



**Arizona  
Postpartum  
Wellness  
Coalition**

# Arizona Postpartum Wellness Coalition

ISSUE 3

MARCH 2011

## OUR MISSION

The Arizona Postpartum Wellness Coalition seeks to improve the pregnancy and postpartum experience for Arizona families through providing education & resources for families and professionals, increasing awareness of the serious nature of perinatal mood and anxiety disorders (PMADs), and improving access to available screening methods, treatment options and resources in Arizona.

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*The Arizona Postpartum Wellness Coalition aims to be Arizona's leading resource for perinatal wellness.*

### Founder's Message

#### Happy Birthday, APWC!

Hello to all our APWC members and friends. I hope this newsletter finds you well. As many of you know, on February 11, the Arizona Postpartum Wellness Coalition celebrated 6 years of serving perinatal families! Thinking back to our first years, it is heartwarming to see just how far we have come in such a short time. Our new focus on education has been a huge success and we have educated over 600 health-care providers over the years! We have also been a resource for countless families through our warm-line, educational programs, brochures and website.

These resources continue to touch and even save lives and I feel deeply grateful to be a part of it.

Thinking back on all we've accomplished, I wish to thank the many volunteers, coordinators and leaders I have been privileged to work with over the years. It is through your service and dedication to healthy moms, babies and families that APWC has survived.

As a mother of 6 and 4-time postpartum depression survivor, I understand the many challenges that come with becoming a parent. I can also attest that the love we receive as parents makes it well worth

the struggle.

Thank you to all who are reaching out in love to strengthen Arizona's families. Strong families are the heart of a strong community. So, give yourself a little love (a bath, a nap, a vacation?) in honor of a job well done. Here's to many more years of strengthening families one mom and baby at a time!

**~Christina G. Hibbert,  
Psy.D.**

**Founder, APWC**



## Words of Inspiration

*"Motherhood: All love begins and ends there."*

*Robert Browning*

## APWC NEWS:

### APWC's 9th 2-Day Perinatal Training!

The Arizona Postpartum Wellness Coalition is proud to sponsor our 9th 2-Day "Perinatal Mood & Anxiety Disorders: Assessment and Treatment" CE course. Those who have participated have commented, "This is the best continuing education course I've ever taken," "I laughed, I cried, I learned a ton—it was terrific," and "I thought I was just coming for education but I left committed to 'the cause'".

If you have yet to participate in this extraordinary course, we invite you to

join us on March 31 and April 1, 2011 at Mercy Gilbert Medical Offices in Gilbert, AZ. Together we will explore the world of the pregnant and postpartum woman and family. We will hear from survivors, see moving videos, and maybe even sing a little! You will leave with the education you need to provide the best care for perinatal families and you will also learn a little bit about yourself. We hope to see you there!

*For registration information, please see below.*



### Jenny's Light Grant Update:

September marked the kick-off of our "Operation Education" project, funded by our grant through Jenny's Light. At our "train the trainer" seminar, ten eager women from various areas of the state attended and learned the ropes of giving a 30 minute Powerpoint presentation to families and providers. These presentations, titled, "Perinatal Mood Disorders: Shedding Light on the Dark Side of the Womb" are friendly, informative and aimed at educating families and providers alike. So far 13 presentations have been given across the state. *If you are interested in this FREE presentation in your area, please contact Eileen Vachon-Vierra, eileen.vachonvierra@nahealth.com*



**APWC sponsors**

**its 9th**

**2-Day Perinatal**

**Mood Disorders**

**CE Course in**

**Gilbert, AZ!**

(see left or below)

## Regional News

Tucson:

The Tucson Postpartum Depression Coalition (TPDC) received a \$2000 grant from Jenny's Light. These funds are dedicated to Phase 1 of a Center for Perinatal Emotional Wellness. During this phase, focus groups will be held to determine what support services are desired by professionals and the community.

The TPDC held its quarterly meeting in January, with about 45 attendees. With a great turnout and great speakers, the meeting was a success.

The next quarterly meeting will be held April 28, 2011 at Northwest Women's Center.

Heartsounds Mother and Baby Care, a doula service specializing in postpartum depression, received an \$8000 grant through the Zuckerman Fund of the Community Foundation of S. AZ to provide doula care for new mothers and to provide a support group for postpartum mothers.

Marlene Freeman, MD and Kathy Smith, MD will be once again hosting the Women's Mental Health Symposium at the University of Arizona Student Union on March 19, 2011.

~Carole Sheehan

## New PMAD Article!

### Treating Postpartum Depression

**By: The American Psychological Association**

Be sure to check out the APA's new article, *Treating Postpartum Depression* in this month's Monitor on Psychology Magazine, featuring APWC Founder, Christina Hibbert, Psy.D.

<http://www.apa.org/monitor/2011/02/postpartum.aspx>

Also check out the article posted by Susan Stone, past PSI President, about Dr. Hibbert, by visiting the popular blog, EmpowerHer.

<http://www.empowerher.com/community/share/>

## Upcoming Events: *Don't miss these exciting educational opportunities!*

### Perinatal Mood & Anxiety Disorders:

### Evaluation and Treatment

2-Day CE Course

March 31- April 1, 2011

Mercy Gilbert Medical Offices  
Gilbert, AZ

Sponsored by: *Jenny's Light & The AZ Postpartum Wellness Coalition*

**Registration Information:**

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

COMING SOON!

### Women's Emotional Health Across the Lifespan

1-Day CE Course

Sponsored by APWC

Presenter: Christina G. Hibbert,  
Psy.D.

Learn about the female brain, hormones and emotional health across lifespan. For Providers and Women of all Ages! Questions? Email:

[chibbert@postpartumcouples.com](mailto:chibbert@postpartumcouples.com)

or visit [www.postpartumcouples.com](http://www.postpartumcouples.com)

Save the Date: AUGUST 26, 2011

*Advanced Skills Workshop*

### Clinical Assessment, Diagnosis and Treatment of

### Perinatal Mood and Anxiety Disorders

*A one-day course for clinicians working with perinatal families*

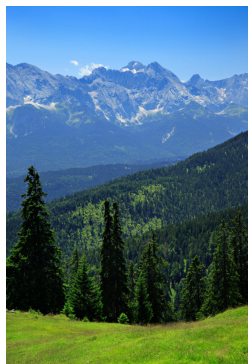
**Topics covered include:** Clinical Assessment, Diagnosis, Co-occurring disorders, & the "How's" of Perinatal Treatment

REGISTRATION COMING SOON (see website)



# Regional News

**What's going on around the state? What are AZ's communities doing to improve perinatal wellness? Here are a few updates from our members!**



**FLAGSTAFF:**  
The PMD networking group has been meeting regularly since the two day workshop in April-May 2010. This group has been focused on screening from the very beginning. We have been diligent in our pursuit of screening to be done at FMC at the time of delivery but also 2-6 weeks postpartum. Our solution has been to try to work with the audiology department, who does hearing screenings with all newly delivered babies.

When we first approached the Audiology Department with the idea of techs doing the EPDS the response was posi-

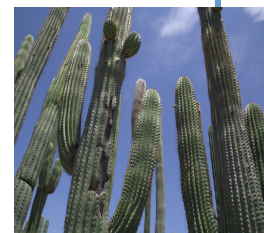
five. After receiving training and implementing the screening process the techs are more engaged as team members and improving the overall goal of the organization "patients are our purpose". They also provide moms with our PMAD brochure and Sheri Yeider gives a follow-up phone call for all moms who screen positive!

This has helped the FMC support group get off and running. We've met for 3 weeks with consistent members! The next phase is getting the OBs and Peds Doctors to buy in!

~Terry Smith & Sheri Yeider, Flagstaff Medical Center

**Flagstaff Medical Center implements screening and support group!**

**APWC has community contacts throughout the State. Contact yours today for local resources or to see how you can become involved in your community! See pg. 4**



## APWC Spotlight

*Get to know*

### WARMLINE VOLUNTEER: Julie Brinton

I live in Mesa with my supportive husband, and three wonderful children. I have also had the great opportunity of raising my teenage brother and sister for the past several years. I don't know where I would be without my family.

After the birth of my daughter five years ago I knew that something wasn't right. I didn't know where to turn for help. I was too ashamed to tell anyone what was happening to me, and so I suffered in silence for two years. Then I had a pregnancy that ended in miscarriage and my symptoms got worse. At that point I knew that I had to get help, but I still didn't know where to turn. I ended up calling the first therapist I could think of. I was with this therapist for a year and a half knowing that I was not getting the right kind of care, but I didn't know what else to do. Then in March of 2010 I had a second miscarriage and I hit rock bottom. I had a friend mention something about a warmline, and so I decided to look it up online to see what it was about. That is when I discovered the APWC. (cue singing angels) I was able to get in contact with a therapist in my area who specializes in perinatal mood disorders. I now know that what I experienced was PPOCD. It was extremely helpful for me to understand what I had and that I wasn't the only one going through it. I have come a long way in the last ten months.

I feel very humbled at the opportunity to be a warmline volunteer. It is my hope that I will be able to take my experience with PPOCD and turn it into something positive. I can't think of a better way to do that than to give support and encouragement to other moms who are struggling. One call that I will always remember was from an out of state caller. She was calling because she was really concerned about a friend of hers who lives in Arizona that was struggling with postpartum depression. I was able to let her know about resources available to her friend, and I gave her permission to give her friend my contact information. The next day her friend called me and we were able to visit for a while about what she was going through. I am now facebook friends with both of

these women. I know it won't always be like that. I think that the hardest part about being a warmline volunteer is not knowing what happens after hanging up the phone, and wondering if I said everything I could in a way that was able to really help the caller. Becoming a warmline volunteer was a no brainer for me. I am thrilled to be doing this. I want to help other moms realize that they are not alone, and that there is help out there. No mom should feel like she has to suffer in silence. If I am able to reach just one mom, than my suffering will have had a purpose. I look forward to working more with the APWC in educating and raising awareness about perinatal mood disorders."

**-Julie Brinton, APWC Warmline Volunteer**



### AZ POSTPARTUM WARMLINE 888-434-MOMS

## Warmline News

### AZ POSTPARTUM WARMLINE

*The warmline volunteers are a dedicated group of mothers and health care professionals who each month select 2 or more days to check for messages on the warmline. Volunteers live in various parts of the state and provide emotional or informational support to mothers, fathers,*

*grandparents and others. When a volunteer needs additional help or mentoring, it is only a phone call away. I want to personally thank the volunteers who make it possible for AZ families to have a place of comfort and hope through the warmline. We couldn't do it without you!*  
~Carole Sheehan, Warmline Coordinator  
**To become a volunteer, see pg 4**



# Arizona Postpartum Wellness Coalition

## Administrative Address:

315 W. Cherry Ave.  
Flagstaff, AZ 86001

## AZ POSTPARTUM WARMLINE:

**888-434-MOMS**



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

### APWC Leadership:

**Founder,** Christina Hibbert, Psy.D.  
chibbert@postpartumcouples.com

**Treasurer/ Membership Secretary,**  
Tami Boyd, RN, Tamiboyd4@msn.com

**Warmline Coordinator,** Carole Sheehan, RN  
carole\_sheehan@hotmail.com

### Community Contacts:

#### Flagstaff:

Terry Smith, terry.smith@nahealth.com

#### N. Arizona/ Verde Valley:

Eileen Vachon-Vierra,  
eileen.vachonvierra@nahealth.com

#### Prescott/ Quad Cities:

Edie Hulburd, ehulburd@hotmail.com

#### Phoenix/ East Valley:

Ann Marie Casey, amiex3@yahoo.com  
Michelle Lacy, momsupport@cox.net

#### Phoenix/ West Valley:

Kelli Cordova-Wright, Kelli.cordovawright@topsaz.org

#### Sierra Vista:

Ellen Ackerman, Ellen.Ackerman@svrhc.org

#### S. Arizona Area:

Carole Sheehan, Carole\_sheehan@hotmail.com

*APWC is on Facebook! Become our friend today!*

## Help Wanted

*Become an APWC volunteer Today!*

### Warmline Volunteers Needed!

Volunteers are trained to respond to calls from perinatal families between 8 am and 9 pm seven days a week. Each volunteer selects the days (s)he would like to work each month and receives mentoring as needed. Volunteers are also awarded a scholarship to attend APWC's 2-Day PMD Training for FREE! IF you are interested or would like more information, please don't hesitate to contact Carole Sheehan, Warmline Coordinator, at [carole\\_sheehan@hotmail.com](mailto:carole_sheehan@hotmail.com)

### Resource List Management Needed!

The warmline is in need of resource list manager(s). Responsibilities would include updating our APWC resource list periodically to improve the layout of the resource list and/or to make calls to resource list providers to verify current information about their practice. Work at your own leisure to help us keep our resources current and valid! Interested?

Contact: Carole Sheehan,  
[Carole\\_sheehan@hotmail.com](mailto:Carole_sheehan@hotmail.com)



### Did You Know?

*Over the past 14 years I have been involved with perinatal mental health, the name has changed many times. First "Postpartum Depression", then "Postpartum Mood Disorders". Later, it was changed to "Perinatal Mood Disorders, to honor pregnancy and postpartum. Recently, the term has been expanded again. The latest term is, 'Perinatal Mood & Anxiety Disorders", to reflect the wide spectrum of illness. Who knows when new information will bring the next name change for these ever-evolving disorders!*

*~Christina Hibbert*