



## **Postpartum Support International**

### **Perinatal Mood & Anxiety Disorders Certificate Training**

### **Perinatal Mood Disorders: Components of Care**

### **Agenda**

#### **DAY 1**

- 8:00-8:30** Sign-in and Breakfast (provided)
- 8:30-8:45** Welcome and Introduction to PSI Faculty
- 8:45-9:20** Overview: History of PSI and Perinatal Mental Health
- Perinatal Mental Health Certification
  - Understanding Terminology
- Entering Parenthood
- Assumptions of Parenthood
- 9:20-10:00** Etiology, Prevalence, and Exacerbating Risk Factors  
VIDEO: *“Can Two Men Make a Baby?”*
- 10:00-10:15** VIDEO: *“What Postpartum Depression Feels Like”*  
The Many Faces of Perinatal Mood and Anxiety Disorders – Part One
- Signs and Symptoms
  - Diagnostic Features (Baby Blues vs. Major Depression)
- VIDEO: *“Postpartum Depression in the African American Community”* PSA
- 10:15-10:30** VIDEO: *“Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”*
- 10:30-10:45** BREAK
- 10:45-12:00** The Many Faces of Perinatal Mood and Anxiety Disorders – Part Two
- Signs and Symptoms
  - Diagnostic Features (Anxiety, OCD, PTSD, Bipolar, Psychosis)
- VIDEO: *“Postpartum Anxiety”* PSA  
VIDEO: *“Overcoming Postpartum Mental Illness”* PSA  
VIDEO: *“Postpartum Psychosis”* PSA

- 12:00-12:15** Consequences of Paternal PMADs  
VIDEO: *“Parental PMADs: A Father’s Story”*  
VIDEO: *“Calls for Dad”*
- 12:15-1:20** Lunch (provided) and Panel Presentation
- 1:20-1:30** BREAK
- 1:30-1:45** Q&A/Parking Lot
- 1:45-2:30** Identifying Risk and Screening Tools
- Protective Cultural Practices
  - Postpartum Planning
  - Screening Tools
- 2:30-2:45** Suicide Assessment  
VIDEO: *“Logic’s ‘1-800-273-8255’ Impact on Suicide Prevention”*
- 2:45-3:00** Q&A/Parking Lot
- 3:00-3:15** BREAK
- 3:15-4:15** Other Considerations
- Substance Use
  - Breastfeeding
- Additional Perinatal Challenges
- Perinatal Loss, Fertility Challenges, Multiples, Adoption
- 4:15-4:45** Special Populations
- Adolescents
  - Military
  - Parents of Infants in NICU
  - Parents with Physical Disabilities
- VIDEO: *“Giving Birth While Deaf”*
- 4:45-5:00** Q&A/Parking Lot and Wrap-Up

## DAY 2

- 8:00-8:30** Sign-in and Breakfast (provided)
- 8:30-9:10** Trauma and Culturally Informed Care  
VIDEO: *“Let’s Talk: Postpartum Depression Awareness”*  
VIDEO: *“A Womb of Their Own”* Movie Trailer
- 9:10-10:00** Intake Assessment
- 10:00-10:20** The Team and Making Referrals  
➤ PSI’s Online Provider Directory
- 10:20-10:30** Q&A/Parking Lot
- 10:30-10:45** BREAK
- 10:45-11:30** Support Groups  
➤ Jane Honikman’s 9 Steps to Wellness  
VIDEO: *“Baby Dove | Under Pressure | Postpartum”*  
➤ Support Group Networks  
➤ Role of Facilitators  
➤ Developing a Sustainable Network
- 11:30-11:40** Q&A/Parking Lot
- 11:40-12:00** Local Resources
- 12:00-1:00** Lunch (provided)
- 1:00-2:30** Medications and Untreated Effects  
➤ Evidence-Based Research  
➤ Evaluating Studies and Articles  
➤ Talking with Families about Medication
- 2:30-2:45** Q&A/Parking Lot
- 2:45-3:00** BREAK
- 3:00-4:10** Evidence Based Psychotherapeutic Treatment Models  
VIDEO: *“Fathers Respond to PMADs”*
- 4:10-4:20** Q&A/Parking Lot
- 4:20-4:40** Complementary and Alternative Modalities
- 4:40-5:00** PSI Resources and Wrap-Up