



Postpartum Support International

Perinatal Mood & Anxiety Disorders Certificate Training

Perinatal Mood Disorders: Components of Care

Agenda

DAY 1

- 8:00-8:30** Sign into Zoom
- 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 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 into Zoom
- 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 (on your own)
- 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