



# 2025 ANNUAL IMPACT REPORT

**PREPARED BY**

The Postpartum Support International  
Arizona Chapter

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Postpartum Support International  
**Arizona Chapter**



## Postpartum Support International Arizona Chapter

### Message from the Executive Director



As we reflect on 2025, I'm proud to share our major accomplishments in transforming Arizona's perinatal mental health landscape into a thriving oasis of equitable, accessible, and informed care:

- We grew our Perinatal Mental Health Certified (PMH-C) workforce by adding more than 60 new providers.
- We welcomed our first-ever Executive Director, strengthening PSI-AZ's leadership and capacity to serve families across the state.
- We awarded over 220 scholarships for perinatal mental health training and exams across 8 of Arizona's 15 counties.
- We co-hosted a BIPOC-only Perinatal Mental Health certification training in southern Arizona and proudly held the first-ever northern Arizona training, expanding access across the state.
- We participated in over 20 in-person outreach events across Maricopa, Pima, and Coconino counties, raising awareness with more than 8,000 attendees.
- We offered more than 35 free staff training sessions, reaching over 1,000 participants.

We are thrilled to partner with organizations throughout Arizona who share our passion for improving perinatal mental healthcare. Through these community-based solutions, PSI-AZ is making a tangible difference in the lives of countless families.

**Katherine Mommaerts, PhD, LCSW**  
Arizona Chapter Executive Director  
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



**Executive Director**

Katherine Mommaerts, PhD, LCSW

## PSI-AZ Board Officers



**Chair**

Kelly Cooper  
Donahue, PhD



**Treasurer**

Tiffany Herbine,  
CPA



**Secretary**

Vera Vujicic  
Hung, MS

## PSI-AZ Board Members



**Chapter Liaison**

Bri Giles, MS  
Psychology, CD



**Advocacy Lead**

Viergela N. Calixte,  
MSN, CRNP, FNP-C



Diane Palacios, LPC, LISAC,  
PMH-C



# PSI-AZ Board Members



Mallory Phelps, MS, LAC



Megan Zimmerman, PT,  
DPT, PCES

## Please Welcome....

### Our Newest Board Members



Venessa De La Cruz, LCSW



Megan Hoover, RDN



Kathleen Fitzgerald, RN,  
PMH-C



Natassia Williamson, FNP-C



Mariel Enríquez, MA, LAC,  
NCC, PMH-C



Breeona McClendon, RN



Gail Williams

### Our Magic Making Coordinators



Lexi Cianfarano  
Digital Engagement  
Coordinator



Kay Clinton  
Digital Engagement  
Coordinator



AJ Briggs, LICSW,  
LCSW, PMH-C  
Volunteer & Outreach  
Coordinator

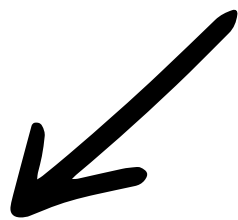


Megan Hoover, RDN  
Scholarship Program  
Coordinator



Augustine Rouamba  
Scholarship Program  
Coordinator

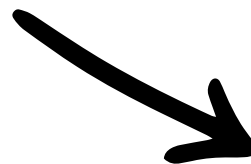
# Who We Support



## **Professionals**

Doctors,  
Nurses,  
Therapists,  
Prescribers,  
Psychologists,  
Doulas

Midwives,  
Community Health  
Workers,  
Lactation  
Consultants, etc.

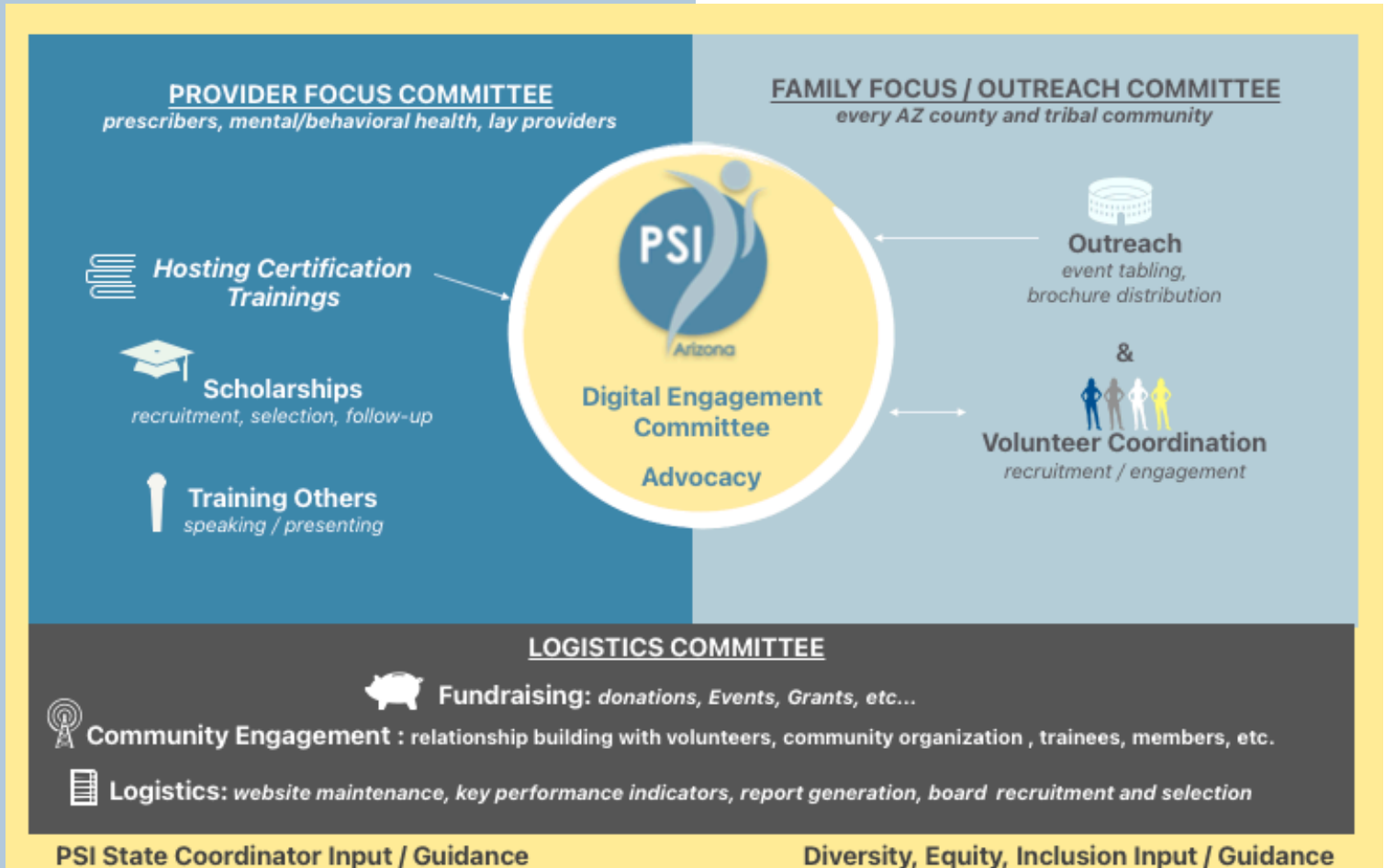


## **Families**

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 (Outreach) COMMITTEE



We're on a mission to never hear again, "Wow, PSI has so many amazing resources, I wish I knew about that when I was going through my PMH challenge."

## DIGITAL ENGAGEMENT COMMITTEE





# Our 2025 Impact

## **PROFESSIONAL FOCUS COMMITTEE**

*Equitable, Informed  
and Accessible  
Workforce*

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- *PMH-C Workforce Growth*
  - *Scholarships*
  - *Education*
- 

## **FAMILY FOCUS COMMITTEE**

*Outreach & Awareness*

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- *Outreach Events*
  - *Awareness Materials*
- 

## **ADVOCACY**

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- *Mental Health Day at the Capitol*
- *March for Change Advocacy Day*

## **FUNDRAISING AND DEVELOPMENT**

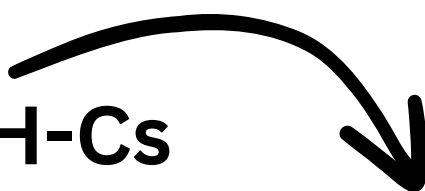
# Perinatal Mental Health Certified (PMH-C) Workforce Growth



We added

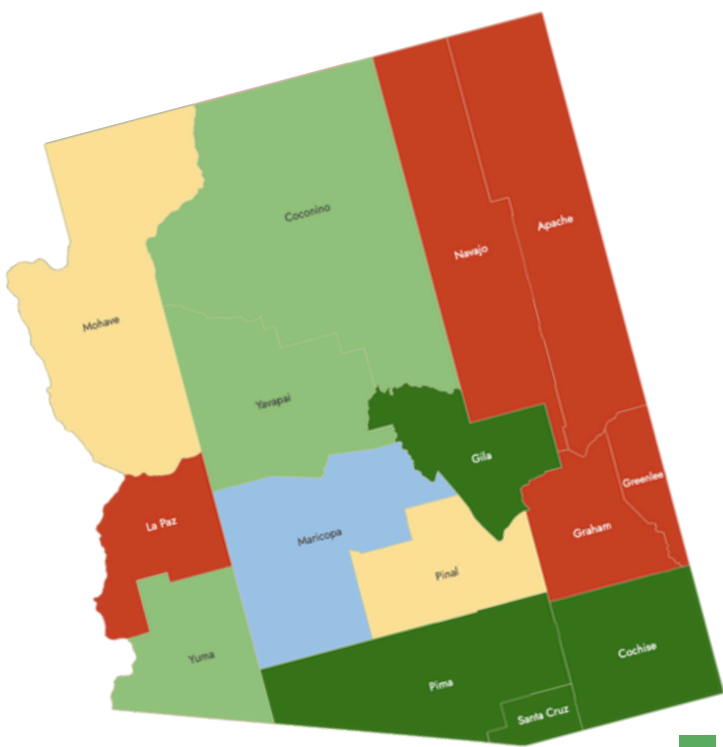
64

AZ  
PMH-Cs



14% Overall  
PMH-C  
Workforce Growth

61% EOY 2025  
Workforce Capacity



75 +% workforce Capacity

50 - 74% workforce Capacity

25 - 49% workforce Capacity

1 - 24% workforce Capacity

0% workforce Capacity

AZ continues to increase the number of PMH-Cs in network with AHCCCS.

AHCCCS  
Perinatal  
Mental Health  
Specialists



5  
Lay  
Providers

17  
Prescribers

42  
Mental  
Health  
Providers

# PSI Perinatal Mental Health Training



## *BIPOC Only Training*

**Tucson Attendees**

**103 - Initial 2-day  
Training**

**28 - Advanced**

**Psychotherapy Training**

*Cohosted with*

**Cihuapactli Collective, Saguaro Blossom, Salt River District  
& Tohono O'odham Nation Walk District**



## *First Ever Northern Arizona Training*

**Flagstaff Attendees**

**62 - Initial 2-day Training**

**28 - Advanced**

**Psychotherapy Training**

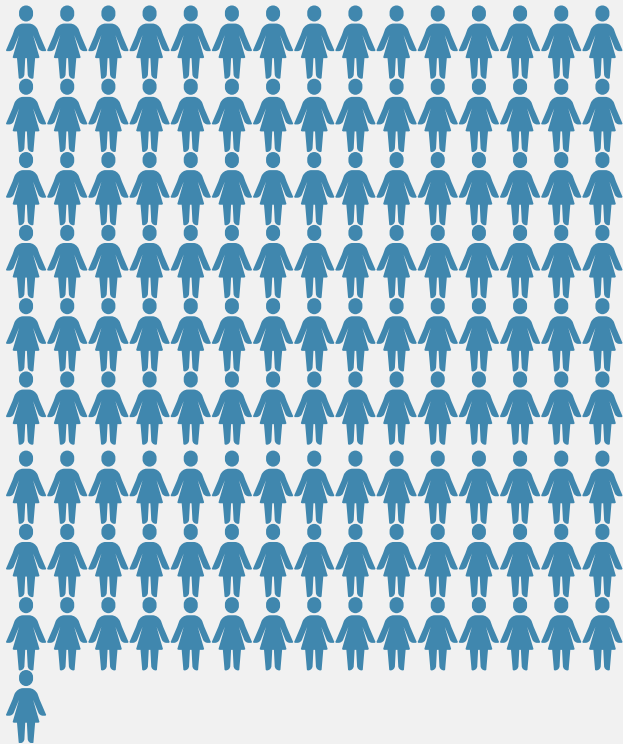
*Cohosted with*

**First Things First**





# 221 Scholarships



**136**

**Initial Training  
Scholarships**



**63**

**Advanced  
Training  
Scholarships**



**22**

**Exam  
Scholarships**

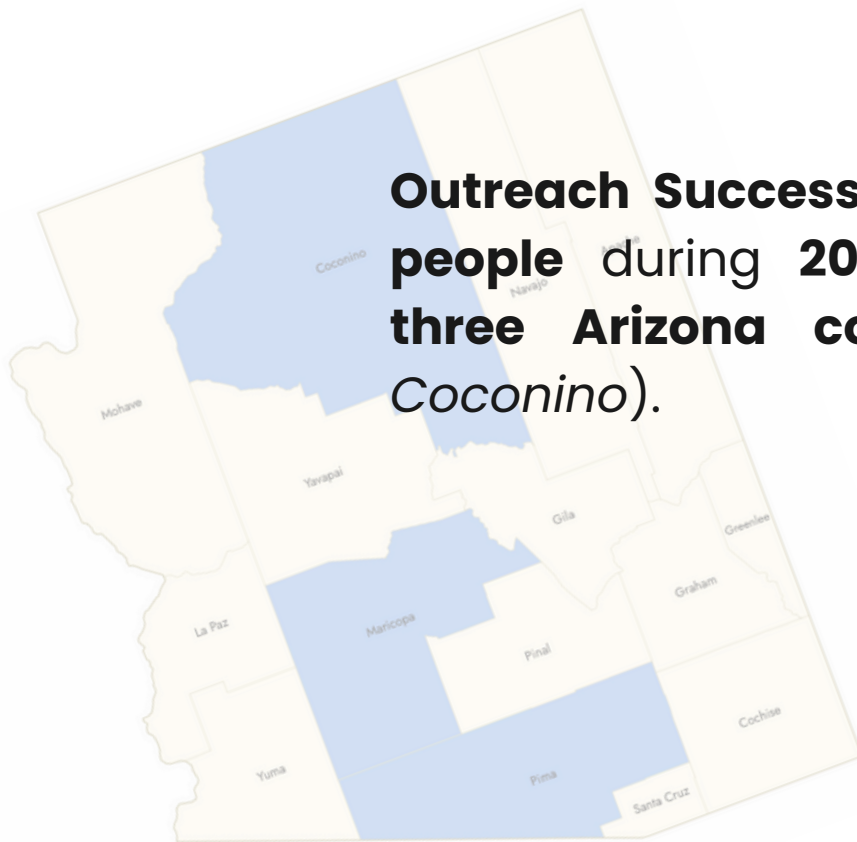
**With Generous Support From:**





# Family Focused Committee

**Outreach Success:** We reached over **8,000 people** during **20 outreach events** across **three Arizona counties** (*Maricopa, Pima, Coconino*).



# Professional Focus Committee

PSI-AZ provided over **35 training sessions** with over **1,000 attendees.**



**Featured Training Events** *Hope Horizons Conference and PSI AZ's Winter Posada!*



## Digital Outreach



**+192**

**Newsletter  
Subscribers**



**89%**

**Newsletter  
Email  
Open Rate**



**17,015**

**Total  
Newsletter  
Views**

# Advocacy



**Hope King  
Unanimous  
Recommendation for  
Clemency**

**March for Change  
Advocacy Day**



**Mental Health Day  
@the Capitol**



# Financial Report

01

Funding Sources

02

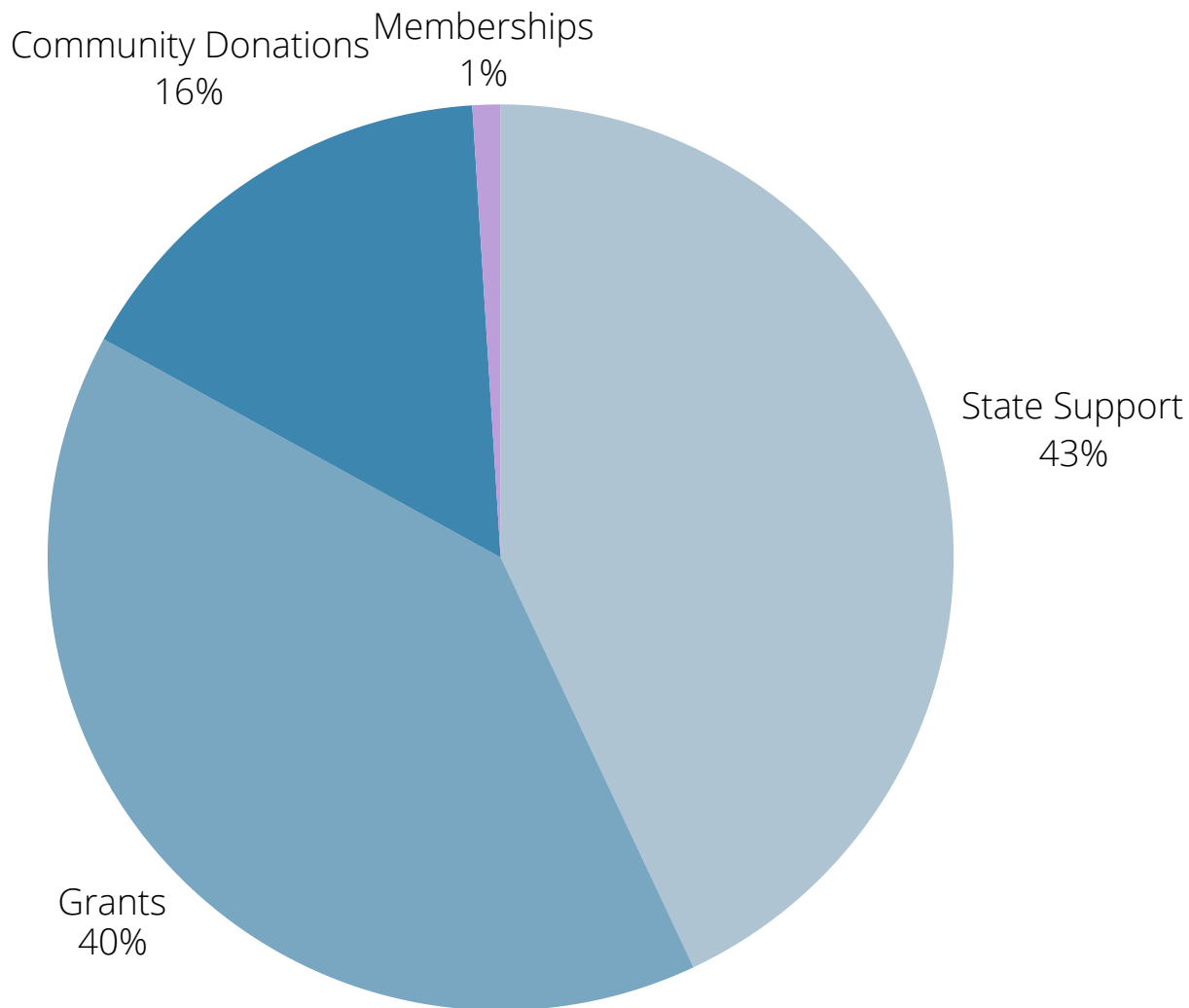
Where Funding  
Goes

03

Next Steps for PSI-AZ



# Funding Sources



## PLATNIUM SPONSORS:

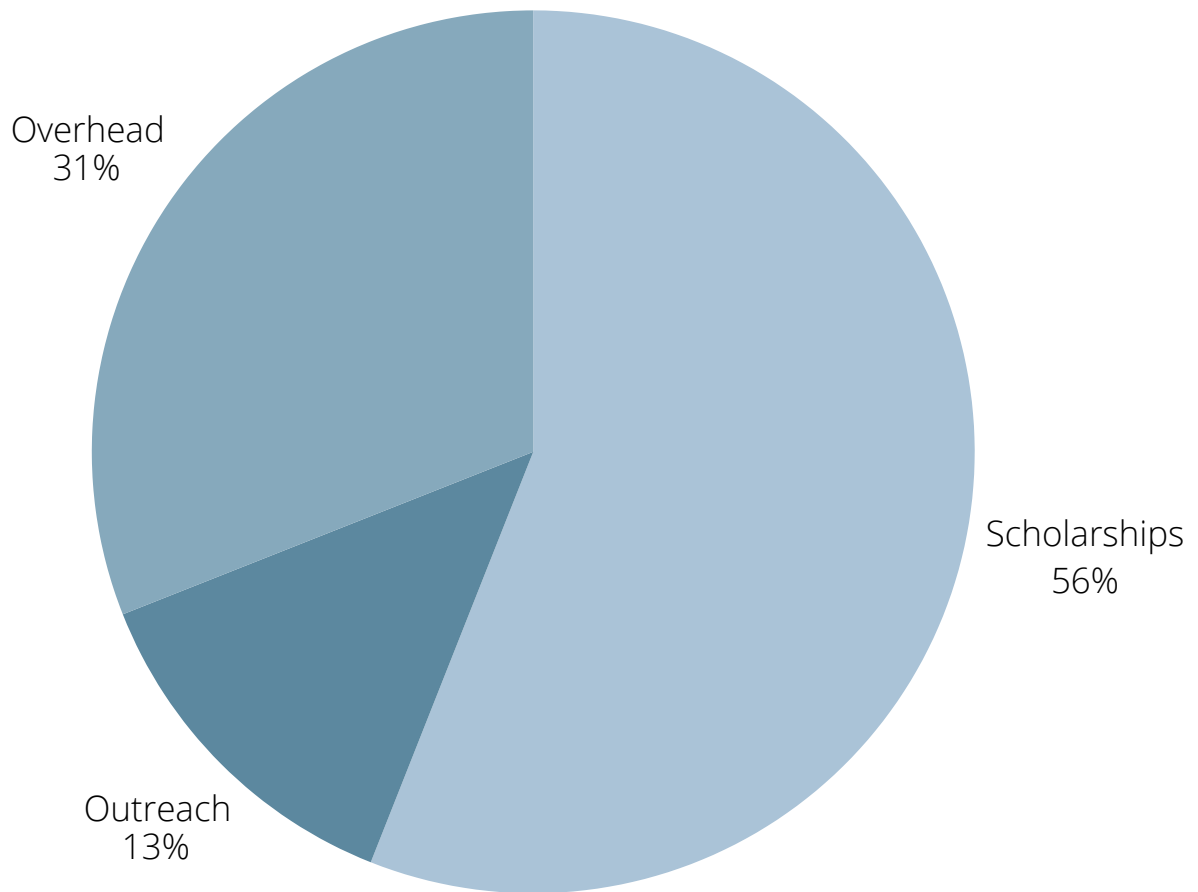


## With support from:





# Where Funding Goes



**GIVING TO OUR CAUSE - ~69%**

**OVERHEAD - ~31%**

# Next Steps for PSI-AZ

01

## **EXPAND SCHOLARSHIP ASSISTANCE**

Fund 150 scholarships annually, supported by UHCCCP, Banner, and ADHS, ensuring training access statewide.

## **TRANSFORM THE PERINATAL MENTAL HEALTH LANDSCAPE**

Expand equitable and accessible care by hosting BIPOC-focused trainings, offering the first-ever American Indian/Alaskan Native-only training by 2027, and hosting training sessions statewide.

02

## **STRENGTHEN INSURANCE PARTNERSHIPS**

We're building on AHCCCS, UHCCCP, and Banner successes to make PMH-C providers filterable for referrals and will pursue similar efforts with BCBS of AZ and other insurers.

03

## **DEEPEN COMMUNITY PARTNERSHIPS**

Continue to strengthen partnerships with organizations to enhance coordination and amplify PSI's services and perinatal mental health workforce impact statewide.

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