

Tree of Hope Foundation Mission Statement

Our mission of hope is to lift the dark shadow of Postpartum Depression from the lives of women and families afflicted with this disease through the following initiatives:

- Increase Postpartum Depression awareness and understanding among new parents, parents-to-be, and members of the medical community-at-large through the development of educational programs, literature, and government/community/business partnerships;
- Provide easily accessible support to people currently in the throes of Postpartum Depression;
- Promote research geared specifically toward understanding mood disorders and the development of increasingly more effective ways to treat them.



What We're Doing

Tree of Hope Foundation is attempting to raise interest and awareness of Postpartum Depression through:

- Support groups at no charge to participants—see back for details
- Educational programs for medical professionals and the general public
- Medical community liaisons and initiatives
- Literature, brochures, press packets
- Fundraising efforts to sponsor programs
- Information outsourcing through media outlets

Tree of Hope Foundation's Postpartum Support Groups

MONDAY at 7pm Rochester Hills
In conjunction with Beaumont Hospitals
Oakland Macomb Obstetrics and Gynecology, P.C.
Wellpointe Building, Suite 200
1701 South Boulevard East
Rochester Hills, MI 48321
(M-59 and Dequindre)
For information call - 248-551-1462

TUESDAY at 10am Troy
In conjunction with Beaumont Hospitals
National City Center
755 W. Big Beaver Rd., Suite 249
Troy, MI 48084 (between Livernois & Crooks)
Enter at flag poles, 2nd floor, Community Education classroom
For information call - 248-551-1462

WEDNESDAY at 7pm West Bloomfield
In conjunction with Beaumont Hospitals
Beaumont Medical Building
6900 Orchard Lake Rd., Suite 311
West Bloomfield, MI 48017
(Between Fourteen Mile Rd. and Maple)
For information call - 248-551-1462

THURSDAY at 6:45pm Commerce Twp
In conjunction with Huron Valley-Sinai Hospital
Charach Center Conference Room, Garden Entrance
1 William Carls Dr.
Commerce Township, MI 48382
For information call - 248-937-5220

THURSDAY at 7pm St. Clair Shores
St. Joan of Arc Parish Center
22412 Overlake Dr.
St. Clair Shores, MI 48080
(North of 8 Mile; east of Greater Mack)
For information call - 877-HOPE-311

Support groups meet every week, require no referral, and are provided at no charge to the participants.



Tree of Hope Foundation

P.O. Box 806482

St. Clair Shores, MI 48080

877-HOPE-311

www.treeofhopefoundation.org

Tree of Hope Foundation is a non-profit organization

Listen. Talk. Ask questions. Support.

If you are a family member or friend of a woman suffering from Postpartum Depression, you can help her right now by following some of these suggestions offered by Drs. Ronald Rosenberg and Deborah Greening in the book *Conquering Postpartum Depression*;

- Help her develop and mobilize support. She can't and won't do it alone.
- Express your concern. You don't have to use profound words or know how she feels. Just be aware that being there and letting her know your concerns will help her probably more than you will ever know.
- Ask how you can help. You may wonder what you can do. One sure way of finding out is to ask. She may be unwilling to ask for help, but she may respond when you sincerely ask what you can do.
- Give positive reinforcement. Adults, especially depressed adults, need as much positive reinforcement as do children. When you have a friend or family member who is depressed, you can be sure that frequently her thoughts about herself and her situation are likely to be negative. You will be helping immeasurably by reminding her about her strengths and assets, as well as how much she means to you and others.
- Keep your sense of humor. It's not easy to be supportive to someone who is depressed. When the situation becomes tense or the atmosphere dark, a joke or humorous way of looking at things can lighten the tension or part the dark clouds, at least temporarily. Do not, however, make light of her depression or make "jokes" about her snapping out of it.
- Offer hope. To be truly supportive, you must offer hope and reassurance. Let her know that depression is a very treatable illness and she will get better.

Postpartum Depression

Postpartum Depression is not yet fully understood. It stands apart from other disorders, such as depression, anxiety, obsessive-compulsive, bipolar, and posttraumatic stress disorders, in that it presents itself as a unique combination or mixture of symptoms from these various disorders. Most women who suffer from PPD become symptomatic during pregnancy.



Facts & Statistics

- Most women who suffer from Postpartum Depression become symptomatic prior to childbirth*
- Upwards of 85 to 95 % of all new mothers experience some form of mood complication during pregnancy or following childbirth (American College of Obstetrics and Gynecology)
- One of every ten women will experience Postpartum Depression following childbirth**
- One of every 1,000 women will experience Postpartum Psychosis after childbirth*
- Postpartum Depression most often goes undiagnosed*

* "Conquering Postpartum Depression" by Ronald Rosenberg, M.D., Deborah Greening, Ph.D., James Windell, M.A. (2003)

** "Depression After Childbirth" by Katharina Dalton (2001)

Symptoms & Red Flags

Postpartum Depression

Symptoms may include but are not limited to the following:

- Debilitating depression, suicidal ideation or thoughts about death
- Hopelessness of ever feeling yourself again
- Feelings of inadequacy as a wife and mother; helplessness
- Difficulty sleeping, too much sleeping
- Lack of interest in the baby and/or self
- Low level of daily functioning, including personal grooming, isolation, social withdrawal
- Feelings that if you tell anyone about your symptoms, your baby will be taken away
- Severe mood swings, which may include euphoria, agitation, and explosive episodes
- Spacing or zoning out with an inability to focus on a task
- Significant and unintended changes in eating patterns

Postpartum Psychosis

Symptoms could include all of the above, but in addition and most importantly will include at least some of the following:

- Visual or auditory hallucinations
- Delusions
- Despair or elation
- Extreme anxiety or agitation
- Suicidal or homicidal ideation
- Hopelessness

