



Postpartum Support International
Michigan Chapter

October 2024 Newsletter

Happy October everyone! It's time to take in the leaves changing color, the air becoming cooler, hay rides, pumpkin farms, cider mills and apple picking. Michigan definitely knows how to do Fall!



August/September Happenings

Breastfeeding in the Park, August 24

Thank you to Milk Like Mine in Battle Creek for all the work you do and for this beautiful collage from that day!



Black Breastfeeding Week Celebration, August 25-31

“Black Breastfeeding Week to me means the renormalization and celebration of breastfeeding in the black community. We are proud of those that attempt to breastfeed because we know the challenges that are historically and currently attached to success, and the barriers that can lead to failure.” -Rickeshia Williams, Milk Like Mine Executive Director

Our own Alliance Representative, Tierra, sent us this gorgeous photo from her collection this year. Thank you Tierra!



Breastfeeding Griot, August 28

This sacred event, put on by the Wisdom Institute in Detroit, featured stories from experienced mothers, elders, and birth workers who have successfully navigated the journey of breastfeeding. Through their personal stories, they shared the joys, challenges, and triumphs of breastfeeding, offering practical tips and encouragement to new and expectant mamas. For more information on the Wisdom Institute, that advocate for the betterment and livelihood of African American women and young girls, visit their website at: <https://wisdominstitutedetroit.org/>





Second Annual Birth and Beyond Resource Community Fair, August 31

This event took place in Ypsilanti, and was created to uplift, empower, and educate the black families in the community regarding breast-feeding. Our newest board member, Shay, was there providing information on perinatal mental health. Thank you Shay and thank you Wrapped in Love Doula and Lactation Services LLC for having us!

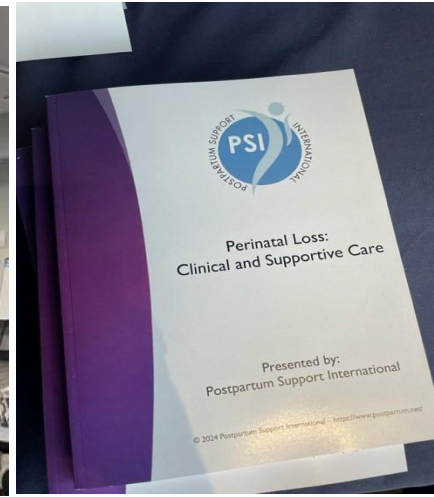


Perinatal Loss: Clinical and Supportive Care Training in Battle Creek, September 9-10 and September 16-17 in Ann Arbor

This 2-day comprehensive training brought providers, nurses, therapists, birth workers, and other professions that work with the perinatal and infant populations together to learn more about perinatal loss, inclusive of miscarriage, stillbirth, complex congenital anomalies, and pregnancy decision making. Participants explored trauma-informed strategies, clinical techniques, and practical interventions to support bereaved families and providers impacted by loss.

Thank you to all the amazing people who helped make this happen. It was truly a collaboration of organizations and grant funding working together to get close to 200 professionals trained.





Lansing Out of the Darkness Walk, September 21.



Board member, Kersten and her amazing Lansing team, were present and spreading awareness about perinatal mental disorders and suicide risk. Thank you all!



Upcoming Michigan PSI Events

PSI 2 Day Perinatal Mood Disorders: Components of Care Training and Advanced Perinatal Mental Health Psychotherapy Training in Marquette, October 22-24.

Please join us in the beautiful Upper Peninsula for one or both of these Fantastic training opportunities. The 2- day will be held Tuesday and Wednesday, October 22-23 and the Advanced Psychotherapy on Thursday, October 24.

Continuing Education



AAFP CMEs: This Live activity, Perinatal Mood Disorders: Components of Care, from June 3, 2024 to June 2, 2025, has been reviewed and is acceptable for up to 14.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

APA: Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. Course eligible for up to 14.5 Credit Hours.


NASW: This program is Approved by the National Association of Social Workers (Approval # 886708348-5218) for 14.5 continuing education contact hours.

NBCC: Postpartum Support International has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. Course eligible for up to 14.5 credit hours.

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Perinatal Mood Disorders: Components of Care

Perinatal Mood and Anxiety Disorders Certificate Training

Training Faculty
Birdie Gunyon Meyer, RN, MA, PMH-C | Christena Raines, RN, MSN, APRN-BC, PMH-C | Maria Muzik, MD, PMH-C

October 22-23, 2024
Marquette, Michigan
Optional event on October 24, 2024


Also available: PSI's Advanced Perinatal Mental Health Psychotherapy event on October 24, 2024. Please see the registration website for more information!

Register online!
<https://postpartum.app.neoncrm.com/event.jsp?event=1392&>

The two-day course, taught by expert and engaging faculty, uses a thorough, evidence-based curriculum designed for psychiatrists, nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, and other providers of color who want in building skills for assessment and treatment of perinatal mood disorders.

Upon completion of this course, the participant will be able to:

1. Identify the challenges faced when identifying and treating perinatal mood and anxiety disorders.
2. Describe the symptoms and understand the differential diagnosis of prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders and psychosis.
3. Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation.
4. Assess prenatal and postpartum risk factors.
5. Assess for perinatal mood and anxiety disorders.
6. Identify treatment options for perinatal mood disorders (PMDs).
7. Discuss breastfeeding and PMDs.
8. Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies.
9. State appropriate psychotherapy modalities.
10. Indicate consequences of untreated PMDs.
11. Discuss effects and consequences on partners.
12. Identify social support, legislative changes, and community resources, including how to set up support groups and offer social support.
13. Discuss cultural differences and PMDs.
14. Discuss spirituality and PMDs.




Place: Northern Michigan University, Northern Center
1401 Presque Isle Avenue, Marquette, MI 49855

Training: 8:30 am - 5:00 pm

Registration Deadline: 10/11/2024 | **Cost:** \$425.00

Registration includes training manual, certification of continuing education, light breakfast, and lunch. Cost is discounted if you are a PSI member, PSI volunteer, or student. See the registration site for more information.

The fee for continuing education certification is included in the registration fee. Continuing education certificates will be emailed approximately three weeks after the training event. Candidates for continuing education certification must document their time at the event by signing in and out for the event.



Cancellation Policy: If you cancel before October 12, 2024, you will get a full refund minus a \$50.00 processing fee. If you cancel October 12, 2024 or later, you will be refunded 50% of your registration fee minus a \$50.00 processing fee. Fees can be transferred to future events, and substitutions are accepted.

Questions? Please contact Orrin Banta at orrinbanta@postpartum.net.

Advanced Perinatal Mental Health Psychotherapy



Continuing Education

APA: Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. Up to 6 hours of credit available.

NBCC: Postpartum Support International has been approved by the National Board of Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. Up to 6 hours of credit available.

NASW: This program is Approved by the National Association of Social Workers (Approval # 886708348-6742) for 6 continuing education contact hours.

AOTA: PSI is an approved provider of CEUs by American Occupational Therapy Association (AOTA), Provider #11342. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.

Logistics by



Thursday, October 24, 2024
Marquette, Michigan

Training Faculty

Birdie Gunyon Meyer, RN, MA, PMH-C | Christena Raines, RN, MSN, APRN-BC, PMH-C

Register online!

<https://postpartum.app.neoncrm.com/event.jsp?event=1397&>

PSI's Advanced Perinatal Mental Health Psychotherapy Training is an evidence-based curriculum designed for mental health and psychotherapy providers who have previously completed at least fourteen hours of perinatal mental health training. This advanced training covers differential diagnosis, evidence-based psychotherapeutic approaches, and advanced therapeutic issues. It combines expert presentation with case studies, group discussion, and practical examples of treatment approaches. This course or an equivalent six-hour advanced training course is a pre-requisite for the Perinatal Mental Health Certification, in the mental health/psychotherapy specialty.



Sponsored by



Place: Northern Michigan University, Northern Center
1401 Presque Isle Avenue, Marquette, MI 49855

Training: 9:00 am - 4:30 pm

Registration Deadline: 10/11/2024 | **Cost:** \$250

Registration includes training manual, certification of continuing education, light breakfast, and lunch. Cost is discounted if you are a PSI member, PSI volunteer, or student. See the registration site for more information.

The fee for continuing education certification is included in the registration fee. Continuing education certificates will be emailed approximately three weeks after the training event. Candidates for continuing education certification must document their time at the event by signing in and out for the event.

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Questions? Please contact Orrin Banta at orrinbanta@postpartum.net.

***PSI MI will be awarding several \$200 scholarships to use toward these Marquette trainings. If you are interested, please email Amy Lawson at: amy.amylawson@gmail.com**

Happenings Around the State

MoxieMoms in Marquette

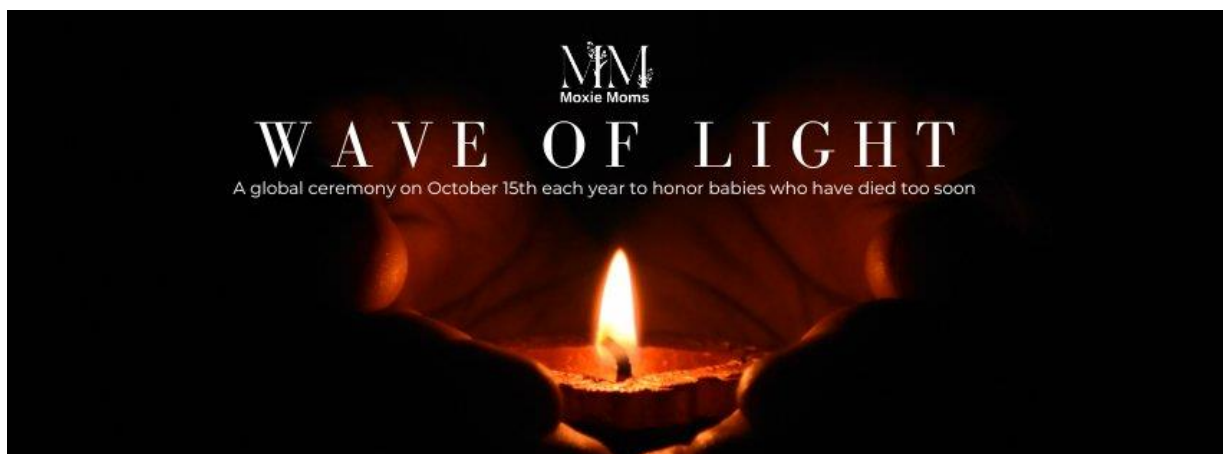
Moxie Moms in Marquette recently unveiled a Memorial Garden to Honor Pregnancy Loss and Foster Community Support on Friday, August 30th with assistance from the Lake Superior Community Partnership. The garden serves as a serene space for reflection, healing, and connection.



MoxieMoms will also be hosting a Wave of Light Event on **October 15th** -- more information is available on their FB page. <https://www.facebook.com/events/829737179347142?ref=newsfeed>

Everyone is welcome and encouraged to attend. If someone is unable to attend in-person but would like a candle lit for their baby, they can use the link below to submit their baby name, nickname, or date of loss and they will light a candle in their name and post the video on their social media page.

Candle Submission Form: <https://forms.gle/cEY8NcEB9wzENKBm6>



Lactation Lighthouse in Madison Heights

Lactation Lighthouse is a lactation and body work focused clinic with perinatal mental health being very close to their hearts. They love to hear ways they can better support their community. Currently they are holding weekly breastfeeding support groups that are completely free and an Infant Massage Class that is \$30 per family. For more information on Lactation Lighthouse, visit their website at: <https://lactationlighthouse.com/>

*They will also be hosting a Breastfeeding Basics and Nursing Nutrition workshop for November.



mom to mom
Breastfeeding Support

BE PART OF THE EXCITEMENT
BY ATTENDING OUR SUPPORT
CIRCLE OF MOMS!

CONNECT, SHARE, LEARN, & GROW WITH US!

We meet in person every Wednesday @
6 PM at 905 W Eleven Mile Rd. Madison
Heights, MI 48071.
Drop ins are welcome!
Ask questions by emailing
lactationlighthouse@gmail.com

Lactation
Lighthouse



Infant Massage Class
OCTOBER 25TH 2024
@ 6 PM

Lactation
Lighthouse

PLEASE JOIN US FOR
*Infant Massage
Class*

905 W ELEVEN MILE RD
MADISON HEIGHTS, MI 48071

Instructor:
JACKIE, LMT

Learn how to
massage your
child!
Massage can
improve
physical and
mental health
as well as
deepen
connection.

Bronson Obstetrics Healthcare in Southwest Michigan

The Bronson system has just added Cindy Jubenville, Behavioral Health Specialist, to their OB care team. In partnership with Dr. Madhavi Nagalla, WMED Department of Psychiatry Residency Director and Perinatal psychiatrist, the program aims to be of assistance to OB patients with perinatal mental health concerns and assist in medication prescribing for providers.



Cindy Jubenville, LMSW



Madhavi Nagalla, MD

Addressing the Disparities Faced by African American Survivors of Domestic Violence and Postpartum Mental Health Needs Webinar, October 22.

NBNA AD HOC COMMITTEE ON VIOLENCE REDUCTION

TOPIC: Addressing Disparities Faced by African American Survivors of Domestic Violence and Postpartum Mental Health Needs

ANNUAL OCTOBER WEBINAR

VIRTUAL ZOOM WEBINAR
Date: Tuesday, October 22, 2024
Time: 4pm PST
5pm MST
6pm CST
7pm EST



Model: Monica Debro
Image: Casey Perry

In this webinar participants will:

- Be able to identify indicators of domestic violence during pregnancy.
- Be able to identify the barriers faced by African American Women when seeking help.
- Be able to offer resources of support to those African American Women who are experiencing the co-occurrence of domestic violence and postpartum mental health needs.



Chéree Thomas, Guest Speaker
Co-Executive Director
Michigan Coalition to End Domestic and Sexual Violence



Dr. Carthenia Jefferson
Chair



Dr. Monica Debro
Co-Chair

REGISTER NOW



<https://us06web.zoom.us/meeting/register/tZEqdu6rrz4tHtJpBpPdpLIZLm5rQWjbKIGq>

Other PSI News

Existing Support Groups and Postpartum Planning Class

Don't forget about the more than 50+ support groups offered weekly through PSI, as well as their Postpartum Planning Class (this is like a childbirth class for the birthing person's emotional and mental health). All are FREE!



Postpartum Support International

Scan for Help!



Free Online Support Groups

800-944-4773 | postpartum.net





Mood & Mental Health Support for Moms/Birthing People

- Bipolar Support for Perinatal Moms & Birthing People
- Birth Trauma Support
- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Mood Support for Moms
- Military Moms
- Perinatal Mood Support for Returning Members Only
- Perinatal OCD Support for Moms
- Pregnancy & Postpartum Psychosis Support for Survivors (Moms & Birthing People)
- Pregnancy Mood Support Group
- Birth Moms Support Group
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Mindfulness for Pregnant & Postpartum Parents

Post - Abortion Support

- Post-Abortion Support

Parenting

- Adoptive & Foster Parent Support for the Early Years
- NICU Parents
- Pregnant & Postpartum Parents of Multiples
- Queer & Trans Parents Support Group
- Single Perinatal Parent Support
- Support of Parents of One to Four-Year-Old Children
- Support for Parents of High Needs Babies

Spanish Groups


- Grupo de apoyo gratuito papas
- Grupo de Apoyo para el Embarazo
- Grupo de Apoyo para el Posparto
- Grupo de Apoyo para Padres con Niños con Necesidades Especiales
- Grupo de Apoyo "Peridida y Duelo"
- Grupo de Apoyo Perinatal
- Grupo de Apoyo "Retos de la Crianza"
- Grupo de Apoyo "Retos de la Fertilidad"
- Grupo para Madres Independientes

BIPOC Groups

- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Black Moms in Loss

Loss & Fertility Challenges




- 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
- Pregnancy and Parenting After Termination for Medical Reasons



Postpartum Support International


Postpartum Planning Class

1st and 3rd Wednesday of Each Month

Is your family growing, and you're interested in learning how to prepare for the postpartum period? Join us for a 2-hour Postpartum Planning class for 2nd & 3rd trimester expecting parents. We welcome moms, birthing people, non-gestational parents, partners, couples, and single parents. Unlike most birth and postpartum classes, the intended focus is on the parents' emotional well-being during the postpartum period. The class will include education, discussion, a review of a postpartum plan, and resources. The main topics covered will be postpartum physical recovery, partner support, self-care, support networks, lactation and emotional well-being, and perinatal mood and anxiety disorders.

Scan here for more information!



NEW Support Group Added in Spanish





en ESPAÑOL

Encuentro

para padres de niños con capacidades especiales

Mejora tu camino en la maternidad con herramientas útiles y el respaldo de otros padres que están viviendo la misma experiencia

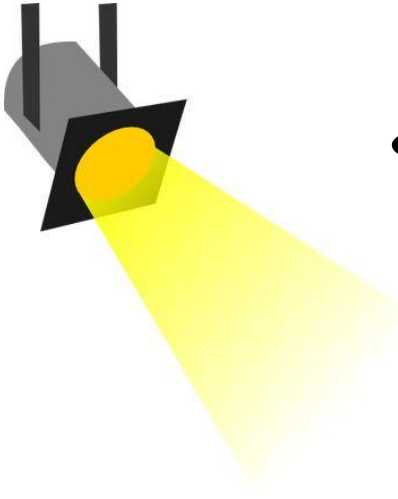
Primer lunes del mes
Evento on-line, confidencial y gratuito

PSI en Español | 800-944-4773 #1 | postpartum.net/en-espanol/

Joining the other Spanish support groups, this virtual emotional support meet-up is for parents with special needs children from birth to age 4. The meeting will provide a safe place where parents can share experiences and emotions as well as the challenges that parenting children with special needs presents.

🔗 Register at: <https://loom.ly/NDQqMdk> completely FREE and CONFIDENTIAL. You can participate from anywhere in the world. 🌍





Spotlight on -

Dr. Maria Muzik



Dr. Muzik is a Professor of Psychiatry and Obstetrics and Gynecology at Michigan Medicine. Her work focuses on the impact of stress, trauma, and mental illness in the context of childbearing on caregiving and the developing parent-child relationship, and how to support families in overcoming psychological and environmental adversity. She serves as Principal or Co-Investigator on multiple projects funded by the National Institute of Health, the U. S. Department of Health and Human Services-Administration for Children and Families, Michigan Department of Health and Human Services, and the Centers for Medicare and Medicaid in Michigan.

She holds a doctorate in Medicine and master's degree in Public Health, and serves as the Medical Director of the Perinatal Psychiatry Program at Michigan Medicine in charge of perinatal clinical care delivery both within psychiatry as well as integrated within obstetrics, family medicine and pediatrics. Additionally, she is the medical director for MC3 Perinatal, a state-wide perinatal access program to primary care, public health nursing, community mental health and other health providers.

She is co-director of Zero To Thrive, a multidisciplinary initiative at the University of Michigan focused on promoting science, increasing public awareness and implementing programs and services to buffer risks and enhance resilience in young children under the age of 5. Within the scope of this work, she has co-developed the Strong Roots Curricula, a series of interventions for parents and other caregivers to foster caregivers' reflective capacity and enhance their sensitive caregiving, and ultimately benefit the wellness and health of young children.

In response to the need for effective and scalable programs for high risk peripartum mothers who struggle with trauma histories, depression and PTSD, maternal bonding, and objective parenting behaviors, Dr. Muzik (together with UM colleague Dr. Katherine Rosenblum) developed a manualized parenting and mental health intervention (*Mom Power*) that aims to specifically enhance the maladaptive parenting attitudes/cognitions and behaviors, and ameliorate shame about their victimization, all of which she identified in her research. *Mom Power* is a 13-session parenting and self-care group intervention for trauma-exposed mothers of young children (birth to 5). *Mom Power* intervention was also

adapted for use with classroom teachers in Early Head Start, and to a whole family model (*STRoNG Families*). *Mom Power* intervention is now nationally (and internationally) sought out as a brief (3-months), attachment-based, trauma and diversity informed, evidence-based parenting and self-care group intervention for mothers with children 0-5 years.

Dr. Muzik’s work has been published widely in psychiatry, psychology and trauma-related journals yielding 138 manuscripts thus far, including high-impact journals such as *J Clinical Psychiatry*, *Depression & Anxiety*, *J Affective Disorders*, *British Journal of Psychiatry*, *Development & Psychopathology*, *J Women’s Health*, and *JAMA Psychiatry*. In 2018, she co-edited the book, *Motherhood in the Face of Trauma: Pathways Towards Healing and Growth* (Springer, 2018).

****It is important to note that Dr. Muzik is also very close to the hearts of PSI and PSI Michigan for many reasons. Despite her busy schedule, she makes time to teach the Psychopharmacology portion of the 2-day Components of Care training, the full day Advanced Perinatal Psychopharmacology Training, and the Frontline Provider Training. She makes time to come and speak at our annual Michigan Day at the Capitol and spend time with the families present. She is the utmost example of humility and kindness, and she listens to each person she talks to as if they were the most important person in the room with the most important things to share. And despite her accolades and achievements, she reminds us to never be complacent in our learning.***

Thank you Dr. Muzik! You are MAGIC and we are all so lucky to have you in our very own State of Michigan!



****We have amazing PMH professionals across the state. Let’s learn about each other. Please tell us about yourself and send us a picture to spotlight you in our newsletter and on social media.***



- PSI Michigan does Education. PSI Michigan has experience educating and has presented to all types of different healthcare professionals and organizations that work with the Perinatal and infant populations. Providers, residents, therapists, social workers, nurses, lactation consultants, doulas, county health departments, WIC, home visiting programs, early on and head start programs, perinatal quality improvement collaboratives, etc... *If you are interested in bringing a training or a lunch-and-learn to your organization, please reach out to Kristina at ledlokr@bronsonhg.org to set something up.
- If there is a community baby shower or event in your local area that you are interested in bringing PSI MI representation to, let us know. We will do our best to try to be there, or make sure you are set up with materials to distribute.



THANK YOU all for everything you do! Have a FANTASTIC month!