

Organization: Center for Perinatal Emotional Wellness

County: Wake**Address:** 101 Whispering Pines Ct.
Cary, N.C. 27511**Phone:** 919-889-3221**Website:** <http://www.momssupportingmoms.net/>**Project:** Educational Materials for Peer Facilitated Support Group*****Below are excerpts from their final report*****

About the Project: The bulk of the money from this grant was used to purchase 98 copies of the book Beyond the Blues. These books are given to each new mother who attends a Moms Supporting Moms peer support group meeting. Because these books will be used at the WakeMed meeting location, most of the recipients will be low-income clients or Medicaid patients (the targeted population for this support group). The book is a wonderful resource about perinatal mood disorders (commonly called postpartum depression) for mothers and their families. Beyond the Blues is written at an 8th grade reading level and includes information about each mood disorder in the postpartum mood disorder (PMD) spectrum (from “the blues” to anxiety/depression to psychosis and contains a chapter for spouses and family members to help them understand how to support the mother during this difficult time).

The remainder of the money was used to purchase books for a small lending library for Moms Supporting Moms facilitators. The library includes books that cover symptoms and treatment options for PMD and information on specific symptoms and disorders, such as intrusive thoughts and postpartum psychosis. In addition, a book that is used to educate our group leaders and student interns about support group dynamics was purchased.

Successes: For many in the group, it is hard if not impossible to get to a library or bookstore for resources about PMD. We have received such positive feedback from new mothers about this book that it has become a top priority for us to provide it free of charge to all attendees. Having a comprehensive resource on hand outside of meetings has had a positive impact on mothers' wellbeing because it gives women information they crave. Beyond the Blues provides not only an overview of symptoms but also explains how to get help (i.e. by finding a therapist, when to see a psychiatrist, types of medications commonly prescribed, etc.), giving many new mothers invaluable information and a new sense of hope. It is vitally important that we continue to offer this free resource to participants who otherwise might not have access to it, and this grant has made that possible.

The lending library provides much needed resources for new facilitators to help them understand the spectrum of mood disorders that fall under PMD. It is especially helpful for our new staff members who have not experienced PMD themselves. The books provide some of the most up-to-date information on

PMDs and how they are treated, as well as information to help lead support group meetings. We would not have been able to create this collection without funds from the grant.