



2023 ANNUAL IMPACT REPORT

PREPARED BY

The Postpartum Support
International - Arizona Chapter
Board Members

Postpartum Support International
Arizona Chapter



Postpartum Support International Arizona Chapter



Message from the Chair

As we journey through 2023, I'm proud to share our pivotal strides in turning Arizona's PMH desert into a thriving oasis of equitable, accessible, and informed care. This has been a year of "firsts"!

- The first-ever BIPOC only Perinatal Mental Health certification training co-hosted with Arizona Birthworkers of Color,
- The first time we've awarded 225+ scholarships for perinatal mental health training and exams,
- Establishing the first ever "Arizona Perinatal Mental Health Equity and Access Group"
- The first time presenting to 16 Arizona based organizations and provider groups.

We are thrilled to partner with organizations throughout AZ who equally passionate about improving Perinatal Mental Healthcare for AZ families. It is through community-based solutions that PSI-AZ is making a real difference in the lives of countless families.

Elizabeth Wood
Arizona Chapter Chair
Postpartum Support International

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PSI-AZ's Mission

To promote awareness, prevention and treatment of mental health issues related to childbearing in every county and tribal community statewide.

PSI-AZ's Vision

Every birthing person and family statewide has access to culturally appropriate information, social support, and informed professional care to address mental health issues related to childbearing.

Who We Are

PSI-AZ Board Officers



Chair:
Elizabeth Wood



Vice-Chair:
Leigh Lewis



Secretary:
Jill Heath



Treasurer:
Caitlin Skeens

Board Members



Diane Palacios



Brittany Hogard



Roxana Orozco



Who We Are

Please Welcome....



Moriah Harris,
CNM



Tandie Myles,
LCSW, IMH-E®,
RPT/S, PMH-C



Tiffany Herbine,
CPM

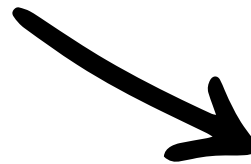
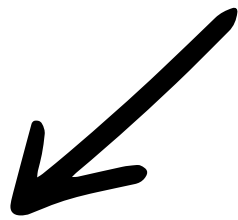


Kelly Donahue,
PsyD

*Our Newest
Board Members*



Who We Support



Professionals

Doctors,
Nurses,
Therapists,
Prescribers,
Psychologists,
etc.

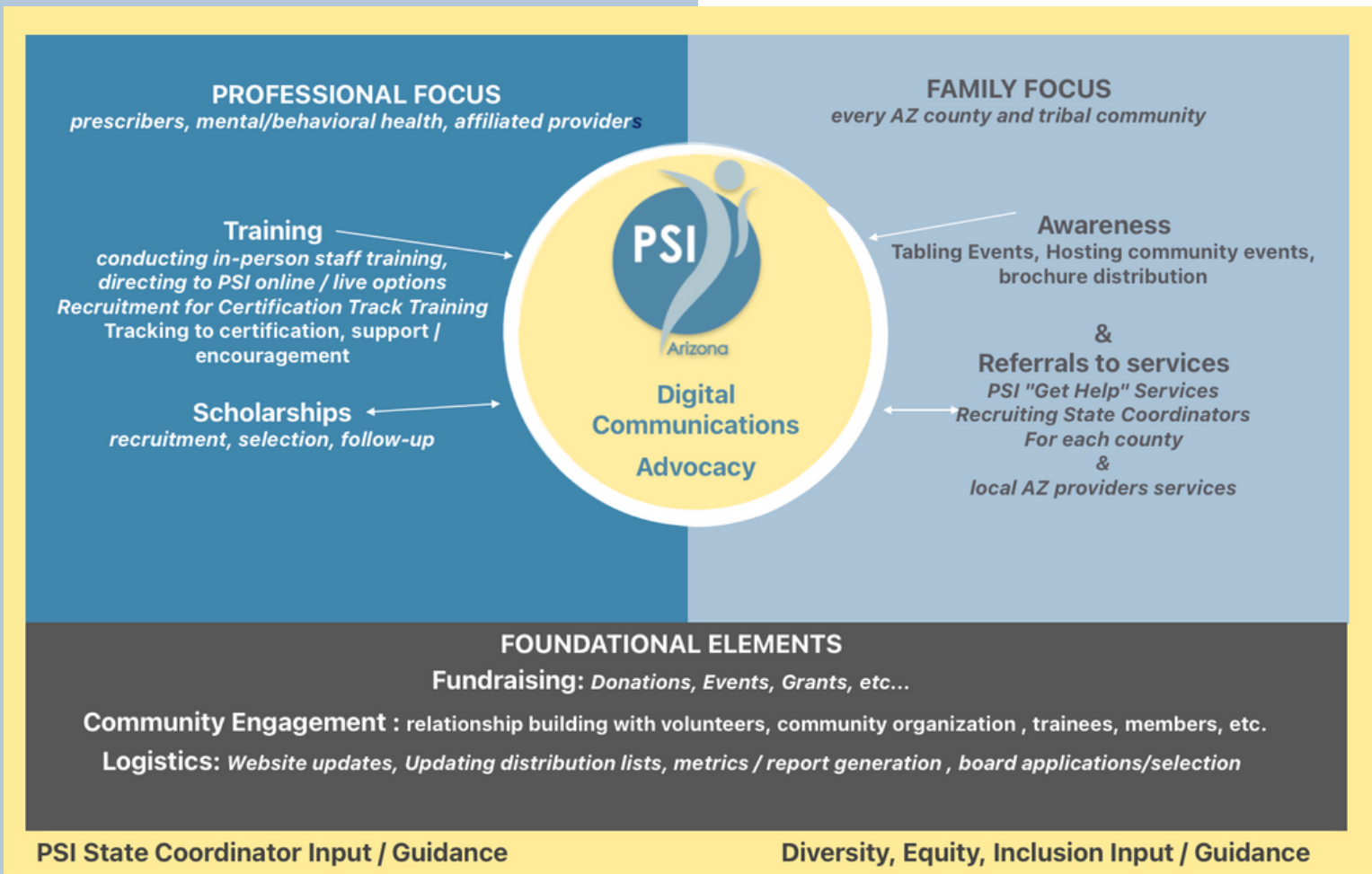
Doulas, Midwives,
Community Health
Workers,
Lactation
Consultants,
Advocates, etc.

Families

Birthing People,
Partners,
Caregivers,
Relatives, Loved
ones, etc.



PSI-AZ Structure



PROFESSIONAL FOCUS COMMITTEE



We're on a mission to transform AZ's Perinatal Mental Healthcare (PMH) desert into an adequate, equitable statewide network that promotes awareness, reduces stigma and provides informed PMH care.

FAMILY FOCUS COMMITTEE



We're on a mission to never hear again, "Wow, I didn't know PSI had so many good resources. I wish I knew about that when I was going through my PMH challenge."



Projects and Accomplishments

PROFESSIONAL FOCUS COMMITTEE

*A DIVERSE PERINATAL
MENTAL HEALTH
WORKFORCE*

FAMILY FOCUS COMMITTEE

*COMMUNITY
OUTREACH AND
ENGAGEMENT*

ADVOCACY

FUNDRAISING AND DEVELOPMENT

- *First-ever BIPOC only training*
- *Scholarships*
- *Provider Education*

- *Community Events*
- *Digital Outreach*
- *PMHA-POC*

- *Mental Health Day at the Capitol*

Historic, first-ever

BIPOC ONLY

PSI Perinatal Mental Health Training



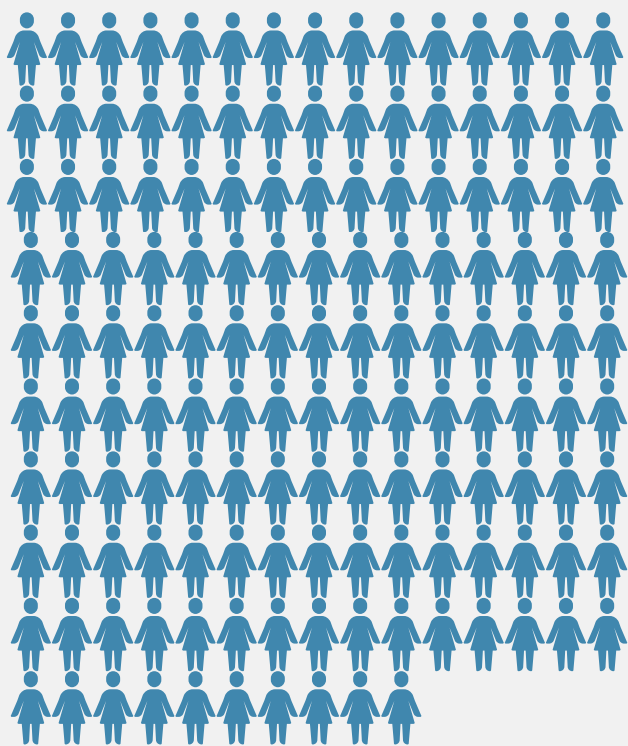
Attendees

91, Initial 2-day Training

47, Advanced Psychotherapy Training



Scholarships



145

Initial Training Scholarships



59

Advanced Training Scholarships



17

Exam Scholarships



Professional Focus Committee

17

Outreach Success: Perinatal Mental Health Presentations

- ▶ Arizona 's Rural Women's Health Symposium
- ▶ Blue Cross Blue Shield of AZ - Grand Rounds
- ▶ Arizona Health Cost Containment System (AHCCCS)
- ▶ Arizona State Office of Rural Health Webinar Series
- ▶ Arizona Department of Health | Maternal Health Task Force
- ▶ Arizona Department of Health | Maternal Mortality Committee
- ▶ Arizona State University Social Worker Students
- ▶ Arizona State University Maternal and Child Health Translational Research Team
- ▶ Arizona Peer and Family Coalition
- ▶ Association of Women's Health, Obsteric and Neonatal Nurses
- ▶ Cactus Flower Healing
- ▶ Child Abuse Prevention Conference - English & Spanish
- ▶ Family Involvement Center
- ▶ Inter Tribal Council of Arizona
- ▶ Maggie's Place
- ▶ Sonoran University Community Health Group
- ▶ 4th Trimester Arizona Conference

Family Focus Committee

07 Outreach Success: PSI-AZ Presence at Community Events

- AZ Rural Women’s Health Symposium
- Strong Families AZ Conference
- AIM Collaborative Conference
- Maternal Health Networking Luncheon
- 4th Trimester AZ Conference
- American Medical Student Association Conference
- West Valley Birth Expo



Join an **in-person Climb Today!**

psiarizona.org/join-us

PST ARIZONA & NIKKI T ENTERPRISES PRESENT

Let's Move it

Join us for a free dance workshop, lead by Nikki T! Come learn new ways to move your body and de-stress in the process.

March 11, 2023
10 AM - 11 AM
Kawatis Park
MI Ave & Al America Way
Tempe, AZ 85283

Forever Yours.

Embracing the Journey of Your Postpartum Body

Join us for a virtual event to empower you to find beauty, love, and gratitude for your body that is forever changed by pregnancy.

Saturday, February 18th @ 2 pm

Message us to reserve your spot

BIRTHING JUSTICE

Every Woman Deserves A Beautiful Birth Story

08 Hosted Community Events

- Postpartum health talk
- Yoga
- FIVE Climb Out of the Darkness events*
- Birthing Justice Screening

* 3 first time Climb locations

Digital Outreach



+960

Increase in Followers



+258

Increase in Followers



+100

Increase in Followers



Tik Tok

+25

NEW!!
Increase in Followers



+777

Increase in Monthly Newsletter Subscribers

Advocacy



**Mental Health Day
@the Capitol**



Financial Report

01

Funding Sources

02

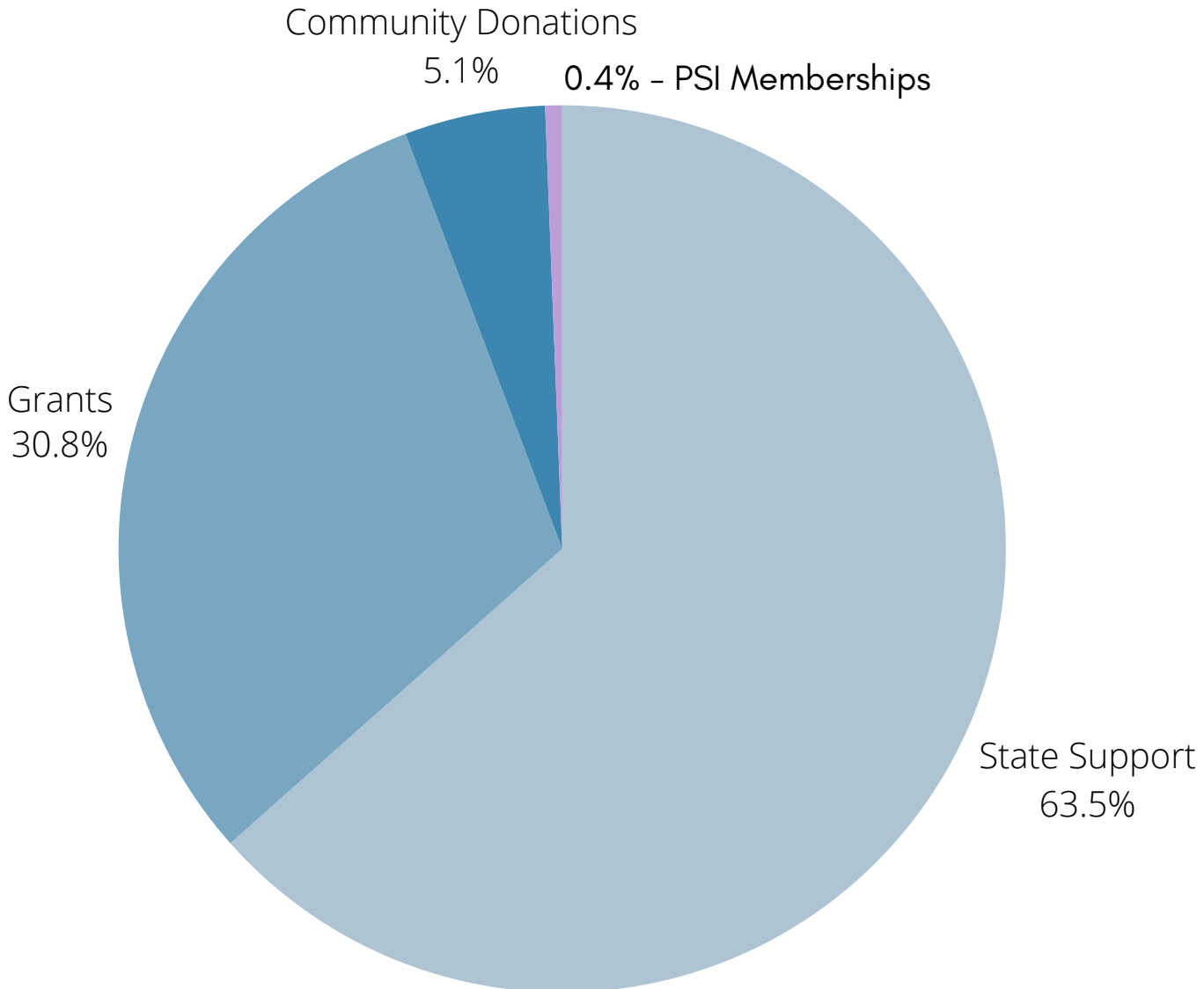
Where Funding
Goes

03

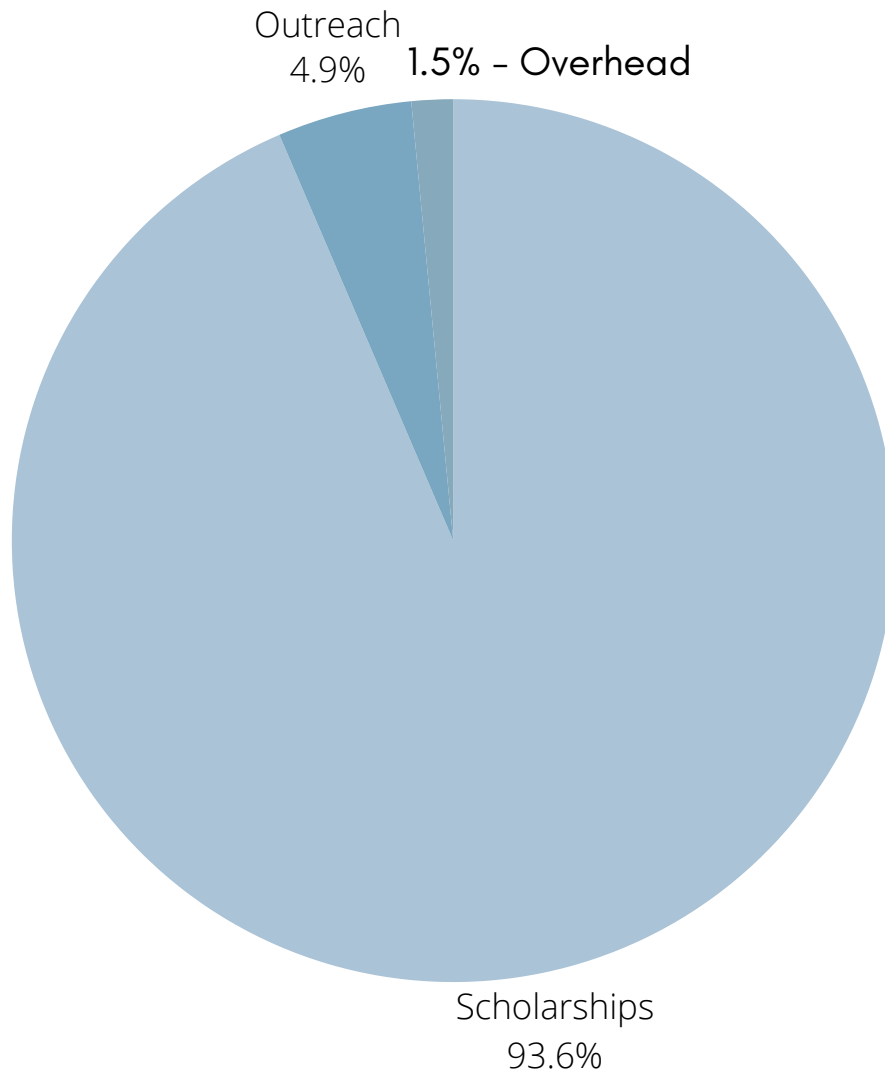
Next Steps for PSI-AZ



Funding Sources



Where Funding Goes



GIVING TO OUR CAUSE - ~98.5%

OVERHEAD - ~1.5%



Next Steps for PSI-AZ

