

FREE ONLINE LEARNING PATHWAY

PERINATAL MENTAL HEALTH 101

CE CREDITS & CERTIFICATE AVAILABLE
<https://learn.wellbeing4la.org>



The #1 complication of pregnancy and the postpartum period is depression and anxiety. Learn how to support the pregnant and postpartum people in your workplace and personal life.

AUDIENCE

Pediatricians • OB/GYNs • Nurses • Lactation Consultants
Social Workers • Therapists • Case Managers • Doulas
Midwives • Daycare Providers • Preschool Teachers
Children's Librarians • Sports Coaches • Parents • Etc.

MODULES

1. What is Perinatal Mental Health?
2. Impact of Perinatal Mental Health Conditions
3. Disparities in Perinatal Mental Health Care and Cultural Humility
4. Impact of Stress and Trauma in the Perinatal Period
5. Perinatal Screening, Assessment, and Referrals
6. Perinatal Grief and Loss



Continuing Education: This learning pathway meets the qualifications for 6 hours of continuing education for LMFTs, LPCCs, LCSWs, LEPs, and psychologists as required by the California Board of Behavioral Sciences and California Board of Psychology. The UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.

OBJECTIVES

- 01 Describe the symptoms of perinatal mood and anxiety disorders.
- 02 Describe how perinatal mental health impacts infants, children, and family.
- 03 Explain the historical context of racism and reproductive coercion that contributes to mental health disparities and implicit bias within the health care system.
- 04 Explain how trauma contributes to and/or may cue perinatal mental health conditions and how to address risk factors.
- 05 Identify the three most commonly utilized screening tools for perinatal mood and anxiety disorders in the perinatal period.
- 06 Name the types of loss that new and expectant parents might experience along the reproductive journey.



UCLA

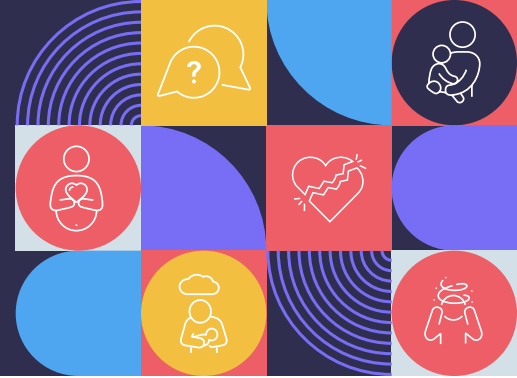
Public Partnership for Wellbeing

UCLA PREVENTION CENTER OF EXCELLENCE

Supported by the California Health Care Foundation (CHCF), which works to ensure that people have access to the care they need, when they need it, at a price they can afford. Visit www.chcf.org to learn more.

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MODULE

1

WHAT IS PERINATAL MENTAL HEALTH?

In this module, we discuss what perinatal (pre-conception through one-year postpartum) mental health is. We also identify some of the myths surrounding perinatal mental health and why they can be harmful to parents and the community. Finally, we explore some of the common misconceptions behind parenthood and hear from parents about the way mental health stigmas have impacted their lives.

Learning Objectives:

1. Explain the role that culture and social media play in shaping expectations of parenting and mental health as well as the barriers they play in accessing mental health care during the perinatal period.
2. Recognize and describe the symptoms of perinatal mood and anxiety disorders.
3. Differentiate between a normal range of emotional and behavioral changes that may occur during the perinatal period, including the “baby blues” and other perinatal mental health conditions.

IMPACT OF PERINATAL MENTAL HEALTH CONDITIONS

In this module, we cover various types of perinatal mental health conditions and issues that may co-occur, such as intimate partner violence, substance use disorders, and suicidality. We also discuss the importance of the caregiver/child attachment relationship and the ways in which perinatal mental health may impact both the developing child and the family.

Learning Objectives:

1. Identify risk factors and prevalence rates of perinatal mental health conditions.
2. Describe how perinatal mental health impacts infants, children, and the family.
3. Explain how the caregiver/child attachment may be impacted by perinatal mental health.

MODULE

2

MODULE

3

DISPARITIES IN PERINATAL MENTAL HEALTH CARE AND CULTURAL HUMILITY

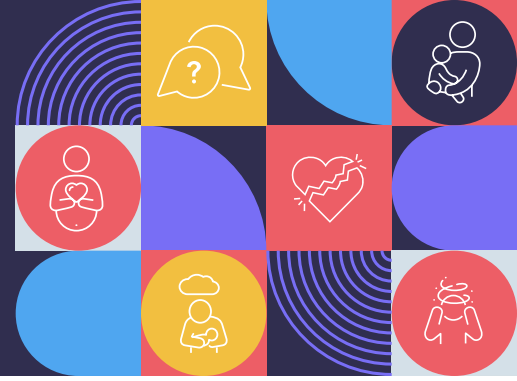
In this module, we dive into the disparities in mental health care, including taking a look at the history of discrimination and oppression in the medical field. We introduce the concept of cultural humility, why it's important to implement in our work, and tips on how to do so.

Learning Objectives:

1. Explain the historical context of racism and reproductive coercion that contributes to mental health disparities and implicit bias within the health care system.
2. Identify the range of disparities in perinatal mental health and access to care.
3. Apply the tenants of cultural humility and an intersectional approach to working with the birthing community.

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MODULE 4

IMPACT OF STRESS AND TRAUMA IN THE PERINATAL PERIOD

In this module, we discuss various aspects of trauma to consider when supporting birthing parents and their families. We also explore how trauma impacts perinatal mental health and the impact it can have on providers.

Learning Objectives:

1. Identify the facets of the Adverse Childhood Experiences (ACEs) study and their implications on perinatal mental health.
2. Explain how trauma contributes to and/or may trigger perinatal mental health conditions and how to address such risk factors.
3. Assess the signs of compassion fatigue and vicarious trauma that impact care providers and state how to engage in preventive self-care measures.

PERINATAL SCREENING, ASSESSMENT, AND REFERRALS

In this module, we examine various perinatal mental health screening tools, learn how to employ them in a sensitive manner, and when/how to make appropriate referrals based on the results.

Learning Objectives:

1. Identify the three most commonly utilized PMAD screening tools.
2. Explain how to administer culturally responsive screening and assessment tools with perinatal people.
3. Identify and provide appropriate referrals for perinatal mental health support.

MODULE 5

MODULE 6

PERINATAL GRIEF AND LOSS

In this module, we discuss how often pregnancy and infant loss occurs, the different types of perinatal loss you may encounter in your work with families, common presentations of perinatal grief, and suggestions for how to support people experiencing perinatal-related loss and grief.

Learning Objectives:

1. Name the types of loss that new and expectant parents might experience along the reproductive journey.
2. Identify the range of emotional responses to perinatal loss.
3. Apply one new strategy for supporting bereaved parents.