

## Hope from the Beginning: Supporting Peripartum Mental Health Within the Community

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The information below is intended to be comprehensive, yet not complete—there are many resources regarding peripartum mental health and well-being. This is intended to be a starting point for you to explore some of those we have identified, which will lead you to others in your own search and area of interest.

There are many individuals and groups within our County and greater global community that are tending to the needs of peripartum families from other professional disciplines, and spiritual and cultural practices that offer specialized, unique care that speak to body-mind wellness and equity during pregnancy and the postpartum period and we are fortunate to have such a robust and diverse community dedicated to supporting families during their pregnancy, birth, and postpartum journey.

If you know of, or come across a peripartum resource you would like to be known for our community members, please contact Stacey Annand at: sannand@vistahill.org

# Resources & References

## **Postpartum Support International (PSI)**

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

### **American Academy of Pediatrics**

<https://pediatrics.aappublications.org/content/126/5/1032.full>

### **Association of Prenatal and Perinatal Psychology and Health**

<https://birthpsychology.com/>

### **Best Start Birth Center**

<https://beststartbirthcenter.com/>

### **Birth Roots**

<https://birthrootsbabies.com/>

### **Black Infant Health**

<http://www.neighborhoodhouse.org/blackinfanthealth/>

### **Blue Dot Project**

<https://www.thebluedotproject.org/>

### **California Breastfeeding Coalition**

<http://californiabreastfeeding.org/>

### **California Health Care Foundation (CHCF)**

<https://www.chcf.org/topic/maternal-health/>

<https://www.chcf.org/wp-content/uploads/2018/02/ImprovingMaternalMentalHealthFlyer.pdf>

### **County of San Diego, Health and Human Services, Public Health Services, Maternal, Child and Family Health Services**

([www.sdmcfhhs.org](http://www.sdmcfhhs.org)), 10/16/19

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/documents/MchSt-Birth.pdf>

### **Diversity Uplifts, Inc.**

<https://diversityuplifts.yolasite.com/>

### **Dysphoric Milk Ejection Reflex (D-MER)**

<https://d-mer.org/understanding-d-mer>

<https://www.lli.org/what-is-d-mer/>

**For The Village**

<https://forthevillage.org/>

**Frontline Doulas**

<https://www.frontlinedoulas.com/>

**Interpersonal Therapy Institute**

<https://iptinstitute.com/>

**March of Dimes Birth Plan**

<https://www.marchofdimes.org/materials/March-of-Dimes-Birth-Plan-2020.pdf>

**Maternal, Child and Adolescent Health**

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/CDPH%20Document%20Library/Communications/Profile-CHVP.pdf>

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/CHVP/CDPH%20Document%20Library/CHVP-EvidenceBasedModels-2019.pdf>

**Mathematica**

<https://www.mathematica.org/our-publications-and-findings/publications/societal-costs-of-untreated-perinatal-mood-and-anxiety-disorders-in-the-united-states>

<https://www.mathematica.org/our-publications-and-findings/publications/societal-costs-of-untreated-perinatal-mood-and-anxiety-disorders-in-california>

**MGH Center for Women's Mental Health**

<https://womensmentalhealth.org/>

**Mom2020**

<https://www.2020mom.org/>

**Mother To Baby**

<https://mothertobaby.org/>

**National Perinatal Association**

<http://www.nationalperinatal.org/>

[http://www.nationalperinatal.org/Substance\\_Use](http://www.nationalperinatal.org/Substance_Use)

**Nurse Family Partnership**

<https://www.nursefamilypartnership.org/first-time-moms/>

[https://www.nursefamilypartnership.org/wp-content/uploads/2020/04/CA\\_2020-State-Profile-1.pdf](https://www.nursefamilypartnership.org/wp-content/uploads/2020/04/CA_2020-State-Profile-1.pdf)

**Perinatal Care Initiative**

[https://sandiego.networkofcare.org/content/client/1448/HSABPEI-LOHPPresentation\\_11-5-19.pdf](https://sandiego.networkofcare.org/content/client/1448/HSABPEI-LOHPPresentation_11-5-19.pdf)

**Perinatal Mental Health Alliance for People of Color**

<https://pmhapoc.org/psi/>

**Postpartum Health Alliance**

<https://postpartumhealthalliance.org/>

**Postpartum Progress**

<https://postpartumprogress.com/>

**Postpartum Stress Center**

<https://postpartumstress.com/>

**Postpartum Support International (PSI)—Loss & Grief**

<https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

**Pregnancy After Loss Support (PALS)**

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

**Project Concern International**

<https://www.pciglobal.org/us/healthy-start/>

**San Diego Breastfeeding Center**

<https://www.sdbfc.com/>

**San Diego Breastfeeding Coalition**

<https://breastfeeding.org/>

**Seleni Institute**

<https://www.seleni.org/>

**Still Face Experiment:** Dr. Edward Tronick. Retrieved September 2020 from

<https://www.youtube.com/watch?v=apzXGEbZht0>

## Positions & Data

### 2020 Mom

<https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5cb7eaab4785d39315a6c2ad/155557036519/Overview+of+CA+MMH+Law+for+Moms+and+Families+v3.pdf>

[https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5e4394ae18e6e3448f1b7388/1581487279286/CA+Legislation%2BHospital\\_Resources.pdf](https://static1.squarespace.com/static/56d5ca187da24ffed7378b40/t/5e4394ae18e6e3448f1b7388/1581487279286/CA+Legislation%2BHospital_Resources.pdf)

### American Psychiatric Association

[https://www.psychnews.org/pdfs/Position%20Statement%20Screening\\_and\\_Treatment\\_of\\_Mood\\_and\\_Anxiety\\_Disorders\\_During\\_Pregnancy\\_and\\_Postpartum\\_2019.pdf](https://www.psychnews.org/pdfs/Position%20Statement%20Screening_and_Treatment_of_Mood_and_Anxiety_Disorders_During_Pregnancy_and_Postpartum_2019.pdf)

### California Health Care Foundation (CHCF)

<https://www.chcf.org/wp-content/uploads/2018/02/ImprovingMaternalMentalHealthFlyer.pdf>  
<https://www.chcf.org/project/improving-birth-equity-california/>

### International Childbirth Education Association (ICEA)

<https://icea.org/wp-content/uploads/2015/12/Perinatal-Mood-Anxiety-Disorders-PP-2017.pdf>

### Mathematica

<https://www.mathematica.org/our-publications-and-findings/publications/societal-costs-of-untreated-perinatal-mood-and-anxiety-disorders-in-the-united-states>

<https://www.mathematica.org/our-publications-and-findings/publications/societal-costs-of-untreated-perinatal-mood-and-anxiety-disorders-in-california>

### Mental Health America

<https://www.mhanational.org/issues/position-statement-49-perinatal-mental-health>

### National Perinatal Association

[http://www.nationalperinatal.org/resources/Documents/Position%20Papers/2018%20Position%20Statement%20PMADs\\_NPA.pdf](http://www.nationalperinatal.org/resources/Documents/Position%20Papers/2018%20Position%20Statement%20PMADs_NPA.pdf)

<http://www.nationalperinatal.org/position>

# Screening Tools & Questionnaires

## **Edinburgh Postnatal Depression Scale (EPDS)**

<http://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>

## **Patient Health Questionnaire (PHQ-9)**

<https://www.rpndocs.com/rehr/documents/PPManual/DepressionScreeningForm.pdf>

## **Perinatal Anxiety Screening Scale (PASS)**

<https://postpartumstress.com/wp-content/uploads/2012/02/PerinatalAnxietyScreeningScale.pdf>

## **Postpartum Depression Screening Scale (PDSS)**

<https://www.wpspublish.com/pdss-postpartum-depression-screening-scale>

## **Postpartum Progress**

<https://postpartumprogress.com/postpartum-progress-downloadables>

<https://postpartumstress.com/for-professionals/assessments/>

## Books

*The Afterglow: A Perinatal Mood & Anxiety Disorder Support Group Curriculum 1st Edition*

Ashley Hanna Morgan

*The Art of Holding in Therapy: An Essential Intervention for Postpartum Depression and Anxiety*

Karen Kleiman

*Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety*

Shoshana S. Bennett PhD and Pec Indman PA, EdD

*The Birth Of A Mother: How The Motherhood Experience Changes You Forever 1st Edition*

Daniel N. Stern, Nadia Bruschiweiler-Stern, Alison Freeland

*Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth*

Kim Thomas

*The Child, The Family, and The Outside World*

Donald Winnicott

*Companioning at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains and Other Bedside Caregivers Paperback*

Jane Heustis RN, Marcia Meyer Jenkins RN, Alan D Wolfelt PhD

*Cognitive Behavioral Therapy for Perinatal Distress*

Amy Wenzel

*Coping with Infertility, Miscarriage, and Neonatal Loss*

Amy Wenzel

*Down Came the Rain: My Journey Through Postpartum Depression Paperback*

Brooke Shields

*Dropping the Baby and Other Scary Thoughts*

Karen Kleiman and Amy Wenzel

*Empty Cradle, Broken Heart: Surviving the Death of Your Baby*

Deborah L. Davis

*Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers*

Karen Kleiman and Molly McIntyre

*Make Room for Baby: Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment*  
Alicia F. Lieberman, Manuela A. Diaz, Gloria Castro, Griselda Oliver Bucio

*Moods in Motion: A coloring and healing book for postpartum moms*  
Karen Kleiman and Lisa Powell Braun

*Infant-Parent Psychotherapy: A Handbook 1st Edition*  
Stella Acquarone

*Interpersonal Psychotherapy 2E A Clinician's Guide 2nd Edition*  
Scott Stuart, Michael Robertson

*Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period Second Edition*  
Margaret G Spinelli MD

*The Motherhood Constellation: A Unified View Of Parent-infant Psychotherapy*  
Daniel N. Stern

*Perinatal Loss: A Handbook for Working with Women and Their Families*  
Sheila Broderick and Ruth Cochrane

*The Postpartum Husband: Practical Solutions for living with Postpartum Depression*  
Karen Kleiman

*The Practice of Psychoanalytic Parent-Infant Psychotherapy 2nd Edition*  
Tessa Baradon, Michela Biseo, Carol Broughton, Jessica James

*The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions*  
Pamela S. Wiegartz, Kevin L. Gyoerkoe, Laura J. Miller

*Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment*  
Alicia F. Lieberman, Patricia Van Horn

*Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help*  
Karen Kleiman

*This Isn't What I Expected: Overcoming Postpartum Depression*  
Karen Kleiman and Valerie Davis Raskin, MD



*Traumatic Childbirth*

Cheryl Tatano Beck, Jeanne Watson Driscoll and Sue Watson

*When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on  
Childbearing Women*

Penny Simkin, Phyllis Klaus

