

Perinatal
Mental Health
Collaborative



Stroll-A-Thon planned to bring attention to post-partum depression

Free Riverside event planned May 9
Starts at 11 a.m.: The Wylie Center, 4164 Brockton Ave.
Help bring attention to this important health issue

For an untold number of Inland area women, the joy and exhilaration of childbirth can be offset with the emotional toll of depression that in its most extreme cases can lead to violence.

Perinatal depression, also known as a post-partum depression, can impact between 10 and 20 percent of new mothers, bringing with it depression, fatigue, irritability and other symptoms. In its most extreme cases -- estimated to be one or two out of every 1,000 births -- the woman suffers what is described as a post-partum psychosis, which could lead her to harm her newborn or herself.

Perinatal depression "is the most common complication of child birth, but it is so misunderstood," said Lisa Dryan, coordinator Inland Empire Perinatal Mental Health Collaborative, which is sponsoring **Stroll-A-Thon 2012** in downtown **Riverside May 9**. "So many new mothers suffer in silence because they are unaware of the illness or lack the resources to get help. With the consequences of ignorance so severe, that lack of information could literally be a matter of life and death."

Indeed, some local officials believe the killing of 17-month-old Garrison Burchett in February 2009 occurred while his mother, Lori Ann, was suffering from a post-partum psychosis. The Riverside woman was convicted of first-degree murder in the case. Garrison's father, Greg, is expected to take part in the Stroll-A-Thon.

Organizers are holding the event to bring attention to the issue of perinatal depression and to let new and expecting mothers, their spouses and friends know that there are services available to women throughout the Inland area. The event begins at 11 a.m. in front of The Wylie Center, 4164 Brockton Ave. and will make its way to the County Administrative Building, where participants will hear from speakers and walk by health-related booths.

The event is free and open to the public. Participants are being asked to fill out a waiver form, which will be available as they check in.

For more information, contact Lisa Dryan at 951-683-5193 or Jose Arballo Jr. at 951-358-5599.