



## **Postpartum Support International**

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

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

### **Agenda**

#### **DAY 1**

- 8:00-8:30** Sign-In to Zoom
- 8:30-8:45** Welcome and Introduction to PSI Faculty
- 8:45-9:30** Overview: History of PSI and Perinatal Mental Health
- Perinatal Mental Health Certification
  - Understanding Terminology
- Entering Parenthood
- Assumptions of Parenthood
- 9:30-10:30** Etiology, Prevalence, and Exacerbating Risk Factors
- VIDEO: *"Can Two Men Make a Baby?"*
- 10:30-10:45** BREAK
- 10:45-12:00** VIDEO: *"What Postpartum Depression Feels Like"*
- The Many Faces of Perinatal Mood and Anxiety Disorders
- Signs and Symptoms
  - Diagnostic Features (Baby Blues vs. Major Depression)
- VIDEO: *"Postpartum Depression and African American Community"* PSA
- Signs and Symptoms
  - Diagnostic Features (Anxiety, OCD, PTSD, Bipolar, Psychosis)
- VIDEO: *"Postpartum Anxiety"* PSA
- VIDEO: *"Overcoming Postpartum Mental Illness"* PSA
- VIDEO: *"Postpartum Psychosis"* PSA
- VIDEO: *"Calls for Dad"*

- 12:00-12:15 VIDEO: “Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”**
- 12:15-1:20 Lunch and Panel Presentation**
- 1:20-1:30 BREAK**
- 1:30-1:45 Consequences of Paternal PMADs**  
**VIDEO: “Parental PMADs: A Father’s Story”**
- 1:45-2:30 Identifying Risk and Screening Tools**
- Protective Cultural Practices
  - Postpartum Planning
  - Screening Tools
- 2:30-3:00 Suicide Assessment**
- 3:00-3:15 BREAK**
- 3:15-4:15 Other Considerations**
- Substance Use
  - Breastfeeding
- Additional Perinatal Challenges**
- Perinatal Loss, Fertility Challenges, Multiples, Adoption
- 4:15-4:50 Special Populations**
- Adolescents
  - Military
  - Parents of Infants in NICU
  - Parents with Physical Disabilities
- VIDEO: “Giving Birth While Deaf”**
- 4:50-5:00 Wrap-Up**

## DAY 2

- 8:00-8:30** Sign-In to Zoom
- 8:30-9:20** Trauma and Culturally Informed Care  
VIDEO: *"Let's Talk – Postpartum Depression Awareness"*  
VIDEO: *"Black Maternal Mortality in US and its Slave Origins"*
- 9:20-10:10** Intake Assessment
- 10:10-10:30** The Team and Making Referrals  
➤ PSI's Online Provider Directory
- 10:30-10:45** BREAK
- 10:45-11:40** 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
- 11:40-12:00** Local Resources
- 12:00-1:00** Lunch
- 1:00-2:45** Medications and Untreated Effects  
➤ Evidence-Based Research  
➤ Evaluating Studies and Articles  
➤ Talking with Families about Medication
- 2:45-3:00** BREAK
- 3:00-3:20** Complementary and Alternative Modalities
- 3:20-4:40** Evidence Based Psychotherapeutic Treatment Models  
VIDEO: *"Fathers Respond to PMADs"*
- 4:40-5:00** PSI Resources and Wrap-Up