



PMD in Peel

Request an Educational Workshop: "Adjusting to Life after Baby"

Trained Volunteers provide information and share their personal stories of Postpartum Mood Disorders to community groups, parents-to-be, new parents and family members.

[Request a Workshop](#)

Volunteer Peer Educator Program

We are continuing to recruit volunteers to deliver educational workshops in the community to raise awareness and understanding about PMD. The next training will be coming in the early spring. If you are interested in applying to become a Volunteer Peer Educator and have personally experienced PMD please contact:

**Region of Peel
Volunteer Resources
905-799-7700**

Check out some of the latest **News and Research** regarding Postpartum Depression in: [PMD in the News](#)

Coordinator's Corner

In November of 2010, I joined Peel Health as the Acting Postpartum Mood Disorder Specialist. Since then, I have been busy "learning the ropes" and my way around the Region, as well as becoming more familiar with the great initiatives and work that was done under Monica Irwin's leadership over the last four years.

I have a M.Sc. in Family Relations and Human Development, with my thesis research focussing on fathers' involvement in Early Intervention Services. Over the past 18 years, I have worked with children and their families as a Psychometrist and Infant Development Consultant at Infant & Child Development Services Peel. Recently I also just completed a part time secondment as Interim Researcher with Success by 6 Peel. Over the years, I have participated in a variety of community initiatives and committee work.

I am looking forward to meeting many of you in my new role, and continuing to work with the strong and committed volunteers and professionals within the Peel community.

I can be reached at 905-791-7800 x2650 or philippa.bodolai@peelregion.ca
Philippa Bodolai, M.Sc.

Saskatchewan Makes Maternal Mental Health a Priority

Recently, the Government of Saskatchewan endorsed policy recommendations outlined in the [Maternal Mental Health Strategy: Building Capacity in Saskatchewan](#). This document was developed by the MotherFirst Working Group: a group of professionals, stakeholders, health associations, First Nation groups and women with lived experience, who came together to address "the inconsistent treatment of women with maternal mental health problems" across the province, due to the absence of a provincial strategy for identifying and treating depression in the perinatal period.

The document makes recommendations in four key policy areas:

- Education: to increase the awareness of maternal mental health issues and promote positive mental health.
- Screening: universal screening (using the Edinburgh Postnatal Depression Scale) for depression and anxiety in pregnant and postpartum women, and the partners of women who score positive for depression. There are five prescribed times for screening, including at the 1st or 2nd prenatal visit, between 28-34 weeks gestation, 2-3 weeks postpartum, 2 or 4* months postpartum and 6* months postpartum (*at child's immunization appointment).
- Treatment: including improved access to treatment and support by prioritizing maternal mental health within Mental Health Services.
- Sustainability: ensuring sustainability of care through provincial strategy and regional planning groups.

To see the full report:

[Maternal Mental Health Strategy: Building Capacity in Saskatchewan](#)

Steering Committee Members: Best Start Health Coalition in Peel~ Caledon Parent/Child Centre~ Credit Valley Hospital~ Mississauga Parent Child Resource Centre~ Infant and Child Development Services Peel~ Peel Children's Centre~ Peel Public Health~ Punjabi Community Health Services~ Spectra Community Services~ Success By 6 Peel~ Vita Centre

Peel Postpartum Family Support Line

As reported in our last Newsletter, Spectra Community Support Services and the Peel PMD Program, with funding from the Ontario Trillium Foundation, launched the **Peel Postpartum Family Support Line** on June 1, 2010. We were expecting approximately 100 calls in the first year, but after just 6 months, over 140 women, their friends, and family members have called the line.

At the time of the call, clients are asked if they would like on-going support through outbound check-in calls. Service providers have also made referrals for clients who have found it difficult to call the line themselves. As of the end of December, support was provided through over 310 outbound calls.

Line volunteers provide caring, non-judgemental emotional support, helping families to gain the necessary confidence and strength to parent their new baby. Calls are confidential and are offered in multiple languages including English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese.

This caring is demonstrated through some of our client comments:

"You have seen me from the beginning until now, and you help me see how far I have come, When you used to call me in my darkest days, it made a big difference. A phone call seems like a small thing, but it is such a huge thing"

"This line really helps. If it had been there when I had my other 2 kids, things would have been so much different...where else can someone call when everything else is closed and just be able to talk?"



The Peel Postpartum Family Support Line is available Monday to Friday, 10am to 10pm at **905 459-8441** (or **289-298-5468** from Caledon).

Service Providers can refer clients by calling **Nelia DeAmaral, Coordinator** at **905-459-8439, x 4** or **leave a message** at **905-459-8441**.

Dad's Space

Research has shown that Dads can experience Postpartum Depression too.

[Postpartum Depression for New Fathers Video \(Good Morning America\)](#)

[Globe and Mail Article– May 2010](#)

Check out the following resources especially for Dads:

Web: [Postpartum Men](#)

Blogs for Dads: [Daddy's Down](#)
[Postpartum Men Online Forum](#)

Even if Dads don't experience the symptoms of depression, they may feel the impact of PMD on their partner and family. The following resource provides information and support for professionals and Dads

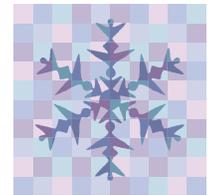
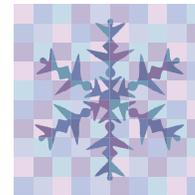
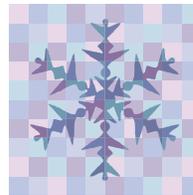
[Postpartum Dads](#)

.....Dads are welcome to call the Peel Postpartum Family Support Line too!



*"Alone we can do so little,
together we can do so much".*

Helen Keller



Did you know?

There is a lot of information on the web, and it is sometimes difficult to know where to find reliable information.

Psych Central recently named two blogs about Postpartum Depression among the [2010 Top Ten Depression Blogs](#):

[My Postpartum Voice](#) and [Postpartum Progress](#) were recognized for being informative, positive, and well-organized, as well as for promoting advocacy for women and families experiencing postpartum mood disorders.