The Postpartum Report

Postpartum Depression Treatment Program Newsletter

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Greetings!

Welcome to the first edition of "The Postpartum Report," a newsletter for families participating in the follow-up phase of the Postpartum Depression (PPD) Treatment Program. This newsletter is designed to provide information and updates related to postpartum depression and the PPD Treatment Program. It will also introduce key program staff members to help you get to know the people that you have or will be coming in contact with over the course of your participation (see "Focus on Staff," backside). If you have any ideas about topics that you would like to see in this newsletter, please give us a call at 263-5000.

Project Update

We have reached an important milestone in the PPD treatment study! As this newsletter goes to press, we are proud to announce that we have completed the recruitment and treatment phase of the study. Over the past five years, 147 women have participated in either individual therapy or mother-baby group therapy, making this the largest federally funded study of postpartum depression treatment in the nation. Thank you all very much for contributing to this research effort and thank you for your continued participation as we devote our remaining efforts to following you and your family through your child's second birthday. As always, we continue to be available to you during this follow-up phase of the study to answer questions and help address any concerns you may have. You may reach us by calling our Program Coordinator, Erri Hewitt, Ph.D. at 263-5000.

A Family Project

As you know, at the UW Postpartum Depression Treatment Program, we ask not just mothers, but spouses/partners and babies, to attend assessments before and after therapy and during follow-up sessions. You might be wondering why we are interested in gathering information about all of these family members when this is a project about *mothers* who are experiencing depression. The answer is that depression involves families, not just individuals. Perhaps you've noticed, for example, that since feeling depressed your relationship with your partner has felt different. Or maybe being in therapy has influenced the way you and your partner get along?

We are also interested in infant and child development. That is why we invite families back in for an assessment when their child is one and two years old. Research tells us that moms are very important to children during these early years...but so are dads/partners! Unfortunately, most of the studies that have been done about early child development have only studied mothers to the exclusion of dads. This omission is unfortunate because parents often play different roles in the lives of their children. We hope that our work will help to identify the important and special ways that fathers influence their child's early development. So thank you to all fathers and partners, as well as mothers, for your active participation in this project over time.

Check Out Our Website!

Did you know that we have a website with information about postpartum depression and our treatment program? You can help raise awareness about postpartum depression by sharing this resource with other new mothers or with your healthcare provider. Our web address is: www.psychiatry.wisc.edu/ppd

Screening for Postpartum Depression

We know that about 10-15% of women experience postpartum depression after the birth of a child, but many of these women never get the treatment or resources that they need. It has been found that without the use of standardized screening, up to 50% of women with postpartum depression are missed. Often healthcare providers wait for the woman to bring up any symptoms or difficulty she is having, or feel that they can rely on their clinical impressions to know whether a woman is depressed. However, postpartum depression can still be a difficult experience to talk about in our culture, so many women keep their symptoms to themselves and struggle alone. Additionally, it can be difficult for women to distinguish when their feelings and difficulties are just part of the strain of being a new mom and when they require professional help. For these reasons, the UW Postpartum Depression Treatment Program has recognized the importance of routine screening and has been working to promote this policy in local medical clinics. We are pleased to say that we have had a positive response from many clinics and healthcare providers and are hopeful that through this collaboration more women will have their needs addressed.

The Postpartum Depression Treatment Program is funded by a grant from the National Institute of Mental Health (NIMH), Grant No. 144 KN99 A 55 1000. Opinions expressed in this newsletter are those of the researchers, and not necessarily of NIMH. The editor is Erri Hewitt, Ph.D. (263-5000).

FOCUS ON STAFF



Roseanne Clark is the Director of the UW Postpartum Depression Treatment Program and Principal Investigator of the treatment study. She is an Associate Professor in the Department of Psychiatry, UW-Madison, and the Director of the Parent-Infant and Early Childhood Clinic. She earned her Ph.D. at Northwestern University and later developed the Parent-Infant and Early Childhood Clinic to provide assessment and therapeutic services to families with young children. Dr. Clark has worked with women with postpartum depression and their families for over 30 years. As Director of the UW PPD Program, she aims to provide the best clinical care to families affected by PPD and to conduct treatment research that informs development of effective approaches for PPD. She lives in Madison with her husband, two sons and Portuguese water dog and in addition to work she enjoys traveling with her family as well as biking, running, and cooking.



Kathleen Hipke is a licensed clinical psychologist who has been with the PPD Program for four years. She has served as the Program Coordinator in the past and has been a contact person for families and health care providers. When you have called the program office at 263-5000, Kathleen or the current Program Coordinator, Erri Hewitt, have answered the phone. It is their job to see families through the project over time, starting with the first phone call. Kathleen is a native of the West Coast. She earned her Ph.D. in clinical psychology at Arizona State University and continued her training at Children's Memorial Hospital in Chicago before coming north to Wisconsin where she lives on a farm with her husband, son, sheep, and cats.



Erri Hewitt is a developmental psychologist who has been with the PPD Program for nearly four years. She is currently the Program Coordinator. Erri has been involved in the treatment program and coordinates the infant and young child assessments. She is a native of the Midwest and earned her Ph.D. at the University of Wisconsin-Madison. Erri is especially interested in working with parents and young children and enjoys the opportunities the Postpartum Depression Treatment Program provides to do this. When not at work, Erri enjoys biking in and around Madison, visiting the Farmer's Market, and spending time with her husband. son, and two dogs.



Kay Lukszys is a research specialist who has been with the PPD Program since October of 2005. She is the person that typically contacts families to schedule follow-up visits and conducts child assessments for the program. Prior to joining the PPD Program, Kay taught elementary and middle school for 7 years, as well as conducted research on after-school programs at the Wisconsin Center for Education Research at UW-Madison. She earned a bachelor's degree in special education from UW-Madison and a master's degree in education from Carthage College in Racine, WI. Kay's research experience coupled with her teaching background makes her feel right at home with a team of professionals whose primary focus is on parents and their children. In her pastime, Kay enjoys running and spending time with her husband and young son.

Moving?Please let us know!

Call (608) 263-5000