

7TH ANNUAL
— PARS FOR —
**POSTPARTUM
DEPRESSION**
GOLF OUTING

MONDAY, JULY 29, 2024
EDGEWOOD COUNTRY CLUB
PITTSBURGH, PA



SPONSORSHIP/FOURSOME
INFORMATION

JOIN US for the 7th annual Pars for Postpartum Depression Golf Outing on **Monday, July 29, 2024**. Enjoy 18 championship holes and views that take your breath away at Edgewood Country Club. Only 15 minutes from downtown Pittsburgh, Edgewood is a straightforward course. However, factor in the rolling fairways, the bunkers, and sometimes, considerable amounts of undulation with the greens, and you have the difficulty level of a competitive course. You can take a chance at the \$20,000 hole-in-one prize, 50/50 raffle, and win BIG ticket raffle prizes.

One in five women will experience an episode of clinical depression in her lifetime, and more than half will never seek treatment. Depression affects women about twice as often as men. While pregnancy and the postpartum period are often considered a time of great joy, when a woman experiences depression, anxiety, or symptoms of obsessive-compulsive disorder, it can also be a time of great confusion and uncertainty. Finding someone who has the clinical skill, expertise, and understanding to help define the problem and develop a plan of treatment can be frustrating. The staff of the Behavioral Health Services at UPMC Magee-Womens Hospital are equipped to do just that. Working with ob-gyns, social workers, and family members, our staff provides education, support, and treatment.

To date, proceeds raised have contributed to the creation of parent support group sessions that enable new moms and dads to openly discuss how they are affected by anxiety and depression, as well as find support among peers and professionals. Additionally, a newly renovated childcare room has been constructed and will be staffed to allow those moms seeking counseling at our Intensive Outpatient group therapy location in Wexford to bring their children with them and have them cared for by our staff.

Proceeds benefit postpartum depression services at UPMC Magee-Womens Hospital. Learn more at MageeWomens.org/Pars.

Check out our 2023 highlight video to see the impact of this event.



THE VEHOVIC FAMILY STORY

The New and Expected Mother Skills Training Program was made possible through funds raised at the Pars for Postpartum Depression Golf Outing.

Noona and her husband Bill always knew they wanted children. After several IVF attempts, they were blessed with a healthy baby boy named Elliot. Shortly after coming home with Elliot, Noona started to feel overwhelmed and anxious.

What should have been a joyful time soon turned into debilitating dread and self-loathing for Noona. She was overcome with worry and fear of irrational thoughts and often would sleep very little at night as a result. Noona often felt like she was in a constant state of depression and anxiety, which quickly became debilitating. One morning, Bill awakened to find his wife inconsolably crying and unable to care for herself or Elliot. Bill called several ERs, but due to her postpartum status, many of them had little to offer. Bill and Noona returned to UPMC Magee-Womens Hospital, where Noona was admitted for evaluation and diagnosed with Postpartum Depression (PPD) and Postpartum Anxiety (PPA).

Noona started treatment in an intensive outpatient program where she learned cognitive behavioral techniques and started on medication therapy for PPD/PPA. Over several weeks, her symptoms began to improve and was discharged from the program. However, Noona's PPD/PPA persisted for 13 months and she would need to undergo further treatment in an outpatient setting. Throughout this struggle, Noona and Bill overcame several challenges for care, including timely access to treatment, lack of disease specific therapy, and spousal support resources.

In 2020, Noona and Bill welcomed their second baby, a little girl named Avelin. Noona continued her therapy and medications throughout her pregnancy. Within the first several weeks, symptoms of PPD began to show. Noona began utilizing the resources offered at the New and Expected Mother Skills Training Program (NEST) through UPMC Magee-Womens Hospital and UPMC Western Psychiatric Hospital. This program was made possible through funds raised at the Pars for Postpartum Depression golf outing, which Bill and Noona both founded and co-chaired.



Noona, Avelin, Elliot, and Bill Vehovic

By participating in this program, Noona was able to receive both individualized and group therapy with other mothers impacted by perinatal mood disorders. She learned to utilize skills to address depression and anxiety symptoms, increase mother and child bonding, and improve emotional wellness. Early recognition of symptoms, timely access to treatment, and disease-specific therapy greatly helped Noona, Bill, and the family unit.

After completing the NEST Program, Noona has been able to enjoy motherhood, free from depression and anxiety. The Vehovic's can't thank those enough who helped them at UPMC Magee-Womens Hospital and UPMC Western Psychiatric Hospital, as well as all who support the annual Pars for Postpartum Depression Golf Outing.

TEAM INFO

FOURSOME: \$1400

Includes:

- Golf Cart
- Light Breakfast
- Beverages
- Dinner
- Discounted Hole Sponsorship for an additional \$250

REGISTER YOUR TEAM:

Visit [MageeWomens.org/Pars](https://mageewomens.org/Pars)

or complete the commitment form on the last page and send with your check to the address listed at the bottom of the form.



SPONSORSHIP OPPORTUNITIES

Opportunity	Title \$15,000	Presenting \$10,000	Platinum \$7,500	Dinner \$5,000	Cocktail \$2,500	Cart \$2,500	Raffle \$2,500	Bag Drop \$1,500	Hole \$400
Foursome(s)	2	2	1	1	1	1	1	0	0
Advertisement on tee sign	●	●	●	●	●	●	●	●	●
Logo on website	w/link	w/link	w/link	w/link	●	●	●	●	
Recognition in Magee Publications	●	●	●	●	●	●	●	●	
Insert Magee-approved gift in swag bags	●	●	●	●					
Logo on welcome banner	●	●	●	●					
Logo on cart	●	●				●			
Logo on raffle signage	●	●					●		
Logo on dinner signage	●	●		●					
Logo at bar area	●	●			●				
Recognition on social media	●	●							
Recognition on all advertising	●	●							
Logo on bag drop off signage	●	●						●	
Provide remarks	●								
Preferred seating at dinner	●								
Right of first refusal 2025	●								
Commitment Deadline	April 1	April 1	June 1	June 1	July 1	July 1	July 1	July 1	July 1

Sign up early, as this outing fills up quickly.

Can't attend or sponsor, but would like to support the Postpartum Depression Program? Go to [MageeWomens.org/Pars](https://www.MageeWomens.org/Pars) to make a donation.

SPONSORSHIP AND FOURSOME COMMITMENT FORM

7TH ANNUAL PARS FOR POSTPARTUM DEPRESSION GOLF OUTING

Monday, July 29, 2024 | Edgewood Country Club, Pittsburgh, PA

Please consider support for Pars for Postpartum and check one of the following sponsorship levels:

- | | | |
|---|--|---|
| <input type="checkbox"/> Title Sponsor - \$15,000 | <input type="checkbox"/> Presenting Sponsor - \$10,000 | <input type="checkbox"/> Platinum Sponsor - \$7,500 |
| <input type="checkbox"/> Dinner Sponsor - \$5,000 | <input type="checkbox"/> Cocktail Sponsor - \$2,500 | <input type="checkbox"/> Cart Sponsor - \$2,500 |
| <input type="checkbox"/> Raffle Sponsor - \$2,500 | <input type="checkbox"/> Bag Drop Sponsor - \$1,500 | <input type="checkbox"/> Foursome - \$1,400 |
| <input type="checkbox"/> Hole Sponsor - \$400 | | |

We cannot participate this year, however, would like to make a donation to support postpartum depression services at UPMC Magee-Womens Hospital. \$_____

Your Name Your Title

Primary Contact (if different than above) Company Name

Street Address City State Zip

Telephone Email

Your Signature Date

Check Enclosed (please make checks payable to: Magee-Womens Research Institute & Foundation and mail check to the address below.)

Credit Card     Please invoice me

Name as it appears on the card

Credit Card Number Expiration Date 3-Digit CSV #

Billing Street Address (if different than above) City State Zip

Authorized Signature Date

Submit this form to Molly Schneider via email: sponsor@mageewomens.org
or mailed to: Magee-Womens Research Institute & Foundation, 3240 Craft Place, Suite 100, Pittsburgh, PA 15213

Submit Foursome names by July 15 via email to: events@mageewomens.org

Questions? Contact the Events Team at 412-641-8950 or events@mageewomens.org.
THANK YOU FOR YOUR SUPPORT!

MWRIF Tax ID 25-1462312