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Project INTERFACE Newsletter

Volume 2, Issue 1

Topic: Postpartum Depression Impacts Fathers Too

Dear Mental Health Professionals:

Postpartum Depression is our focus in this issue of the Project INTERFACE Newsletter, which also features the "When Your Kids Push Your Buttons" workshop, the Infant-Toddler Parent Intervention program, plus tips and recent research. We hope you will find this information helpful, and share it with your clients as appropriate.

Important Information: the hearing for *House Bill 3897: An Act Relative to Postpartum Depression* is scheduled for Wednesday, January 27. This critical legislation would require OB/GYNs, midwives, pediatricians and other primary care providers to screen women regularly for depression during pregnancy and in the first year of their babies' lives.

This hearing will take place at the State House at the Grand Staircase (9:30 am) and at Gardner Auditorium (10 or 11 am). Please attend to show your support for this bill. You can also write to your local legislators to encourage them to communicate their support for this vital legislation.

More information is available at www.mass.gov/legis/bills/house/186/ht03pdf/ht03897.pdf

Project INTERFACE continue to receive overwhelmingly positive feedback from both providers and parents. We recently heard from Regina Pacitti, LSW and Adjustment Counselor, who gave us permission to share her response:

"Although through the years I have built up a network of providers to whom to refer my students, I rely on the staff at Project INTERFACE to help me when I have a student with a more obscure health insurance or my preferred providers have no openings."

Thank you in advance for responding to this e-mail. We look forward to receiving your updated profile, sending you appropriate referrals, and working together to improve access to mental health services.

Thank you again to all providers who participate in Project INTERFACE. **Please update your provider profile to let us know if you specialize in Postpartum Depression, so we can best respond to requests in this area.** If you have not recently updated your profile, which should include information about all insurance plans you currently accept, please e-mail us at updates@projectinterface.org to receive instructions for easy updating online.

Spotlight on Upcoming Events

"When Your Kids Push Your Buttons"

Free Workshop for Family Support Professionals

Date: Wednesday, March 10, 2010

Time: 10:00 am

Location: Children's Trust Fund, 55 Court St., Boston

This training provides family-support professionals the opportunity to learn new methods of working with parents while getting hands-on experience with the resources available through Children's Trust Fund's Parenting Education Curricula Lending Library. Additional workshops dates/topics include: May 5, 2010: Parent/Child Communication: Helping Parents use Books as Conversation; June 9, 2010: When Your Child Drives You Mad: Understanding and Managing Anger in Ourselves and Our Children. Go to www.mctf.org/sp.aspx?id=634 for a more complete description of each workshop. These workshops will fill up quickly. So please register early to ensure your spot. For more information or to register, please contact Janel Mackey at (617) 727-8957 Ext. 8742 or email janel.mackey@state.ma.us.

Sponsored by: The Massachusetts Children's Trust Fund

Continuing Education for Mental Health Professionals

Infant-Toddler-Parent Intervention

Date: 10 Thursday evenings: February 18, 25; March 4, 11, 18; April 1, 8, 15, 22, 29

Time: 6:30 - 8:30 pm

Instructor: Frances Mervyn, Ph.D.

CE Credits: 20 CE Credits

Tuition for CE Credit: \$695

Location: MSPP Program No: IPT10

In this ten-week, two-hour per evening program, MSPP joins with the Boston Institute for the Development of Infants and Parents (BIDIP) and the Infant Parent Training Institute at Jewish Family and Children's Service to present a series of topics with the goal of familiarizing participants with key issues in the field of infant mental health. When relevant, there will be time for discussion and application to clinical cases. Participants will be introduced to concepts of infant mental health, infant-parent therapy, clinical applications of attachment theory, and the value of infant observation in psychotherapy training. Various challenges in the early infant-parent relationship, including maternal depression and mood disorders as well as infant feeding and sleep issues, will be discussed. Specific concerns directly related to prematurity in infants and to post-adoptive depression will also be addressed. Participants will learn how to integrate this knowledge into current clinical work.

To register, please visit www.mspp.edu/academics/continuing-education/programs/itp10.asp.

Co-sponsored by: Massachusetts School of Professional Psychology, Boston Institute for the Development of Infants and Parents (BIDIP) and the Infant Parent Training Institute at Jewish Family and Children's Service.

Tips for Treating Postpartum Depression

From the Freedman Center for Child & Family Development at MSPP

- **Counseling:** learn new ways of coping with stress and managing difficult feelings
- **Medication:** antidepressants are effective in treating postpartum depression
- **Support Groups:** build community and connections with other parents struggling with

postpartum depression and exchange practical coping skills

- **Yoga, Meditation, Spiritual Counseling, Herbal Remedies:** many natural healing practices are extremely beneficial for alleviating symptoms of postpartum depression

For more For more helpful tips on postpartum depression, visit www.mspp.edu/community/freedman-center/files/sadness-after-childbirth.pdf.

Highlight from Recent Research

Postpartum Depression Strikes Fathers Too

A recent *New York Times* article by Richard A. Friedman, M.D., professor of psychiatry at Weill Cornell Medical College, reports important information regarding paternal postpartum depression. "By far the strongest predictor of paternal postpartum depression is having a depressed partner. In one study, fathers whose partners were also depressed were at nearly two and a half times the normal risk for depression. That was a critical finding, for clinicians tend to assume that men can easily step up to the plate and help fill in for a depressed mother. In fact, they too may be stressed and vulnerable to depression."

Read more at www.nytimes.com/2009/12/08/health/08mind.html.

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