



## Perinatal Mental Health Training for Frontline Providers

Saturday, June 13, 2020 | 8:30 a.m. to 4:30 p.m.

Zoom Webinar

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**This training uses a thorough and evidence-based curriculum designed for physicians and advanced practice nurses in obstetrics, family practice, pediatrics, and psychiatry; mental health treatment providers; and others interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders. *Registration includes handouts, credit for continuing education, light breakfast and lunch.***

8:30 - 9:00	Registration
9:00 - 9:15	Welcome and Introduction
9:15 - 9:30	Overview: Entering Motherhood <ul style="list-style-type: none"><li>• The Perinatal Period</li><li>• Myths of Motherhood</li><li>• Life after baby and Journey to Motherhood</li><li>• Treatment Barriers</li></ul>
9:30 - 10:30	The Many Faces of Perinatal Mood and Anxiety Disorders: <ul style="list-style-type: none"><li>• Etiology</li><li>• Signs and Symptoms and Diagnostic Features</li><li>• Dads and Postpartum Mood and Anxiety Disorders</li><li>• Risk Factors</li></ul>
10:30 - 10:45	Break
10:45 - 11:00	PSI's educational video: <i>"Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"</i>
11:00 - 12:00	Screening: Tools, Intake Assessment, Interpretation
12:00 - 1:00	Lunch (on own)
1:00 - 2:00	Evidence-Based Methods of Treatment: Effective Therapy and Complimentary Methods that work: <ul style="list-style-type: none"><li>• Breastfeeding and PMADs</li><li>• Infertility, Adoption, Pregnancy Loss, Infants in NICU</li><li>• Effects of Untreated PMDs</li><li>• The Team and Critical Components to Recovery</li><li>• Integrating medical, psychotherapeutic and social support interventions</li><li>• Resources</li></ul>
2:00 - 3:00	Pharmacological Interventions in Pregnancy, Postpartum and Lactation <ul style="list-style-type: none"><li>• Evidence based research</li><li>• Evaluating Studies and Articles</li><li>• Talking with families about medication</li></ul>
3:15 - 4:15	Medication: Dosages, Choices, Pitfalls and When and How to Consult, Case Studies
4:15 - 4:30	Q&A, Evaluations