My name is Nikki Reeves and I am certain that I am a perfect candidate for the Clifford W. Beers award through MHA 2018. I am a 2010 Cum Laude graduate of Georgia Southern University. I received my Bachelors degree in early childhood education and middle grades mathematics. I have three years experience teaching fifth grade for three years in Atlanta. I love education, but found a new passion when I became a mother to my boys.

My pregnancy, labor, and new mother experience was tumultuous. The journey included bed rest, post-traumatic stress disorder, postpartum depression, hyperemesis gravdarum, obsessive-compulsive disorder, and an unhealthy amount of anxiety. Throughout my personal struggles with perinatal mood and anxiety disorders, the things that assisted my recovery the most was peer support, Zoloft, self-care, and therapy. The lack of resources for perinatal women is what led me to creating Maternal Mental Health Support group in March 2017; just two short months after my diagnosis. I also have been working diligently and consistently for nearly a year on a local Mom’s Night Out program. Our largest group to date was seventeen mothers! These activities took a tremendous amount of perseverance, time management, and organizational skills-which are a few of my strengths. I am also very strong in communication and social media. Every single day I pour awareness, support, and resources into my support groups and advocacy work.

In the summer of 2017, my public Facebook page (Maternal Mental Health Support) had less than 144 followers. Today, that number is 601. In my PRIVATE group on Facebook (Maternal Mental Health Support)- I currently have 1,909 members that I voluntarily assist. My Instagram social media account (Maternal Mental Health Mom) also showed over 300 percent growth in just six months time; landing at over 2,000. I also would like to mention my Twitter account, as well. My posts are reaching and impacting 900 viewers in that space. The numbers speak to my drive, ability, and desire to help and educate others on mental health.

I am a proud member of the Georgia Birth Network. I completed both the basic and advanced training in maternal mental health through Postpartum Support International. My other extra-curricular activities include volunteering with PSI’s Georgia chapter. I am on the programs and education committee and our goal is to promote awareness, prevention, and treatment of maternal mental health issues related to childbearing in Georgia. My favorite PSI-Georgia event is Climb Out of the Darkness. I lead a fundraiser/walk for perinatal mood and anxiety disorders every June. Last year, my Stone Mountain team raised over $1300. I was recently honored as a 2020 Mom Ambassador for my advocacy work. It would be an honor to add another award to my resume. Please contact me if you would like more data.

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<https://www.facebook.com/maternalmentalhealthmom/>

<https://www.facebook.com/groups/446594719014695/>

<https://www.instagram.com/maternalmentalhealthmom/>

https://twitter.com/maternalMHmom

Psiga.org postpartum.net

https://climb-out-2018.causevox.com