

# PERINATAL MENTAL HEALTH 101



## ABOUT THE TRAINING

Participants will be introduced to information as it relates to identification, screening, and assessment of perinatal mood and anxiety disorders (PMADs). This training will address common symptoms of prenatal and postpartum depression and anxiety as well as the impact these symptoms can have on parents, their overall functioning, and their relationship with their baby.

## INSTRUCTOR CREDENTIALS

**Anna King**, LCSW, PMH-C, is a licensed clinical social worker and certified perinatal mental health specialist. She has over 10 years of experience in serving the mental health needs of the community and has found her passion in supporting folks across the reproductive journey. With Maternal Mental Health NOW, she served as Clinical Training Specialist for 3 years before transitioning to the role of Director of Training. She has served as a Subject Matter Expert (SME) with Postpartum Support International (PSI) to write and review exam items for the national perinatal mental health certification, and has consulted with various other national organizations on perinatal mental health related initiatives such as the Maternal Mental Health Leadership Alliance (MMHLA) Perinatal Mental Health Screening Project.

**Dr. Helena Vissing** is a Licensed Psychologist certified in Perinatal Mental Health (PMH-C) in private practice in California. She is experienced as adjunct faculty at several graduate institutions, including Reiss-Davis Graduate School, Antioch University, and The Chicago School of Professional Psychology. She has taught Child and Adolescent Development, Treatment of Children and Adolescents, Psychodynamic Theories, and Maternal Mental Health. As Training Faculty for Maternal Mental Health NOW, Dr. Vissing also provides trainings and consultations for providers



Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content. Provider approved by the California Board of Registered Nursing, Provider Number CEP 13763, for 12 contact hours

## REGISTRATION IS REQUIRED

[bit.ly/PMH101Training](https://bit.ly/PMH101Training)

June 1 & 2, 2023 9:30 a.m.- 4:00 p.m.

6 CE credits awarded per day



# PERINATAL MENTAL HEALTH 101

## LEARNING OBJECTIVES

### DAY 1: FOUNDATIONAL TRAINING IN PERINATAL MENTAL HEALTH

1. Discuss the myths, stigmas, and stereotypes associated with parenting and their impact on mental health;
2. Explain cultural, systemic, and institutional barriers to care and resource access for birthing families and the impact on mental health.
3. Discuss the prevalence and incidence of perinatal mental health and address the impact of untreated perinatal mood and anxiety disorders (PMADs) for individuals, families, and systems;
4. Discuss five common risk factors for PMADs;
5. Identify the signs and symptoms of the most commonly experienced PMADs;
6. Differentiate between the "baby blues" and postpartum depression
7. Describe the scope of impact of perinatal mental health on infants, children, and families;
8. Identify and utilize the three most commonly utilized screening tools to identify signs of depression and anxiety in the perinatal period;
9. Name six referral options for mitigating risk factors and increasing supporting for perinatal mental health conditions;
10. Demonstrate a foundational understanding of the importance of engaging cultural humility and trauma-informed approaches to perinatal mental health care.

### DAY 2: ADVANCED PERINATAL MENTAL HEALTH FOR CLINICIANS & BEHAVIORAL HEALTH PROVIDERS

1. Discuss the psychological impact of the transition to pregnancy to parenthood;
2. Apply differential diagnosis to the range of commonly experienced perinatal mood and anxiety disorders (PMADs);
3. Identify the difference between postpartum depression, postpartum psychosis, and postpartum obsessive compulsive disorder (OCD);
4. Assess fathers and partners for perinatal depression;
5. Define perinatal loss and demonstrate an understanding of disenfranchised grief in the perinatal period;
6. Identify supplemental screening tools to utilize while assessing for risk and engaging in differential diagnosis;
7. Name three evidence-based interventions commonly engaged by mental health practitioners when addressing perinatal mental health;
8. Assess three co-occurring conditions that commonly emerge alongside perinatal depression;
9. Apply at least two strategies for implementing a wellness plan tailored to each client's individual needs.

## REGISTRATION IS REQUIRED

[bit.ly/PMH101Training](https://bit.ly/PMH101Training)

Questions? [First5@ButteCounty.net](mailto:First5@ButteCounty.net)

