



Mary's  
Center

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Saving lives and strengthening communities, one family at a time.

## **Perinatal Mental Health Training Project**

The Maternal Mental Health Program at [Mary's Center for Maternal & Child Care](#) has received a grant to provide training and education in Perinatal Mood and Anxiety Disorders to professionals throughout Washington, DC. Disciplines that are eligible for training include, but are not limited to: Physicians (obstetricians, pediatricians, internists, general practitioners); Nurses (RNs, BSNs, MSNs, PhDs, CNMs, NPs); Mental Health clinicians (psychiatrists, social workers, counselors, psychologists); Home Visitors; Lactation Consultants; Doulas; and Childbirth Educators. In most cases, these trainings will be provided free of charge to trainees on-site at their workplaces, and they will offer continuing education credits toward licensure where applicable. In addition to workplace trainings, two full-day sessions will be offered to mental health professionals at convenient locations in the city. Program staff is currently in the process of outreaching professionals in the District, gauging interest in training, and scheduling trainings for the first half of 2016. If you, your practice, or your organization are interested in a training, please contact Lynne McIntyre at [lmcintyre@maryscenter.org](mailto:lmcintyre@maryscenter.org) or 202-545-2061.

### **About the Lead Trainer**

**Lynne McIntyre, MSW**, is the Manager of the Maternal Mental Health Program at Mary's Center for Maternal and Child Care in Washington, DC. She founded the program in early 2014 with the aim of creating a hub of training, information, referrals and treatment for perinatal women and the providers who serve them. In addition to managing and growing that program, Lynne also provides individual and group psychotherapy and support services in English and Spanish to a wide range of clients. Since 2008, Lynne has served as the DC Coordinator and, more recently, Mid-Atlantic Regional Coordinator for [Postpartum Support International](#), both volunteer positions. Lynne is a founding member and currently the Vice Chair of the [National Coalition for Maternal Mental Health](#). She is also an active member of the [DC Collaborative for Mental Health in Pediatric Primary Care](#) and the DC Women's Reproductive Mental Health Consortium. As an expert in the field of perinatal mental health, she has been an invited guest on *The Diane Rehm Show* (NPR) and *Línea Directa* (Telemundo), as well as contributing to stories in the *Washington Post*, The Huffington Post and CNN, among others. Prior to her career in social work, Lynne was a freelance documentary producer for PBS, The History Channel and National Geographic. She also served as a Peace Corps Volunteer in Guinea in the late 1990s. Lynne's experience as a new mother with postpartum depression and anxiety led her to return to school, and she received her Master's degree in Social Work from Catholic University. She lives in Washington, DC with her husband and two sons.