



Postpartum Support International
Michigan Chapter

September 2024 Newsletter

Happy Black Breastfeeding Week! I know there have been some incredible initiatives/events going on around the state surrounding this. Please send us pictures so we can celebrate those events in next month's newsletter.



**Get Ready for
BLACK BREASTFEEDING WEEK**

THEME: Listen Up! Reclaiming Our Narrative & Centering Our Stories for Breastfeeding Justice	#BBW24 SIGNATURE EVENT Virtual Open Mic Night for Black Mamas Sunday, Aug. 30 4pm ET Virtual
#BBW24 SIGNATURE EVENT Oakland Open Mic Night for Black Mamas Sunday, Aug. 25 6pm Oakland, CA	IRTH APP NYC Birth Workers Pool Party Saturday, Aug. 31 3pm Long Island, NY
#BBW24 SIGNATURE EVENT Harlem Open Mic Night for Black Mamas Wednesday, Aug. 28 6pm New York, NY	
LISTEN UP: STORYTELLING AS CRITICAL SUPPORT FOR BREASTFEEDING JUSTICE #BBW24 Webinar Series Thursday, Aug. 29 1pm ET Virtual	LINKTR.EE/BBW24

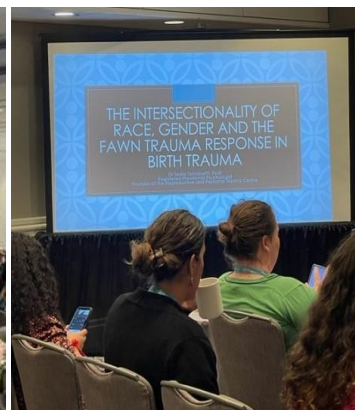
It is almost officially Fall! Hopefully everyone has had an opportunity to enjoy some Michigan summer beauty and maybe even sneak in a lake or beach day.

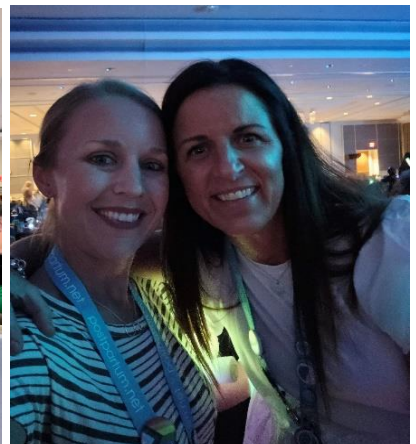
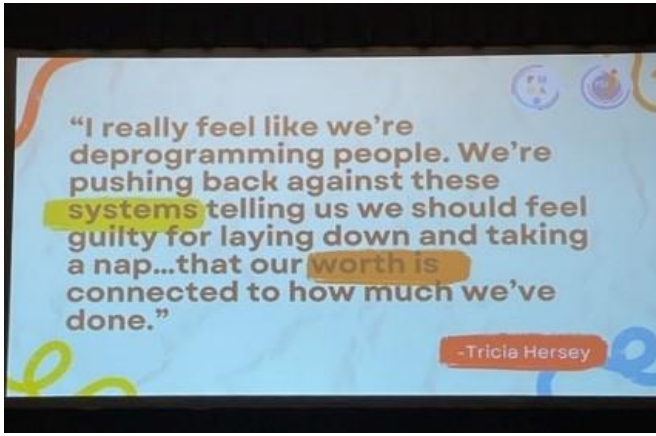


July/August Happenings

PSI Annual Conference

July 26-28, PSI held their annual conference in Washington DC. There was record turnout as well as informative and captivating keynote and breakout sessions. Please consider joining us next year in New Orleans, July 11-13, 2025.






Upcoming Michigan PSI Events

PSI 2 Day Perinatal Loss *Clinical and Supportive Care, September 9-10 in Battle Creek and September 16-17 in Ann Arbor.


Battle Creek training was grant funded for the region and is closed, but limited availability still remains for Ann Arbor. Please see below for information on how to attend.



Michigan Medicine's Perinatal, Infant and Reproductive Loss (PIRL) Committee is partnered with Postpartum Support International to present:

PERINATAL LOSS: CLINICAL AND SUPPORTIVE CARE

A comprehensive training for medical and mental health professionals to learn trauma informed strategies, clinical techniques, and practical interventions to support bereaved parents, families and providers impacted by reproductive loss.



Conference Information:

- When: September 16-17th 8:30am- 4:30pm
- Where: Washtenaw Intermediate School District Building
 - 1819 South Wagner Rd. Ann Arbor, MI 48106
- A block of rooms is reserved at a discounted rate at Weber's Boutique Hotel. Our discount code is 6858690.
- Registration for this 2 day conference is \$425; 12 Continuing Education Credits are provided for Physicians, Social Workers, Nurses, Psychologists, Counselors, and Occupational Therapists.

For more information contact:
Elizabeth Gregory and LaTresa Wiley
MichiganMedicinePerinatalLossConference@umich.edu

Register At:
<https://postpartum.app.neoncrm.com/event.jsp?event=1362&>
Attendance is limited to 100 people

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 this Fall 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.

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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.

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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

Jewish Fertility Foundation Detroit's Kickoff Event, Thursday, September 5.

Kickoff Event

WE INVITE THE WHOLE DETROIT COMMUNITY TO CELEBRATE AND LEARN ABOUT JFF-DETROIT!
SERVING KOSHER DESSERTS AND BEVERAGES.
WIN PRIZES FROM LOCAL BUSINESSES.
FREE EVENT & SPACE IS LIMITED!

THURSDAY, SEPTEMBER 5 AT 7:00 PM
FRANKLIN, MI*

*LOCATION WILL BE SHARED WITH REGISTRANTS WEEK OF EVENT

REGISTRATION REQUIRED BY AUGUST 29
jewishfertilityfoundation.org/detkickoff
ADULTS ONLY. SMART CASUAL ATTIRE.

JWF
JEWISH WOMEN'S FOUNDATION OF METROPOLITAN DETROIT

HEBREW FREE LOAN
The People's Loans - The Promise - Dignity - HFDetroit.org

JEWISH FERTILITY FOUNDATION
Detroit

UNABLE TO ATTEND?

QR CODE

DONATE TO JFF!

The Fourth Tri Sanctuary in Ferndale

Community events, including three different Sanctuary Circles each month occur and can be found on the events calendar: <https://www.fourthtrisanctuary.com/events>. The Support Grief and Infant Loss circle is on the first Thursday of each month, The Parenting without a Parent group meets the second Tuesday of each month, and the NICU moms group meets on the last Monday of each month.



Lansing Out of the Darkness Walk, September 21.

On-Site Registration Starts: 11:00 am

Program Starts: 12:00 pm

Location: Adado Riverfront Park, Lansing, MI

Contact: Liz Baker and Liz Winowiecki

Contact Phone: 517-388-1655 and 517-898-0523

Contact Email: ootdlansing@gmail.com and lizparish1995@gmail.com



SPOTLIGHT ON



Angelene Love-Adams

Angelene Love-Adams wears multiple crowns to wrap her community individualized support, to reduce the maternal and infant mortality rates for Black and Brown birthing people. She is a lactation supporter, equity advocate and full-spectrum doula. She earned her Bachelor of Science in Health Education from Eastern Michigan University and is currently pursuing a Master's in Public Health Education and a Certified Lactation Counselor certification. Angelene works diligently to identify, create, and strengthen partnerships with community individuals, grassroots organizations and systems to effect change centering the Black families who have been systematically oppressed.

Angelene is the Human Milk Transport Coordinator for Mama's Mobile Milk, a free program that delivers human milk from mothers to their separated babies around Michigan, including separation due to incarceration. Additionally, she is the co-owner of Wrapped in Love Doula & Lactation Services, an organization that aims to support families in their birth and beyond journey by wrapping them in love, advocacy, support and education every step of the way, also providing equity and community collaboration consulting.

Angelene recently and enthusiastically stepped into the role of Program Director for the Survivor Moms' Companion program. This is a psychoeducation program that supports birthing people navigate childhood maltreatment and trauma that may resurface during the perinatal period and early parenting, by connecting families with culturally congruent tutors to walk alongside them during their healing journey. In this new role Angelene is prioritizing weaving equity into the framework of the program to ensure the needs of all families are met. She believes that with new insight and lived experience she brings to the program it will grow, flourish and scale to reach more families outside of Michigan.



Survivor Moms' Companion

The Survivor Moms' Companion (SMC) Program has been given the opportunity to provide this training to doulas and MIHP workers in specific regions at zero investment. This has been a great fit for many as doulas provide near peer support. Doulas are often already in client homes and are a safe space for clients to go through the program. However we find that clients need to have support from all birth and beyond professionals so we invite all birth adjacent professionals to attend our training. The parent company to SMC Growing Forward Together also provides additional support and training like; assistance with referring to the program, professional development and more. **Check out our website-survivormoms.org**

We hope to connect more with you to share about our offerings and upcoming trainings! As we work daily towards our goal of a world where trauma history, gender, and race are no longer predictors of outcomes

Stacey Figg

Our very own Beautiful and Brave PSI MI Secretary and Board Member, Stacey Figg, recently recorded Episode 37 for the I AM ONE Podcast. Check out her amazing story where you find your podcasts.



****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.***



- 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 can make sure you are set up with materials to distribute and whatever else you may need.
- If you love social media and designing and want to lend your time to help us grow in that capacity, please reach out.



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