



Capital Area Postpartum Support

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Did You Know?

- Postpartum depression is the most common disorder after childbirth. (NYS Dept. of Mental Health).
- 50-80% of new mothers get the "baby blues," depressive symptoms which resolve within 12 days after birth and is NOT considered a Postpartum Depression Disorder. (Centers for Disease Control and Prevention (CDC), 2008)
- *Self-reported* Postpartum Depression in various US states varies between 11.7–20.4% (Centers for Disease Control and Prevention (CDC), 2008). Approximately 1 in 8 women.
- PPD is a treatable illness, but it is often unidentified by health care professionals.

According to these statistics, PPD is more prevalent in women than diabetes (Nat'l Diabetes Information Clearinghouse), stroke (Centers for Disease Control), or breast cancer (Nat'l Cancer Institute). In fact, more women will suffer from postpartum depression and related illnesses this year than the combined number of new cases for men and women of tuberculosis, leukemia, multiple sclerosis, Parkinson's disease, Alzheimer's disease, and epilepsy (<http://postpartumprogress.typepad.com/weblog/2008/01/postpartum-de-2.html>).

Who we are

Shades of Light is a new resource for the Capital Area offering postpartum support for new mothers and their families afflicted with perinatal mood disorders and postpartum depression. Slated to begin operation in Fall 2011.

We are under the mentorship of the *Postpartum Resource Center of New York, Inc.* (a not-for-profit, 501(c)(3) organization). Postpartum depression (PPD) is a general term used to describe a range of disorders a woman can experience after the birth of her child: Postpartum Depression, Postpartum Anxiety Disorder, Postpartum Obsessive-Compulsive Disorder, Postpartum Post-Traumatic Stress Disorder, and Postpartum Psychosis.

Shades of Light aims to provide information, treatment resources, and support in the form of:

- Web site containing detailed description and symptom lists of Perinatal Mood Disorders and Postpartum Depression, resource directory of local treatment professionals, peer support group information, and additional resources such as books to read, links, and blog area.
- Informational brochures and/or awareness posters for distribution through health care facilities and/or other locations that have possible contact with those suffering from this affliction.
- Monthly peer support groups, currently scheduled in Troy, Saratoga, and Glens Falls.
- Toll free mom's-on-call telephone support

Within several years we hope to become the established PPD resource in the Capital Area and expand to include a headquarter location housing staff offices, additional support groups, and training facility. We also aim to provide on-site training seminars for hospital staff, health care staff, doula networks, therapist groups, etc. As well as increase our coverage area to surrounding counties.

We need your help!

In order for *Shades of Light* to accomplish it's goals, we're currently looking for donations, financial support, and/or corporate sponsorship. All contributions are tax deductible. Any support over \$500. will be featured on our upcoming Web site "sponsors" page.

For tax-deductible donations, make your check or money order out and send your contribution to:

The Postpartum Resource Center of New York, Inc
Memo: Shades of Light
25 Morgan's Run, Schuylerville, NY 12871

For additional information contact *Shades of Light* at 518.955.6770 or suzanne@ShadesofLightPS.org