

Perinatal Mood Disorders

Outreach Education Workshop



Learn how to integrate perinatal depression & anxiety education, prevention, diagnosis, and treatment into your practice

1 Contact Hour

Postpartum Depression (PPD) affects approximately 1 in 7 women.

PPD can occur anytime within the first postpartum year.

PPD can strike, without warning, in women without past emotional problems, without any history of depression, and without any complications during pregnancy or birth.

Postpartum Depression is the number one complication of childbirth.

PPD may occur after ANY pregnancy, not just the first.

Some women with PPD do a great job looking well to the outside world but feel so much pain within.

Perinatal Mood Disorders can impact and/or result in:

- Birth outcomes
- Maternal role function
- Infant/child development
- Attachment & Bonding
- Missed well-child visits
- Chronic maternal depression
- Low Birth Weight
- Premature Birth

NH Perinatal Mood Disorder Taskforce

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*Perinatal Mood Disorders
Outreach Education Workshop
“Lunch and Learn”*

Key points will be covered in a 30 – 45 minute format during your practice’s lunch time or staff meeting.

~OR~

Choose from the menu of topics below for more detailed workshops based on the needs of your group.

1 Contact Hour

Learning Objectives

At the end of this lunch and learn you will be able to:

- 1) Assess prenatal and postpartum risk factors.
- 2) Use screening tools for assessment.
- 3) Differentially diagnose prenatal and postpartum depression, anxiety, panic, bipolar disorder, and psychosis.
- 4) Understand treatment options available as it relates to pregnancy and postpartum treatment including lactation.
- 5) Refer to community, medical, and maternal mental health specialists in your area.

Outcomes

- 1) Increase awareness of the importance of mental health screening in primary care practice sites. Increased exposure to training may help to reduce stigma and reluctance to screen. Improve patient and child outcomes by making treatment available.
- 2) Many studies show that depressed mothers are not able to meet the emotional development needs of young children. Treating maternal depression can be expected to improve infant and child emotional development.

“Catch Me Before I Fall” ~ *Identification of risk factors*

“It’s Not All About Crying” ~ *The many faces of postpartum depression*

“You Can’t Tell by Looking” ~ *Screening, assessment, and crisis intervention*

“Treatment Options for Perinatal Mood Disorders”

“Who Are the People in Your Neighborhood” ~ *Review of community, medical, and maternal mental health supports in the area of southern NH*

“Psychopharmacology in Pregnancy and Lactation”