alert:

Peer Support Cuts Depression in Half

In a recent study of 701 pregnant at risk of postpartum depression published in the journal *BMJ*, those who received phone calls from women who overcame PPD were half as likely to have significant depressive symptoms at 12 weeks post-birth than women who received standard medical care alone.

"Mothers are more willing to disclose their feelings to another mother who knows what it is like than to a doctor or nurse," says author Cindy Lee Dennis, Ph.D., research chair in perinatal community health at the Univ. of Toronto. The peer support was intended not to replace professional help, but to serve as a link between communities and the health system.

PRC offers similar services to families in Kansas and Missouri. Families suffering with Postpartum Depression, Anxiety, or Psychosis can call our warm line at 913.677.1300 or 1.866.363.1300 & a trained volunteer will return their call within 24 hours.

Seeking the Hidden: Screening, Diagnosis, & Treatment of Perinatal Mood Disorders

By Meeka Centimano, LCSW, Jen Stoll, MSW, & Stephanie Carrithers, RN

Content will include Differential Diagnosis, Screening, Treatment Options, & Problem-Solving Medicating During Pregnancy & Lactation.

**Tuesday, June 23, 2009, 1 pm to 4 pm *or*
Wednesday, June 24, 9 am to 12 pm.**

3 Continuing Education Credits (CEUs)

Class size is limited.

Register today at www.kansasppd.org/for-professionals.

The Postpartum Resource Center of Kansas

PO Box 8015 • Prairie Village, KS • 66208-0015

In Kansas City 913.677.1300 • In KS & MO 1.866.363.1300

Upcoming Events

May 20-21 *Perinatal Mood Disorders: Components of Care Conference*, Oklahoma City, OK, by Meeka Centimano, LSCSW

May 23 9 a.m., Kansas City, Mothers Matter Walk (see pg. 1)

June 23 & 24 Seeking the Hidden: Screening, Diagnosis & Treatment for PMDs, an online course. Register at www.kansasppd.org/for-professionals

Aug. 4-7 Postpartum Support International 23rd Annual Conference *Developing Sustainable Nonprofit Support Networks*, Los Angeles, CA, by Jen Stoll, MSW

www.kansasppd.org

Facebook Causes:
Support PRC of Kansas

facebook

The Board of Directors

Gary Brown
President

Mark Clements, MD
Vice President

Amber Thailing, JD
Treasurer

Tiffany Crabtree, LSCSW
Secretary

Sally Riley, CCE/CBE
Board Member

Linda Woofter
Board Member

The Mission

of The Postpartum Resource Center of Kansas is to help families achieve their full potential before and after the birth of a child, by providing supportive, consultative and educational services to families and the community, at large.

The Vision for the Organization

The Postpartum Resource Center will be regarded as the leading authority in the Kansas City regional area (including Kansas), providing programs and resources to prevent, diagnose and treat Perinatal Mood Disorders (PMD).

The Vision for Perinatal Families

All families experience emotional well-being during pregnancy, birth, and the postpartum period.



The Postpartum
Resource Center
of Kansas

PO Box 8015
Prairie Village, KS 66208-0015