

THE KEMPE POSTPARTUM DEPRESSION INTERVENTION PROGRAM

Helping moms overcome a terrible disease so they, and their children, can thrive.

Why CARE:

Postpartum depression (PPD) is a serious medical condition that affects women from all walks of life during and after pregnancy. If undiagnosed and untreated, postpartum depression can have serious, harmful effects on babies' health and development.

Why KEMPE:

This program offers hope and help to mothers who suffer from this disease. We help reduce the potential for child abuse and neglect by providing early intervention and prevention services to new parents.

THE KEMPE CENTER FOR THE PREVENTION AND
TREATMENT OF CHILD ABUSE AND NEGLECT



Renowned experts.
Remarkable compassion.
Real hope.

WE CARE FOR MOMS

with postpartum depression, so they
can love and properly care for their children.



Postpartum depression can impair a mother's desire and ability to parent.

Postpartum depression (PPD) is a serious illness which is often undiagnosed and untreated, leaving new mothers suffering and their children at risk. After giving birth, women with this illness have such strong feelings of sadness, worthlessness, guilt, anxiety, or despair they have trouble coping with their daily tasks. They experience rapid shifts in mood such as withdrawal, irritability, and anger. The feelings of love that they expected to have for their new baby may even be absent.

A depressed caregiver can affect their infant's cognitive, language and emotional development.

If undiagnosed and untreated, postpartum depression can have serious, harmful effects on the development, health, and well-being of babies and children. It impairs the relationship between mother and infant, and poses risks to the young child's development. It can also create a rift between mother and father.

The majority of women with postpartum depression do not receive mental health services.

Many women do not receive treatment because of the stigma about being depressed after delivery of a baby. They feel that they should know how to care for their newborn, that motherhood should be a happy time, and that something must be wrong with them. The stigma and embarrassment prevents them from seeking professional treatment and support. In addition, women with strong feelings of depression often have difficulty seeking help. It is crucial that family, friends, doctors and other medical and mental health professionals learn how to recognize the symptoms of PPD and know how to help these moms find effective professional assistance.

This is a very real problem that needs very real attention.

Remarkably, 10%-15% of all women suffer from postpartum depression after delivery. The rate is higher for minority, impoverished, and other disadvantaged mothers. As many as 8,000 moms and infants per year in Colorado may suffer from the effects of postpartum depression. In extreme cases, women with postpartum psychosis (PPP) experience delusions and have been known to kill their babies and themselves. The Kempe Postpartum Depression Intervention Program provides immediate support and prevention services for mothers who may be at risk for harming their infants emotionally or physically. We inform and educate members of the community about the risks associated with this condition and suitable treatments for this disease, so that we may work together to find and help the moms who need us most.

To find out more about this program and our other Kempe programs, please visit Kempe.org

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