



2025 ANNUAL IMPACT REPORT

PREPARED BY

The Postpartum Support International
Arizona Chapter

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

Table of Contents

Page Number

- 03 Mission, Vision
and Overview
- 08 Our 2025 Impact
- 15 Financials
- 18 Looking Ahead



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

Viergeila 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

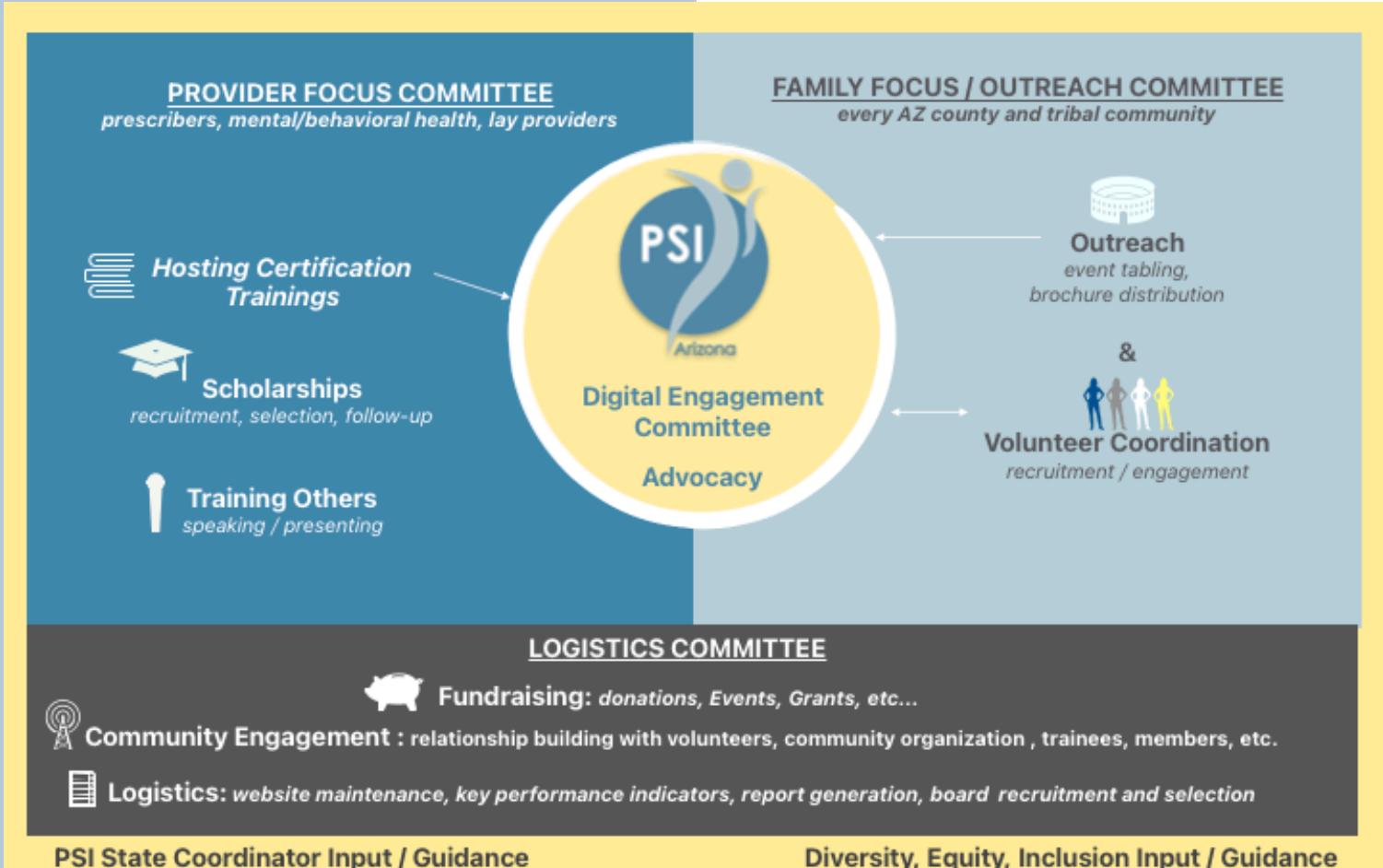
Doctors,
Nurses,
Therapists,
Prescribers,
Psychologists,
Doulas

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*

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

FAMILY FOCUS COMMITTEE

Outreach & Awareness

- *Outreach Events*
- *Awareness Materials*

ADVOCACY

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

FUNDRAISING AND DEVELOPMENT

Perinatal Mental Health Certified (PMH-C) Workforce Growth

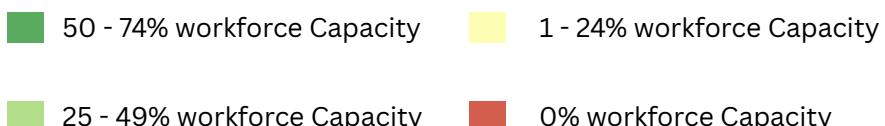
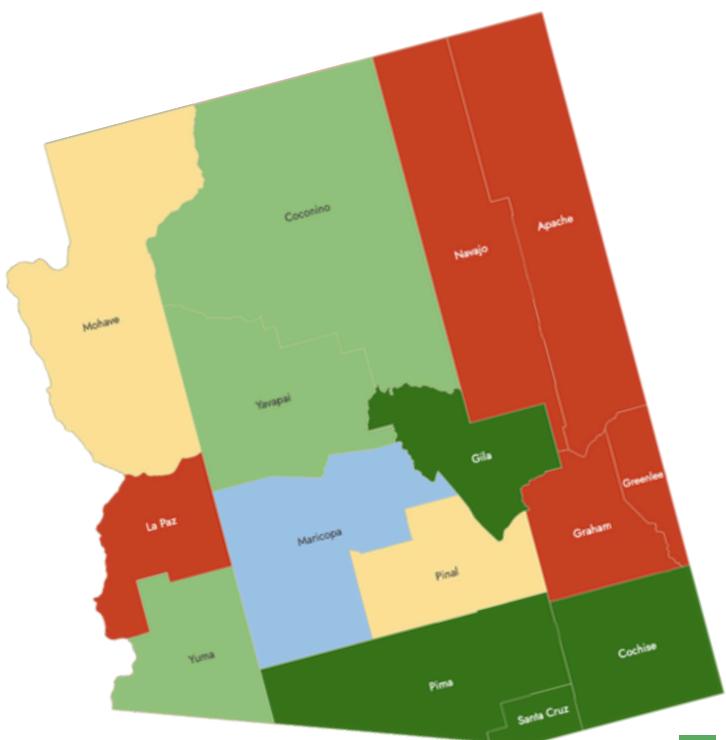
We added

64 AZ PMH-Cs



14% Overall PMH-C Workforce Growth

61% EOY 2025 Workforce Capacity



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



PSI Perinatal Mental Health Training



BIPOC Only Training

Tucson Attendees

103 - Initial 2-day Training
28 - Advanced

Psychotherapy Training

Cohosted with

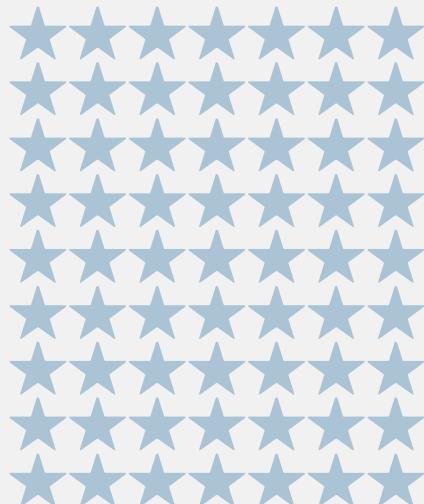
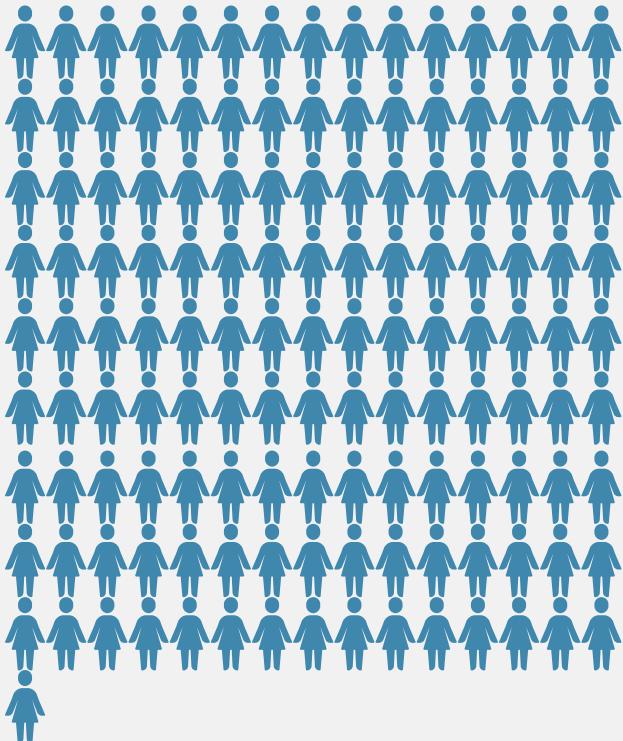
Cihuapactli Collective, Saguaro Blossom, Salt River District & Tohono O'odham Nation Walk District



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:

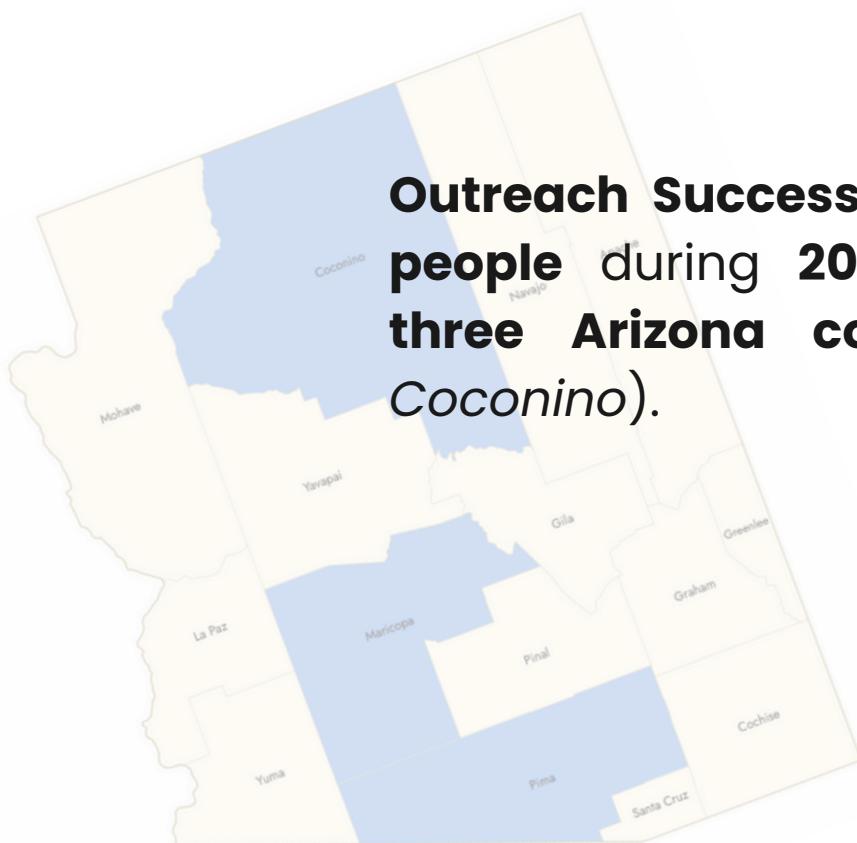


ARIZONA DEPARTMENT
OF HEALTH SERVICES



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



Advocacy



Hope King
Unanimous
Recommendation for
Clemency

March for Change
Advocacy Day



Mental Health Day
@the Capitol



Financial Report

01

Funding Sources

03

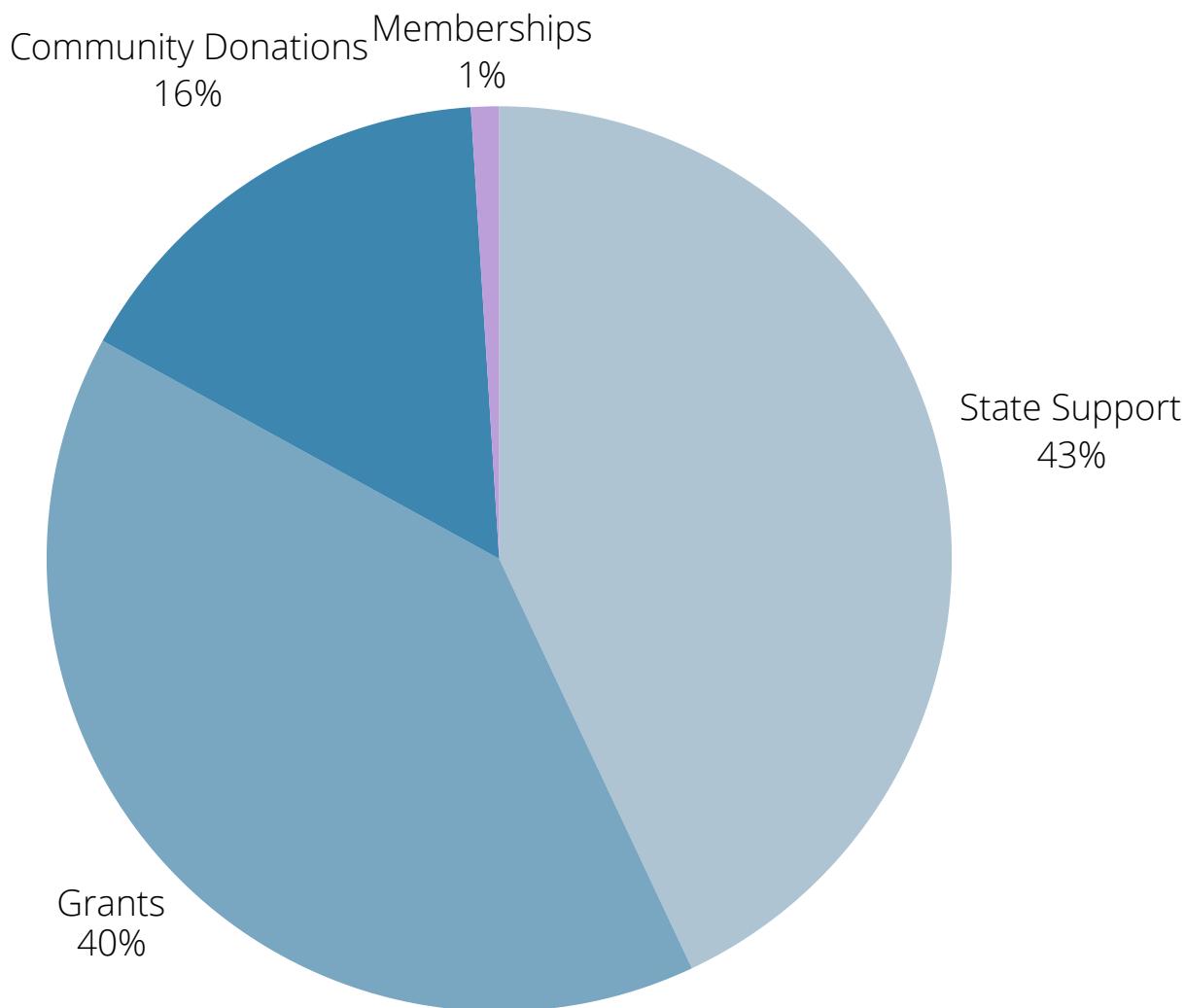
Next Steps for PSI-AZ

02

Where Funding
Goes



Funding Sources



PLATINUM SPONSORS:



With support from:



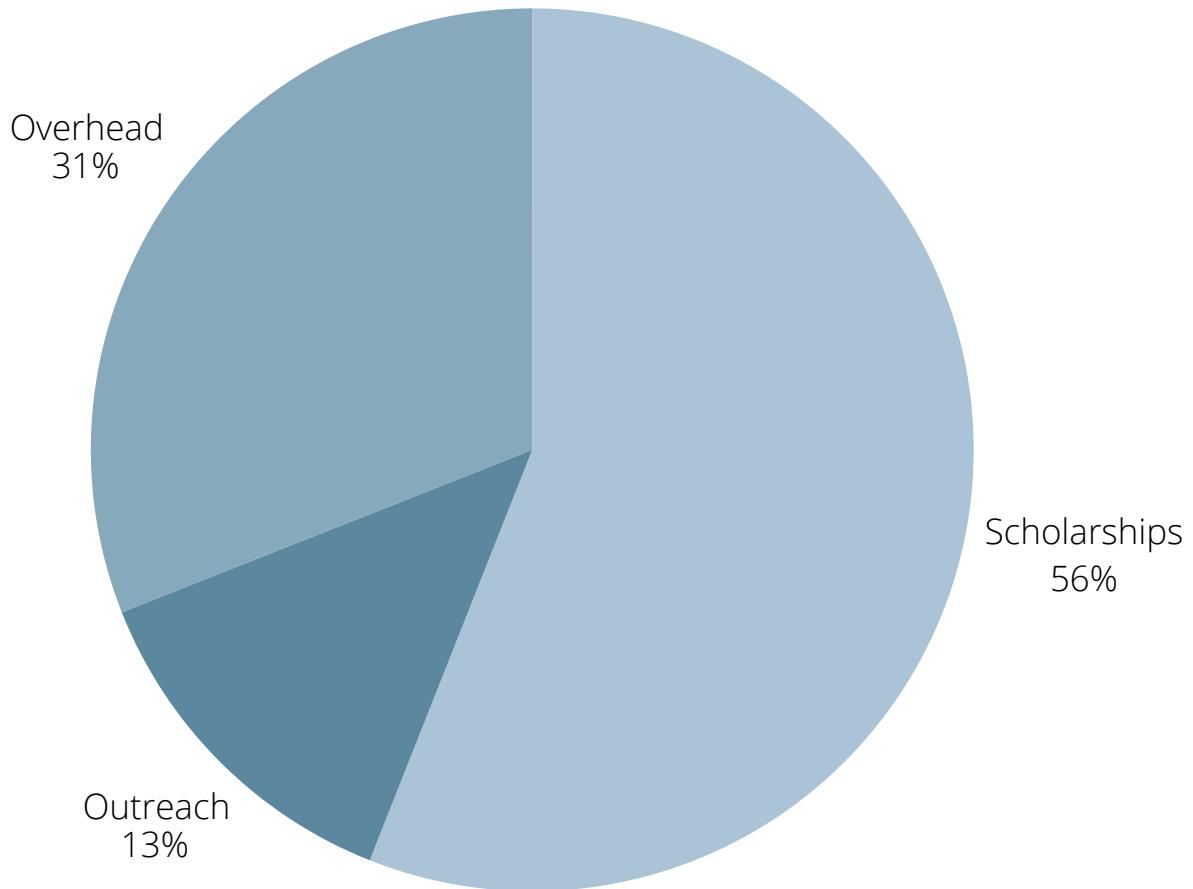
ARIZONA DEPARTMENT
OF HEALTH SERVICES

**PottersHand
Foundation**

**United
Healthcare**

Banner Health

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.

04