

COMMUNITY PARTNERS NEWSLETTER

May 2024

The #1 Complication of Pregnancy & Postpartum PMAD Awareness Month in Michigan



More than 26,000 Michiganders and their families are affected by Perinatal Mood and Anxiety Disorders (PMAD) each year. PMAD includes depression, anxiety, bipolar disorder, obsessive compulsive disorder, post-traumatic stress disorder and psychosis that occur during pregnancy and up to 12 months after giving birth.

Although PMADs are clinically defined, treatable and amenable to support, education and intervention, they are the most under-diagnosed obstetric complication in the U.S. We recommend universal screening for the

presence of prenatal or postpartum mood and anxiety disorders, using an evidence-based tool such as the Edinburgh Postnatal Depression Screen (EPDS) or Patient Health Questionnaire (PHQ-9).

[Watch: Sarah DeYoung, LMSW Discusses PMAD Symptoms](#)

[Articles From Our PMAD Experts](#)

[New PMAD Therapy Group Starting in June](#)

[Screening Recommendations from Postpartum Support International](#)

Understanding PMAD



We invite you to share with your clients or organization our *Understanding Perinatal Mood & Anxiety Disorders* brochure, to learn about the various PMAD symptoms, risk factors, options for treatment at Pine Rest and the support we provide. It is available online and the printed version can be ordered through our website, along with our other publications. Please note the number of copies you'd like in the comments section.

[PMAD Info & Resources](#)

[Download Understanding PMAD Brochure \(PDF\)](#)

[Order Printed Copies](#)

Conversation with Dr. Nagy Youssef on Research at Pine Rest



Internationally recognized researcher and behavioral health leader Dr. Nagy Youssef recently joined Pine Rest as Vice President of Research. In this interview with WOODYTV, he talks about how current and future research initiatives will lead to better clinical outcomes for patients who struggle with substance use disorder, depression and more.

Watch Dr. Youssef on WOODYTV

Dialectical Behavior Therapy: A Lifeline for Borderline Personality Disorder



Borderline Personality Disorder (BPD) is among the most misunderstood and stigmatized of all mental health conditions. Dialectical Behavior Therapy (DBT) is an intensive outpatient treatment program offered at Pine Rest and is considered the gold standard of treatment for those diagnosed with BPD. It focuses on teaching skills for mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

[Read DBT: A Lifeline Article](#)

[A Deeper Look at BPD](#)

[BPD: Understanding Self-Harm & Suicidal Thoughts](#)

May is Mental Health Awareness Month

Take Care of Yourself!

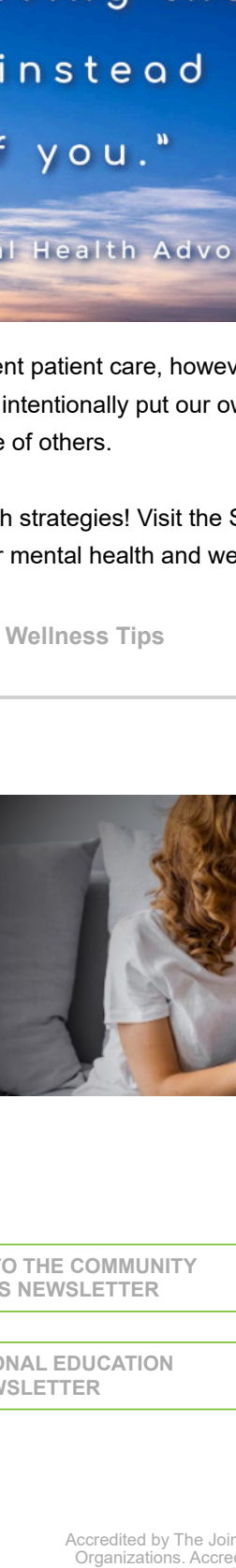
“Self-care is giving the world
the best of you, instead of what’s
left of you.”

Katie Reed, Mental Health Advocate

Healthcare workers focus every day on providing excellent patient care, however, it's sometimes at the expense of our own mental and physical well-being. It's crucial to intentionally put our own health first so we have the compassion, energy and clear thinking to take good care of others.

So, let's take some time to implement good mental health strategies! Visit the Self-Care section of our website for positive affirmations, self-care tips and more to give your mental health and wellness a boost anytime.

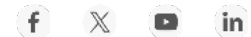
Mental Health Wellness Tips



Expertise.
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