Postpartum Support International's Perinatal Mood Disorders: Components of Care September 10th & 11th, 2013 The Double Tree by Hilton, Missoula MT

Community Support Workshop "Beyond Talk into Action" by Jane Honikman, M.S. September 12th, 2013
Missoula Children's Theater (MCT), Missoula MT

#### DID YOU KNOW

Depression and other mood disorders occur in up to 15 percent of pregnancies and post-partum women.

#### DID YOU KNOW

Perinatal mood disorders (PMD) are the most common complication of pregnancy and most often are undiagnosed and untreated.

#### DID YOU KNOW

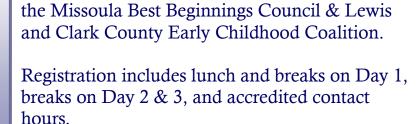
Untreated mood disorders and anxiety can have significant long-term negative consequences on the mother, fetus, infant and family. These can include chronic maternal depression, low birth weight, premature birth, cognitive and developmental delays and family conflict.

This multidisciplinary educational activity is designed to provide healthcare professionals & social support providers with the information needed to help diagnose and treat perinatal mood disorders.

Take it one step further and attend the Community Support Workshop "Beyond Talk into Action" to develop a system of support for new families in your community.



Indiana University Health



Training & Workshop Registration **PAID** for by

Participants pay for all conference materials: \$50.00 PSI manual (day 1 & 2), \$25.00 Workbook (day 3)

For more information contact Michelle Voigt 406-258-4261, email: mvoigt@co.missoula.mt.us





#### **Perinatal Mood Disorders Schedule**

#### DAY I

8:00-8:30	Registration
8:30-8:45	Welcome
8:45-9:30	Overview: Entering Motherhood
	& Why they suffer in silence
9:30-10:30	The Many Faces of Perinatal
	Mood and Anxiety Disorders
10:30-10:45	Break
10: <del>4</del> 5-11:00	Video - PSI's educational video:
	"Healthy Mom, Happy Family"
11:00-11:15	Risk Factors and Prevention
11:15-12:15	Other Important Considerations
12:15-1:30	Lunch (provided) Panel of
	Survivors, facilitated by PSI
1:30-2: <del>4</del> 5	Screening and Prevention:
	Screening Tools and Assessment
2:45-3:00	Social Support Networks
3:00-3:15	15 min break
3:15- <del>4</del> :00	Support Groups and Warmlines
4:00-4:10	Faith Communities & Spirituality
<del>4</del> :10- <del>4</del> :30	International Incidence and
	Cultural Differences of PMADs
4:30-5:00	Q & A & Evaluations

#### DAY 2

8:00-8:30	Registration
8:30-8:45	<b>Public Service Announcements</b>
8:45-9:00	The Team & Critical
	Components to Recovery
9:00-10:30	Psychotherapeutic Themes &
	Models
10:30-10:45	Break

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	10:45-11:15	Complementary &
		Alternative Therapies CAM
	11:15-12:00	Legislative Updates
	12:00-1:00	Lunch - Networking
	1:00-1:10	DVD: Wade Bowen;
		"Turn on the Lights" for PSI
	1:10-2:15	Effects of Untreated PMADs
		on Mother, Infant & Family
	2:15-2:30	Break
	2:30-2:45	PSI DVD "Fathers Respond"
	2:45-4:30	Pharmacological Interventions
		in Pregnancy, Postpartum &
		Lactation
	4:30-5:00	Wrap-up/Discussion &
		Evaluations

#### "Beyond Talk into Action"

#### DAY 3

8:00-8:30 Registration 8:30-5:00 Schedule to be announced

This workshop will explain the process that is essential to establishing successful community based social support networks. Objectives:

- Building a framework-format to establish networks.
- Create a team to brainstorm, investigate community gaps in services, set goals, and make decisions to develop a system for what new families need to live in a supportive community.

#### **Register Information**

Please complete the Registration Form online at the following link no later than

#### September 8th, 2013

#### Montana Professional Development Portal

- I. CREATE AN ACCOUNT (first time users)
- 2. Go to COURSE REGISTRATION
- 3. Enter the COURSE ID listed below in the search box or click on the date of the workshop to find the course.
- 4. Click REGISTER and follow the prompts to complete your registration.

#### **DAY I & 2**

#### Perinatal Mood & Anxiety Disorders Certificate Training- Components of

Care-Course ID #3182 September 10-11, 2013

Location: The Double Tree by Hilton

#### Day 3

### Beyond Talk into Action- Building Community Networks for New Families-

Course ID# 3183 September 12, 2013

Location: MCT

#### **REGISTRATION QUESTIONS?** Contact

Nancy Marks at <u>nancymarks@wmcspd.org</u> or at 406-728-2400 ext 1088

#### **Training Location & Lodging Information**

The DoubleTree by Hilton Missoula Edgewater 100 Madison St. Missoula, MT

406-728-3100 <u>www.doubletree3.hilton.com</u>
Area Hotels: www.missouladowntown.com

## Perinatal Mood Disorders Course Content

- Overview of Motherhood
- The Many Faces of Perinatal Mood Disorders (PMD)
- Screening and Prevention
- Consequences of Untreated PMD
- Fathers and Partners
- Interview, Risk, Assessment
- Cultural Aspects
- Breastfeeding and PMD
- Infertility, Adoption, Loss, Infants in NICU
- The Treatment Team
- Components of Recovery
- Psychotherapeutic Models
- Alternative and Complementary Therapies
- Legislative Updates/Resource Review
- Social Support/Self Help
- Spirituality and PMD
- Pharmacological Interventions: Pregnancy, Postpartum, Lactation

## Community Support Workshop Course Content

This workshop will explain the process that is essential to establishing successful community based social support networks. A framework format to build networks will be explained to encourage individuals to create a team to brainstorm, investigate community gaps in services, set goals, and make decisions to develop a system for what new families need to live in a supportive community.

#### **Presenters**

#### Birdie Gunyon Meyer, RN, MA

Birdie is an RN with a master's degree in counseling. She is a past president of PSI and is currently serving as the chair of education and training. Birdie is a PSI Certified PMD International Trainer and speaks frequently to communities, nursing schools, grand rounds and conferences. She specializes in the recognition and treatment of pregnancy and post-partum mood and anxiety disorders. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, IN. Birdie is highlighted as a perinatal mood disorder expert in PSI's DVD "Healthy Mom, Happy Family: Understanding Pregnancy and Post-partum Mood and Anxiety Disorders" that is shown around the country.

#### Ann Dunnewold, PhD

Ann is a psychologist specializing in women's mental health. Author of *Even June Cleaver Would Forget the Juice Box: Cut Yourself Some Slack (and Still Raise Great Kids) in the Age of Extreme Parenting,* and three books on postpartum issues, Ann is a training and media expert on postpartum depression and motherhood.

#### Jane Honikman, M.S.

Jane began her career in maternal mental health in 1977 when she co-founded Postpartum Education for Parents (PEP). In 1981 she received a grant from the American Association of University Women to study the Growth and Dynamics of Postpartum Support Groups. She became the Executive Director of the Santa Barbara Birth Resource Center in 1984 and attended her first Marcé Society conference. In 1987 she founded Postpartum Support International (PSI) as a result of organizing the first conference on Women's Mental Health Following Childbirth held in Santa Barbara. She was elected as PSI's first President in 1989 and as Founding Director operated the organization from her home until 2004. Jane has authored many articles and educational materials on postpartum issues including how to start community support networks in her book, Community Support for New Families (2013).

#### **Continuing Education**

#### Nursing- 13.75 contact hours

IU Health Indianapolis (OH-412, 6/1/2013) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Physicians & Certified Nurse Midwifes AMA/AAFP Equivalency - up to 12.5 prescribed credits

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit<sup>TM</sup> toward the AMA Physician's Recognition Award.

#### **Certified Counselors - 13.75 contact hours**

This program has been approved by the National Board for Certified Counselors for attendees who hold the National Certified Counselor (NCC) credential.

#### International Childbirth Education Association (ICEA) - 13.0 contact hours

# Lactation Consultant Examiners (IBLCE) CERP approval pending from The International Board of Lactation Consultant Examiners.

#### Social Workers - LSW, LCSW and MTC $\,$

Approved for a maximum of 13.75 contact hous for Indiana licensed social workers. Licensed Social Workers should check with their state licensing boards for approval.