

FREE ONLINE LEARNING PATHWAY

PERINATAL MENTAL HEALTH 201: HOW TO HELP

CE CREDITS & CERTIFICATE AVAILABLE

<https://learn.wellbeing4la.org>



The #1 complication of pregnancy and the postpartum period is depression and anxiety. Learn how to identify and respond to these disorders in a timely, informed and culturally appropriate way.

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. Perinatal Mood and Anxiety Disorders
2. Serious Mental Illness and Substance Use Disorders
3. Psychosocial Assessment
4. Clinical Interventions



Continuing Education: This learning pathway meets the qualifications for 3 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. **CME pending**

OBJECTIVES

- 01 Identify the signs and symptoms of the most commonly experienced PMADs.
- 02 Explain important considerations regarding those with serious mental illness who are pregnant and postpartum.
- 03 Demonstrate improved psychosocial assessment skills with consideration for the unique needs of the perinatal period.
- 04 Name three evidence-based psychotherapies that address perinatal mood and anxiety disorders (PMADs).

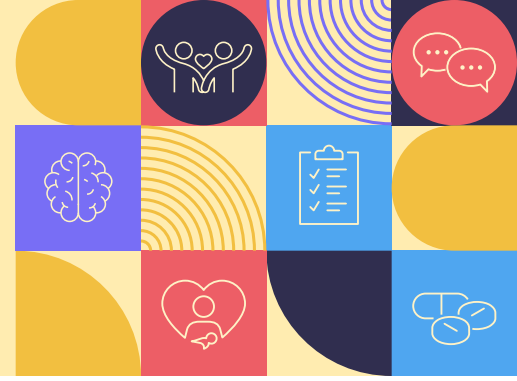


MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

UCLA PREVENTION CENTER OF EXCELLENCE

PERINATAL MENTAL HEALTH 201: HOW TO HELP

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



MODULE 1

PERINATAL MOOD AND ANXIETY DISORDERS

In this module, we discuss differential diagnoses, including the difference between baby blues, perinatal depression, paternal perinatal depression, perinatal anxiety disorder, panic disorder, post traumatic stress disorder and obsessive compulsive disorder. Learning Objectives:

1. Identify the signs and symptoms of the most commonly experienced PMADs;
2. Assess fathers and partners for perinatal depression;
3. Differentiate between postpartum obsessive-compulsive disorder and psychosis.

SERIOUS MENTAL ILLNESS AND SUBSTANCE USE DISORDERS

In this module, we examine co-occurring conditions during the perinatal period including serious mental illness and substance abuse, learn about psychiatric medication during pregnancy and lactation and provide advice on how to create a care plan. Learning Objectives:

1. Explain important considerations regarding those with serious mental illness who are pregnant and postpartum;
2. Identify the correlation between perinatal mental health and substance use disorders.

MODULE 2

MODULE 3

PSYCHOSOCIAL ASSESSMENT

In this module, we offer instruction and best practices around various screening tools used to identify perinatal mood and anxiety disorders, as well as psychosocial assessment. Learning Objectives:

1. Demonstrate improved psychosocial assessment skills with consideration for the unique needs of the perinatal period;
2. Identify supplemental screening tools to utilize while assessing for perinatal mental health risk, differential diagnosis, and co-occurring conditions.

CLINICAL INTERVENTIONS

In this module we learn about evidence-based clinical interventions. Learning Objectives:

1. Name three evidence-based psychotherapies that address perinatal mood and anxiety disorders (PMADs).
2. Define and explain the phrase “exposure always occurs.”
3. Review integrative approaches to whole person perinatal mental health care and wellness planning into your practice.

MODULE 4



MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

UCLA PREVENTION CENTER OF EXCELLENCE