



Saving lives and creating stronger communities, one family at a time.

Perinatal Mental Health Training Project

Training Objectives

This training project will inform professionals in multiple specialties and disciplines about the intricacies of perinatal mood and anxiety disorders (PMADs), from conception to one year postpartum.

At the end of a training, trainees will:

1. understand how different Perinatal Mood and Anxiety Disorders (PMADs) present and how to make a differential diagnosis;
2. know the incidence and prevalence of PMADs, and their immediate and long-term effects on mother, child(ren), dyad and family;
3. understand the major risk factors for developing a PMAD;
4. learn how, when, and why to screen using a validated instrument;
5. know what to do with a positive screen, including receiving a comprehensive review of available resources and services in DC and close-in suburbs;
6. know how to talk to a new mom who is suffering;
7. *(if applicable)* know which are the most effective psychotherapeutic interventions for PMADs;
8. know where prescribers can access up-to-date information about medication-pregnancy/lactation interaction.

Note: topic areas will be prepared to specifically focus on the population(s) served by the audience members.

Sample Training Programs

Sample Program for six-credit-hour training (hours of instruction = 6):

- 8:30 Registration
9:00 Overview of Perinatal Mood and Anxiety Disorders (1)
 - Incidence
 - Differential diagnosis
 - Effects10:00 Risk Factors (.5)
10:30 Screening: How, When, & Why? (.5)
11:00 How to Talk to a Mom Who is Suffering (.5)
11:30 The Path to Wellness© (.5)
12:00 Lunch with Survivor Panel (.75)
1:00 Break

PM – Trainees Choose One:

- 1:15 Overview of the Best Psychotherapy Interventions for PMADs (1)
1:15 Psychopharmacology in Pregnancy and Lactation (1)
 - *Note: This session will be led by a reproductive psychiatrist*2:15 Break
2:30 PSI Video & Interdisciplinary Case Studies (1.25)
3:45 Wrap-Up, Evaluations, Q&A

Sample Program for two-credit-hour training (2):

- 9:00 Overview of Perinatal Mood and Anxiety Disorders
9:30 Risk Factors
9:45 Screening: How, When & Why?
10:00 How to talk to a mom who is suffering
10:15 The Path to Wellness
10:45 Q&A/Case Questions, Consult

Sample Program for one-credit-hour training – eg. Grand Rounds (1):

- 9:00 Overview of Perinatal Mood and Anxiety Disorders
9:15 Risk Factors
9:25 Screening: How, When & Why?
9:35 How to talk to a mom who is suffering
9:45 The Path to Wellness
9:50 Q&A/Case Questions, Consult