



Postpartum
Resource Group

Providing support, advocacy, and resources for mothers experiencing postpartum mood disorders



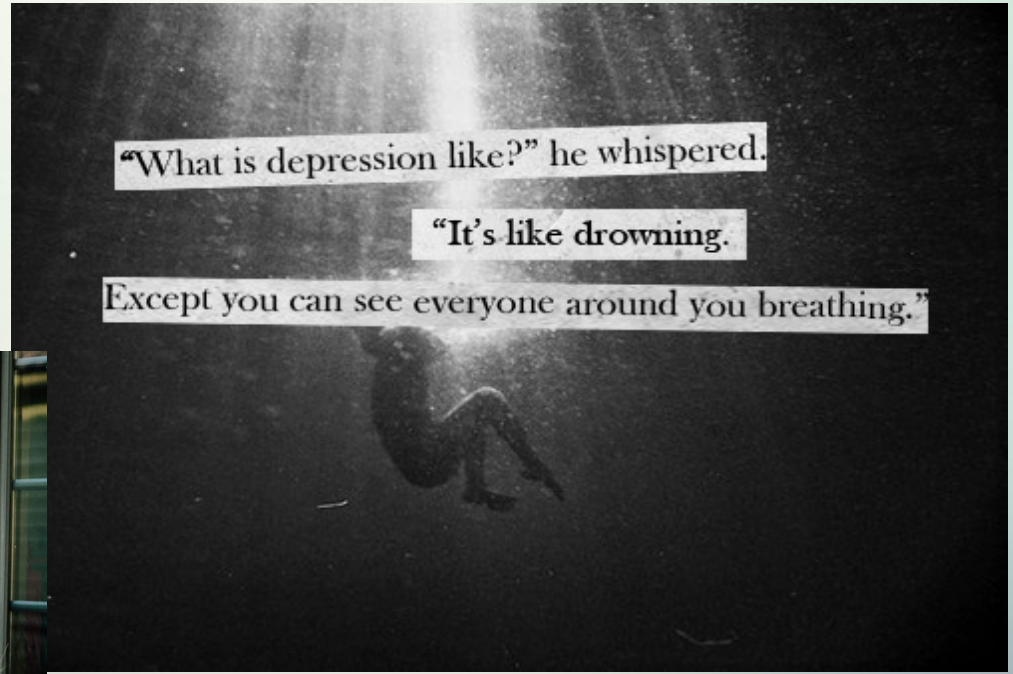
Postpartum
Resource Group

Providing support, advocacy, and
resources for mothers experiencing
postpartum mood disorders.

Flathead Valley, Montana

www.postpartumresourcegroup.org

The Reason



The Dream



Postpartum Resource Group started as a group of survivors meeting monthly to discuss their journeys toward healing, and grew into a grassroots response for the need for additional health awareness and resources in our Valley.

The Hope

- To create something for all the women in our Valley.
- To help mommas before it became too dire, or they found themselves in “Pathways”.
- To fully fund the work of making this happen.
- The first year as a non-profit we had 14\$ in our bank account.
- The first 3 years we put all our efforts into just running the support group and doing small fundraisers. By the end of 3 years we had 6,000 in our account.

The Work

- Monthly Peer to Peer support groups in 2 locations now, Kalispell and Whitefish.
 - ~ We pay our support group leaders and give them a monthly stipend to help the women in the group.
- Online peer support forums.
- Mothers in need fund.
- Creating The Network
 - ~ Providing free postpartum doula certifications for 6 doulas who will volunteer their time for PRG.
 - ~ The Village Network

Support Group Success Story

“Meg” had been at the point of suicide when she found our resources at her provider’s office. She braved her first support group meeting and realized she was not alone. She met empathizing women she could call when feeling hopeless or down. The group helped her with her baby, joined together for playdates, and showed her a community without shame. It helped her with resources like finding providers who could utilize appropriate therapies and medications, and navigating issues around underinsurance. This pulled her from her darkest days, allowing her to not only get to a better place herself, but begin to bond with her child.



The Grant

AHRQ Cross-Sectional Innovation to Improve Rural Postpartum Mental Health Challenge

Free Grant Writer:

Success Story Submission Category.

We were granted 25,000 dollars from the Agency for Healthcare Research and Quality.

The Network

- Doulas are finishing up training this month.
- PRG will be providing our doulas and support group leaders with PSI training in May
- In the process of hiring a Network Director who will create, establish and launch the program for in home postpartum doula care.
- Educating our providers and community resources about this program
- Educating the Community at large about this program.



https://www.dropbox.com/s/y8aq7c66t9k364b/PRG_Slideshow.mp4?dl=0