



**Tree of Hope
Foundation**
P.O. Box 806482
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www.treeofhopefoundation.org

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The Tree of Hope Foundation is a non-profit organization founded in 2005 to promote research, education and awareness of postpartum-related mood disorders.

The founding members of the organization were profoundly impacted by the tragedy of Mary Ellen and Caroline Moffitt, who became victims of this devastating disorder.

Our goal is to provide awareness and education to prevent tragedies for others.

Why the ladybug?

Our logo features a ladybug in remembrance of Mary Ellen Moffitt, a beloved first-grade teacher who often created friendly ladybugs and displayed them in her classroom and home.

The Ladybug's Wishlist

Fall 2007

Bringing hope to those affected by postpartum depression

Hopeful footsteps advance outreach

Thanks to all generous volunteers, sponsors, donors and participants who brought great success and spirit to the 2007 Step Up for Hope 5K Walk, Run & Stroll.

With more than 350 participants and more than \$23,000 raised, the Tree of Hope Foundation has already expanded its reach in providing resources and support for families struggling with postpartum depression (PPD).

Walkers, food servers, registration volunteers, set-up and clean-up crews, raffle hopefuls, trained runners, kids in strollers, PPD survivors, loving family members and caring supporters all made Tree of Hope's primary fundraising event a great success as Tree of Hope gathered critical donations and support while promoting PPD awareness.

Some of the proceeds from the 5K event are already in use, with three Tree of Hope support groups meeting weekly in Rochester Hills, Clawson and St. Clair Shores. (See detailed information on next page.) Thanks to generous supporters, these groups are offered free of charge, and require no advance notice or referral--two important considerations for new mothers who may already be feeling unmotivated or uncertain about each day.

If you were impressed by the Step Up for Hope 5K and are interested in donating goods, time or talent for next year's event, contact Tree of Hope at (586) 777-0142 or info@treeofhopefoundation.org.

Please mark your calendars for next year's event on June 21, 2008 at Metro Beach Metropark in Harrison Township.





Candlelight Vigil

October 9, 2007

National Day of Prayer for Mental
Illness Recovery and Understanding

7 p.m. at St. Joan of Arc Parish
22412 Overlake Dr., St. Clair Shores

(east of Greater Mack; north of Eight Mile)

This interdenominational candlelight service invites those suffering from mental illness of any kind—plus their family members, friends, co-workers and mental health professionals—to help overcome fear, acquire knowledge, advocate for compassionate treatment, and celebrate recovery.

Beaumont Hospital and Tree of Hope provide postpartum adjustment support

The Beaumont Parenting Program at William Beaumont Hospital and Tree of Hope Foundation are providing safe and supportive environments for families dealing with postpartum adjustment issues.

"Together, our vision is to strengthen and support families because we know the complexities of postpartum issues are real, common and treatable. We strive to provide accurate information, current resources and support for as long as it is necessary," said Deanna Robb, a counselor and psychologist with Beaumont Hospital's Parenting Program.

This community partnership provides all mothers discharged from Beaumont Hospitals with PPD literature, a screening tool to help families monitor their postpartum adjustment, counseling from nurses and social workers in the hospital, and free support groups for anyone who wants to attend, whether or not they are Beaumont patients.

"Beaumont has made Tree of Hope part of their award-winning parenting support program, and we are pleased that they are committed to recognizing and treating symptoms of PPD," said Tree of Hope President Pam Moffitt.

The partnership has notably resulted in two additional local support groups. Now Tree of Hope sponsors three groups on alternate days of the week, so that no one has to wait more than a couple days to get free, professional assistance.

The following support groups meet weekly and require no appointment, referral or fee for service.



EVERY MONDAY

Rochester Hills

7:00—8:30 p.m.

Oakland Macomb Obstetrics and Gynecology, P.C.,
Wellpointe Building, 1701 South Boulevard East, Suite 200,
Rochester Hills
(M-59 and Dequindre)

EVERY TUESDAY

Clawson

10:00—11:30 a.m.

1388 Anderson, Clawson
(One block south of Maple, east side of Crooks)

EVERY THURSDAY

St. Clair Shores

7:00—8:00 p.m.

St. Joan of Arc Parish Center,
22412 Overlake Dr, St. Clair Shores (North of 8 Mile; east of
Greater Mack)

From the Ground Up

Notes from President Pam Moffitt

"You are not alone. You are not to blame. We are here to help."

Those are the words that open the homepage for Postpartum Support International (PSI). I am fortunate to have attended PSI's 21st annual conference this past June in Kansas City, where other groups like Tree of Hope traded experiences and ideas to help push the PPD awareness movement forward.

Martha Miller, Pharm.D., education chair, also attended the conference on Tree of Hope's behalf, and we learned important ways to link with other local and national resources to work cohesively, to get the word out, and to give women and families portals of entry into the health care system, community networks and other avenues offering support.

The conference theme, "Supporting Families: Fostering Perinatal Emotional Health and Reducing Vulnerability," points to the multifaceted challenges associated with PPD--specifically, the physical, emotional, spiritual and social complexities that differ from mother to mother. Founded in 1987, PSI reminds us that women still suffer in silence and people are still reluctant to consider PPD the true, treatable medical condition that it is.

Most importantly, the PSI coordinators who gathered from across the country issued an important reminder to me that every effort starts somewhere. So, I have hope that someday, information will be readily available in childbirth and parenting areas of all hospitals. And I have hope that when a woman calls to find a support group, we can offer her a place to go for professional help, within 24 hours, in a location convenient to her home, no matter where she lives.

Reflecting on our outstanding and quick growth, I can identify with the famed little engine and believe we are the "little foundation that could." Upon returning from the PSI conference, I am confident we are the "little foundation that will." With grassroots efforts that come out of true compassion and concern, we will surely make an impact in making PPD part of the accepted mental health agenda and providing hope for PPD sufferers.

I urge you to lend your hand, voice and time to this matter. Many thanks to all who have supported us so generously!



Circle of Hope...

The Tree of Hope Foundation proudly welcomes Kelly Taylor and Beth Helmer as inaugural members of the "Circle of Hope," an honorary distinction granted to outstanding supporters. Honored in part for raising more than \$1,000 each at the 2007 Step Up for Hope event,

Taylor was the leading individual pledge-collector and Helmer took top team-honors with her family, the "Helmer Babies." Both women volunteer with Beaumont Hospital's Parenting Program and are PPD survivors. For their moral, financial and compassionate support, they have been named distinguished Circle of Hope members. Welcome and thanks!

Help Wanted - Apply Today!

In order to sustain Tree of Hope's successful outreach and support programs, the board of directors is looking to increase the number of active volunteers who can share their time and/or talents. Please note: the following positions are unpaid, but are rich in personal rewards. If you are interested in filling any of these voluntary posts, please call Pam Moffitt at (586) 777-0142; email pmoffitt@treeofhopefoundation.org; or contact any board member or committee member with whom you are familiar.

Apply today!

Greeters, friendly faces

One-day only. Volunteers needed to hand out literature, escort participants, and serve light refreshments for October 9 candlelight vigil at St. Joan of Arc Parish. Knowledge of St. Joan buildings a plus, but not necessary. All ages welcome.

Courier, delivery person

1-2 hours per week at your convenience. Volunteers needed to drive brochures and light supplies to hospitals, doctor's offices and support group meetings. All local deliveries. Flexible hours. Length of commitment determined by you. Valid driver's license and transportation required.

Webmaster

Hours are flexible and varied, but would require an extended commitment to set up, manage and update the current Website at: www.treeofhopefoundation.org. Will work temporarily with current Webmaster, Mike LaForge, to sync data.

Magazine/newspaper reader

Person needed to

submit Tree of Hope support group information to media, health calendar and support group directory listings. Requires finding local magazine, newspaper and online resources and calling, e-mailing or mailing sources.

Envelope stuffers

Envelope stuffers needed occasionally for large-scale mailings like annual campaign announcements or newsletter distribution. Can be done in the convenience of your own home, and in front of your own television, too.

Materials handler, storage solutions

Have storage available in your home or office for equipment, boxes, literature? Looking for storage opportunities for regularly used and replenished items like brochures, or more seasonable items like 5K signs that only need to be accessed once each year.

Occasional interaction required with delivery volunteers.

Sales, solicitor

It's never too early to start acquiring donated items and services for the 2008 Step Up for Hope 5K event. Requires soliciting businesses, vendors and volunteers to collect donations of goods, raffle items, food and/or services.

Raffle-ticket sellers

Extended raffle ticket sales will begin in 2008, with cash raffle winners to be announced at the Step Up for Hope 5K Walk, Run & Stroll on June 21, 2008.

Tickets can be sold at any time. Call to request as many books of tickets as you are able to sell.

Project coordinator

Volunteer needed to research listings and details regarding local baby fairs where Tree of Hope may be interested in having representation. Requires coordinating with health fair event planners and making phone calls to get information on table reservations, prices, etc., and compiling a list of potential events.

Bulletin finder

Fact-finder needed to compile listings of local church bulletins that could list Tree of Hope events and resources. Requires calling local churches and getting contact information.

Graphic designer

Volunteer needed to give as many hours as desired to help with simple designs like logo placement for magnets and trinkets, or more in-depth projects like newsletters and brochures. You choose level of commitment and number of projects you're willing to handle.

Physician, nurse advocate

Health professional wanted to bring Tree of Hope literature and program options to local doctor's offices, hospitals and related places of business. Goal is to spread awareness and get Tree of Hope brochures and support group listings in medical businesses, pediatrician offices, ob/gyn offices, mental health agencies and other locales where new families and mothers are likely to be.

Legislative affairs

Professional or amateur legislative assistant wanted to keep track of local and/or national legislation related to mental health, depression or PPD-specific issues. Simply requires occasional listings sent to board members to inform Tree of Hope audiences of advances being made in Michigan and other states. Resources available at Postpartum Support International for quick reference.

Educational support

Volunteer needed to do online searches for informative educational links to serve as hand-out with resources and references for parents and families struggling with PPD.

Postpartum depression: Is this normal?

The birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. It is not unusual for women to experience postpartum depression (PPD) for up to two years following childbirth. In fact, 85 to 95 percent of all new mothers experience some form of mood complication during pregnancy or following childbirth, according to the American College of Obstetrics and Gynecologists; and one of every 10 women will experience postpartum depression.

Symptoms of PPD include:

- Debilitating depression, suicidal, scary or constant negative thoughts
- Hopelessness of ever feeling yourself again
- Feelings of inadequacy as a wife and mother; helplessness; excessive guilt
- 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

The frequency, intensity and duration of these symptoms are what distinguish normal “baby blues” from postpartum depression. Remember that PPD is a chemical condition caused by a fluctuation in hormones. It is treatable with a combination of medication and psychotherapy. There is help and hope, but it is important to seek a medical evaluation if you are experiencing these symptoms, especially if you have risk factors for depression.

Tree of Hope can help.

What if Tree of Hope got a penny every time you searched the Internet?



Use GoodSearch.com when you search the Internet and Tree of Hope gets rewarded, *with no extra effort or money from you.*

GoodSearch is a search engine powered by Yahoo!, so it has all the speed and efficiency you are accustomed to. Download a toolbar from the homepage and search right from your browser.

GoodSearch shares its advertising revenue with charities, allowing Tree of Hope to earn money with each click. Here's how:

Go to www.goodsearch.com.

Type “Tree of Hope” into the “I support” box and click on “verify.”

It's that easy to turn pennies into dollars.

Shop online and Tree of Hope gets the proceeds...for free!



Next time you are buying online, start at iGive.com and proceeds from your purchase will be donated to Tree of Hope—*at no additional cost to you.* Most major merchants participate in this portal to nearly 700 of your favorite stores.

It's easy! Visit iGive.com; register once; designate Tree of Hope Foundation as your charity of choice. You never have to do anything again. When you make online purchases, merchants donate up to 26 percent of your transaction value to Tree of Hope.

iGive.com shoppers have raised more than \$2,000,000 for their nonprofit organizations. Thanks for your gifts of hope!