

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Fall 2012



"Out of difficulties grow miracles."

Jean De La Bruyere

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Coordinators Corner:

As you have noticed, the Fall newsletter was posted a little later than usual, although it is officially fall until Dec 21st...There is a good reason, however, as I was waiting for the results of our evaluation to be able to give a sneak peak at some of the findings. Stay tuned for the next newsletter which will give you more detail about the evaluation!

As another year draws to a close, it is also important to reflect back on some of our accomplishments. To highlight just a few:

- * In January, we launched the changes on the website and the new Dads pages. In July, we added the Physician's pages.
- * Our website has almost doubled the amount of visits in 2012, with an average of over 72 visits/day.
- * We hired and trained 6 new volunteers. Our fabulous volunteers have shared their stories at almost 30 presentations and events, and contributed 170 hours of volunteer time.
- * The Peel Postpartum Family Support Line received almost 400 inbound calls and made almost 1000 outbound calls.
- * We have continued to develop new partnerships in the community, and have provided education and workshops to a variety of organizations and community groups.

2012 has certainly been a busy year, and 2013 is certain to bring about some more exciting changes with our strategic planning early in the new year. Thanks again to all of you who have supported our programs and initiatives over the last year. I wish everyone a healthy and happy holiday and all the best in 2013!! [Philippa Bodolai, M.Sc.](#)

Peel Postpartum Mood Disorder Program Evaluation

The results of our evaluation are in...

The evaluation was carried out by Susan Snelling of Social Research Consulting. 172 surveys were received from Family Health Staff, Service Providers, Support Group Facilitators, Peer Educator Volunteers, and Support Group participants. Thirteen key informant interviews were completed, and one focus group was conducted with mothers from support groups.

The results of this evaluation suggest that the Peel Postpartum Mood Disorder Program is well regarded, delivering needed services in the community.

Some of the assets of the program noted in the evaluation include:

- * The website, which is often used as a first stop for many providers looking for information or supports
- * The participation of women, who have experienced PMD, in different facets of the program, which ensures that the program stays connected to the lived experience of PMD

- * The phone line, which provides important 1:1 support for women experiencing PMD
- * The comprehensive approach to PMD within Peel Public Health, which includes awareness and education activities, screening and pathways of care.

There were also potential future areas of growth highlighted, including:

- * Ongoing awareness and education regarding PMD and services, particularly for those in diverse or multi-cultural groups
- * Data gathering and sharing in the community to improve ability to identify gaps in services
- * Identifying and implementing best practices for PMD, particularly with respect to supports for partners of women with PMD
- * Building on Physician outreach strategies

These are only a few of the key findings. I will be sharing more of the evaluation results in upcoming newsletters. Thanks to all of those who participated in our evaluation. The results will be key to our ongoing planning and directions in the program!





Holidays and Stress

Often pictures of the holidays include warm fireplaces, decorations, lights, candles, family and friends, celebration, food and tradition. For many, the holidays bring excitement and anticipation, but others approach the holidays with a sense of dread. It may be because they have lost a loved one, it may be because their health is in decline, it may be due to financial insecurity or job loss, it may be due to memories of past Christmases that did not bring joy or peace into their lives, it may be because time with family is not always rewarding and stress-free...or it may be that due to depression or other mental health issues that the holidays simply increase feelings of depression or anxiety.

The pmdinpeel.ca website is often busier around transition times (such as the start and end of school), and we have also noted increased visits around holiday times. This suggests that women with PMD or family

members may be seeking information and supports at these times.

The stress around holidays can affect everyone, but for some it can be overwhelming. Whether working with clients or supporting family or friends, it is important to make sure that people know where to turn for information or support during the holidays. In all of the hustle and bustle, it is also important to remember to take care of yourself. Sleep, exercise and eating patterns are most likely to be affected during holidays, but are also the most necessary to staying healthy.

For some helpful tips about staying healthy during the holidays, visit the following:

- * <http://blogs.psychcentral.com/family/2010/12/depression-at-the-holidays/>
- * <http://blogs.psychcentral.com/family/2010/12/2506/>

Did you know?

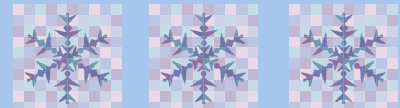
The list of celebrities who have shared their struggles with postpartum depression continues to grow. Brooke Shields was one of the first to tell her story, but many more have followed: Courtney Cox, Lisa Marie Presley, Bryce Dallas Howard, Melissa Rycroft, Amanda Peet, Lisa Rinna, Carnie Wilson, Valerie Plume Wilson, Marie Osmond and Gwyneth Paltrow are just a few. They have talked about wanting to share their stories in order to decrease the stigma surrounding PMD and to encourage others to reach out for help.

Facebook: Another way to connect...

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Facebook has become a site for connecting with friends and family, but did you know it has also become an important place to connect with professionals?

- * New dad? Dad-to-be? If you're looking for information on becoming a dad, how to support your partner during and after pregnancy, interacting with your baby, changing diapers, and more, join or follow the discussion on Peel Public Health's Facebook page: [facebook.com/parentinginpeel](https://www.facebook.com/parentinginpeel). Information is provided by Public Health staff and Nurses with specialties in child development (birth-6 years), parenting, breastfeeding, reproductive health, healthy sexuality, immunizations, literacy and more. On the second Thursday of every month join our Daddy Expert, Domenic, a father of 3, who shares his thoughts on being a dad in today's world.
- * Do you know Dads looking to stay connected? Check out the [Dad Central Ontario Facebook](#) page. It is full of resources and ideas to highlight the important role fathers make in the lives of their kids.



"When it snows, you have two choices: shovel or make snow angels."

