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FOR IMMEDIATE RELEASE

Carondelet Women's Care Postpartum Depression Program Wins State Grant Funds Will Strengthen Child Abuse Prevention Efforts

TUCSON, Ariz. – Sept. 30, 2009 – Carondelet Health Network's Postpartum Depression Program, part of Carondelet Women's Care, has received a grant for \$35,000 to provide education, screening and support for pregnant and postpartum women, as well as to identify and treat mood disorders. This is part of our state's child abuse prevention efforts.

"Mood disorders around childbirth impact several generations," says Carole Sheehan, MA, RNC, coordinator of St. Joseph's Postpartum Depression Program. "By providing tools for parents to understand the symptoms and expected outcomes, Carondelet is able to prevent some of the harm and neglect of children, personal pain and suffering, as well as family or marital discord."

"Child abuse prevention is clearly enhanced by proper identification and care of postpartum depression and other pregnancy-related mood disorders," adds Robin Shepherd, Director of Carondelet Women's Care program. "These disorders can severely interfere with a mother's physical and mental health, mother-infant bonding, mother-father bonding and family dynamics. We assist families and their physicians as they navigate through postpartum depression. We help families heal, bond and thrive...and that makes our entire community stronger and healthier."

The grant was awarded through Project HOPE (Healthy Optimistic Perinatal Experience) and funded by the Child Abuse Prevention License Plate Program. More than 30,000 of the blue "It shouldn't hurt to be a child" license plates are on the road today, making it the most popular

specialty plate in Arizona. This year, over \$685,000 will be distributed by the state to fund valuable programs like this one at Carondelet.

Carondelet Health Network, located in Tucson, Arizona, is a Catholic, nonprofit healthcare system dedicated to responding to the healthcare needs of Southern Arizonans. Founded by the Sisters of St. Joseph of Carondelet, Carondelet facilities include Carondelet St. Mary's Hospital, Carondelet St. Joseph's Hospital and Tucson Heart Hospital in Pima County and Carondelet Holy Cross Hospital in Santa Cruz County. Other Carondelet services include an ambulatory surgery center, multiple Carondelet Medical Group primary care locations and outpatient services. Carondelet Health Network is a ministry of Ascension Health, the nation's largest Catholic, nonprofit healthcare system. In FY 2008, Carondelet contributed \$26,500,000 or 5.4 percent net revenue in Community Benefits to the community. More information is available at www.carondelet.org.