



POSTPARTUM  
HEALTH  
ALLIANCE

# 2025 Annual Report

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[postpartumhealthalliance.org](https://postpartumhealthalliance.org) 

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## Letter from the President

**Dear Supporter,**

**Thank you for supporting Postpartum Health Alliance.**

In 2025, your generosity connected perinatal families to compassionate mental health care and strengthened collaboration and training among providers. Your support sustained PHA's Warmline, expanded our online provider directory, and brought evidence-based professional education opportunities to perinatal health providers—ensuring families receive timely care and providers are equipped to effectively identify and treat perinatal mental health concerns. I am grateful for the dedication of our Board of Directors, Warmline volunteers, and program staff who made this work possible. The enclosed annual report highlights our major accomplishments.



**I also write with a request for your continued support.** As major grant funding remains limited, PHA now relies more heavily on family foundations and individual donors to sustain our programs. We are especially grateful to the **Fisher, Hirst, and Taubman family foundations** for their support in 2025, which funded program delivery, clinical training scholarships, and the development of our forthcoming optimized PHA website.

**As we begin 2026, PHA's work depends on continued community investment.** Your gift ensures families receive compassionate, competent mental health services throughout their reproductive journeys, while strengthening the providers who care for them. Your support sustains our Warmline, online provider directory, and professional education programs. Thank you for keeping these critical services available to families in our community. With your partnership, PHA will continue showing up for families and providers when they need it most.

***Please consider a donation to sustain our programs in 2026.***

**With gratitude,**

*Kristen Lipari, PhD*

**Kristen Lipari, PhD, Licensed Psychologist  
President, Postpartum Health Alliance**

**Donate Here**





# About PHA

## Mission

To equip San Diego’s perinatal health professionals to **recognize, understand, and respond effectively** to the mental health needs of perinatal families through education and referrals.

## Vision

Every parent and caregiver in San Diego County has access to timely, competent, and compassionate perinatal mental health support.

## Core Values

Equity, education, collaboration, family-centered care.

## 2025 Board of Directors & Staff



**President**  
Kristen Lipari, PhD



**VP/Social Media Chair**  
Kristine Motlagh, PsyD



**Program Manager**  
Natalie Fitzgerald



**Program Coordinator**  
Jalene Corcoran



**Treasurer**  
Allana Hill



**Secretary**  
Angelica Quezada, LCSW



**Membership & Events  
Chair/Past President**  
Jen Fisher, LMFT



**Community Outreach &  
Partnerships Chair**  
Cynamon Weston, LMFT



**Equity & Inclusion Chair**  
Gina Mittal, MSW, MPH



**Grants &  
Development Chair**  
Tina Poudrier, MEd



**Training Co-Chair**  
Reilley Valenzona, LCSW



**Training Co-Chair**  
Tessa Ritchie, LPCC



**Education Co-Chair**  
Norma Martinez, LMFT



**Education Co-Chair**  
Veronna Dizon, LCSW

## 2025 Impact At a Glance

**23,000** **unique visitors** to the PHA website,  
with top pages **serving families actively**  
**seeking perinatal mental health support**

**110** individuals provided with peer support and  
customized referrals through **PHA's Warmline**

**300+** professional members with a **record number of new members**,  
**strengthening our local network of perinatal health providers**

**275** **total Continuing Education (CE) credit hours awarded**  
to perinatal health providers and allied professionals

**181** registrants for **PHA's PMADs 101 course and education trainings**

**\$70K+** invested in direct services, education,  
and organizational support hours

**800+** **new Instagram followers** and a growing LinkedIn presence  
extended PHA's reach for professional events and resources

Together, these numbers reflect PHA's  
growing reach, trusted expertise, and deep  
community impact in 2025.

## Supporting Professionals

PHA supported perinatal health providers with **professional development, networking, and meaningful cross-referral opportunities.**

### Education and Training

- Maintained **CE provider status** through the California Psychological Association.
- Awarded **275+ total CE credit hours** to perinatal providers and served **181 registrants** across CE offerings.
  - Enrolled **43 participants** for the PMADs 101 training
  - Offered two special workshops to **138 registrants**:  
*Treating Psychiatric Emergencies in the Peripartum Period*, **Tara Toohey, MD** and *Treating and Preventing Reproductive Trauma Using a Trauma-Informed Lens*, **Bethany Warren, LCSW, PMH-C**



### Membership & Networking

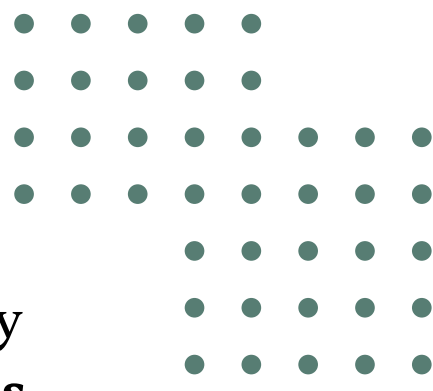


- PHA maintained **300+ members**, including **60 new members** — **PHA's largest growth in history.**
- We hosted two member networking events that fostered connections and collaboration among professionals:
  - Spring Social, co-hosted with **Lightfully Behavioral Health**
  - Fall Social, space donated by Cristina Trette, LMFT of **Integrative Couples Therapy**

### Equity & Access

Provided scholarships, complimentary memberships, and a specialized networking event for **providers with underrepresented identities or those serving marginalized communities.**





## Supporting Families

PHA met perinatal families where they are—online and in the community—offering timely access to **peer support**, **professional referrals**, and **empowering resources** from their first Warmline call.

### Website & Brochures

Our website and brochures direct help-seekers to call the PHA Warmline or visit the website to find competent local perinatal health providers.



### Warmline Peer Support + Customized Referrals



Help-seekers call PHA's Individuals contact PHA's Warmline, a confidential peer support line staffed by trained **volunteer peer support specialists** who provide validation, emotional support, and individual referrals tailored to each caller's needs, location, and insurance.



### Reducing Barriers to Care

PHA prioritizes access for underserved communities and works to address financial, cultural, and logistical barriers to treatment.



### Continued Care Through Professional Members & Partnerships



In 2025, PHA funded **30+ individual and couples therapy sessions for uninsured or underinsured individuals** through our partnership with Urban Restoration Counseling Center. Through a new collaboration with San Ysidro Health, PHA will launch a **perinatal support group** in early 2026.

# Financial Overview

## Cash Reserves: \$87,022

PHA began 2025 with **\$87,022 in cash reserves**, providing a strong foundation for the year's work.

## Revenue: \$58,718

During the year, PHA received **\$58,718 in revenue** from a diversified mix of contributions, foundation support, membership dues, and program fees, strengthening community support and reducing reliance on any single funding source.

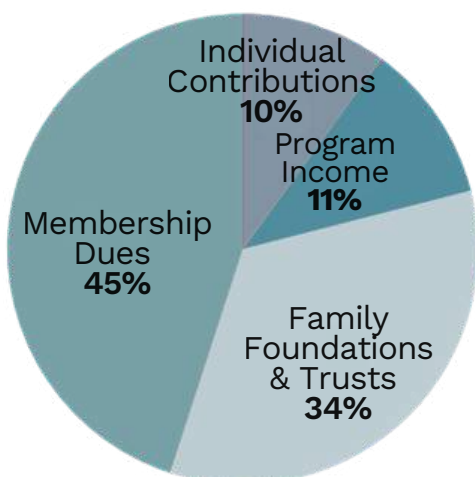
## Expenses: \$96,707

Total expenses were **\$96,707, with 74% directed toward programs and program delivery**, ensuring providers are equipped with the tools they need to provide timely, compassionate support.

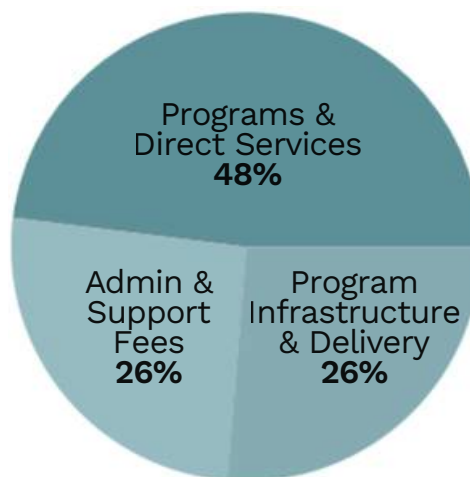
## Strategic Investment & Year-End Cash Position:

Expenses included a planned, **one-time investment of \$37,989 in website development and learning technology** (and corresponding operational support hours), funded from cash reserves, which positions PHA to expand impact in the years ahead. PHA finished 2025 with **\$57,745 in cash reserves**.

2025 Revenue



2025 Expenses



# What's Ahead

## 2026 Strategic Objectives

1. **Ensure sustainable impact** by maintaining a strong funding base to support programs that equip providers and serve families.
2. **Promote equitable, trauma-informed care** by supporting providers with education and resources to deliver competent, compassionate perinatal mental health services.
3. **Expand reach and partnerships** to connect more providers and families to essential perinatal mental health resources.

## 2026 Initiatives

- Launch a new website and refreshed branding across promotional materials to **increase awareness of PHA** and **help families find competent perinatal mental health care**.
- Start a perinatal support group with a South Bay clinic to **expand access to mental health support for underserved families**.
- Launch a revised foundational training, to **equip more providers with the knowledge to identify and address PMH conditions**.
- Host a half-day Maternal Rage CE workshop and panel to **train providers that support families navigating postpartum challenges**.
- Offer free virtual CE trainings for **improved perinatal care**.
- Host networking events to **support provider collaboration and enhance comprehensive care for perinatal families**.

## 2026 Budget Projections

With **\$93,471 in reserves** and **projected revenue of \$81,150** and **\$76,376 in estimated expenses**, PHA will continue supporting San Diego's perinatal community from a strong financial position in 2026.