

Postpartum Support International & 2020 Mom Project Maternal Mental Health Training Webinar Series



All Classes: 1:00pm-3:00pm Eastern Time

September 11, 2017

Class 1: Overview of Perinatal Mood and Anxiety Disorders

Range of perinatal mental health disorders, symptoms, causes, and risk factors.

Introduction: Joy Burkhard, MBA and Wendy N. Davis, PhD

Faculty: Wendy N. Davis, PhD

September 25, 2017

Class 2: Social Support Inventory/Tools and Professional Development

Trish McGarrigle, RN, MS, MFT, NCC, LPC and Kate DeStefano-Torres, MA, NCC, ACS, LPC

October 9, 2017

Class 3: Screening, Assessment, and Treatment Options

Tools for screening and assessing depression and anxiety, breastfeeding and perinatal mental health, and traditional and non-traditional treatment.

Birdie Gunyon Meyer, RN, MA, CLC

October 23, 2017

Class 4: Treatment: Evidence Based Psychotherapy

Overview of evidence-based therapeutic models and approaches.

Christina Hibbert, PhD

November 6, 2017

Class 6: Partners and Perinatal Mental Health

-Dads and Perinatal Mental Health: Danny Singley, PhD

-Lesbian Moms and Maternal Mental Health: Caroline Redstone, CNM, PMHNP-BC, DNP

November 20, 2017

Class 5: Additional Considerations and Cultural Competency

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC

December 4, 2017

Class 7:

Psychological Gestation of Pregnancy and Postpartum

Psychosis and Forensics

Diana Lynn Barnes, PsyD, MFT

December 11, 2017 – Bonus Class!

Perinatal Mental Health and Psychopharmacology

Chris Raines, RN MSN APRN-BC

December 18, 2017

Class 8: Resources for Families, Professionals, and Communities

Wendy N. Davis, PhD and Joy Burkhard, MBA





Diana Lynn Barnes, PsyD, LMFT

is an internationally recognized expert on the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President's Advisory Council for that

organization. She is a member of the Los Angeles County Perinatal Mental Health Task Force, a core faculty member of their training institute, as well as a member of the statewide California Maternal Mental Health Collaborative. In 2009, she co-founded "The Motherhood Consortium, an inter-disciplinary network of professionals working with mothers, infants and young families. In addition to private practice specializing in all facets of women's reproductive mental health, Dr. Barnes frequently consults with defense counsel on cases of infanticide, pregnancy denial, neonaticide, child abuse and neglect. The author of *The Journey to Parenthood, - Myths, Reality and What Really Matters*, Dr. Barnes is a fellow of the American Psychotherapy Association, and a clinical fellow of the California Association of Marriage and Family Therapists and the American Association of Marriage and Family Therapists. Her papers have been published in a number of academic journals and she contributed the entry on infanticide for *The Encyclopedia of Motherhood* (Sage Publications, 2010). Dr. Barnes is the 2007 recipient of an award presented by Postpartum Support International for her outstanding contributions to the field of reproductive mental health, and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her work in the area of child-bearing illness. Dr. Barnes is completing an edited volume for Springer Publishing on *Women's Reproductive Mental Health Across the Lifespan*, with a publication date of 2014.



Joy Burkhard, MBA

is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC). Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She is responsible for identifying gaps in service and compliance,

consulting with business leaders, influencing appropriate change, and managing projects related to implementation of state laws and audits. She is a Six Sigma Green Belt and has served in numerous positions including Service Quality Director and Accreditation Manager. Joy is recognized for her ability to problem-solve and find creative solutions to difficult problems. Joy earned her Bachelor of Science degree in Organizational Communication from Northern Arizona University and has a Masters of Business Administration from Regis University. Joy resides in Valencia California with her husband and two young children.

Wendy N. Davis, PhD has a counseling and consulting practice



in Portland Oregon specializing in depression, anxiety, and communication, with a special focus on pregnancy, birth, and postpartum mental health. She is the Executive Director for Postpartum Support International (PSI) www.postpartum.net, where she coordinates PSI services, programs, and 200 U.S. and International PSI Support Volunteers. Wendy is the

Founding Director of Oregon's Baby Blues Connection mom-to-mom support organization www.babybluesconnection.org, and now serves as their clinical advisor and volunteer training consultant. Wendy is a trainer for PSI's 2-day certificate course, "Perinatal Mood Disorders, Components of Care," and conducts trainings, consultations, and keynote addresses on perinatal mental health internationally. She chaired Oregon's Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon's 2011 successful legislation, the Maternal Mental Health Patient and Provider Education Act. Wendy consults to the Oregon Health Authority in their development of initiatives to support public awareness, treatment pathways, and provider education of the mental health needs of pregnant, postpartum, and post pregnancy-loss women and their families. She provides professional training and consultation in governmental, clinical, and community settings and enjoys working with diverse communities to develop sustainable perinatal mental health support and treatment networks.

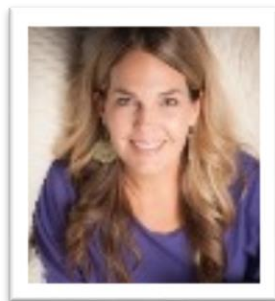


Kate DeStefano-Torres, MA, NCC, ACS, LPC is a National Certified Counselor and a Licensed Professional Counselor in New Jersey and Pennsylvania. In addition she is an Approved Clinical Supervisor through the Center for Credentialing and Education. Kate completed an undergraduate degree in Psychology at La Salle University and earned her Master's in Applied Psychology at Rowan University in Glassboro, New

Jersey. Kate founded The Artemis Center for Guidance in an effort to bring quality treatment, continuing education and clinical supervision options to Gloucester County. Kate's areas of expertise include maternal mental health, trauma and recovery, EMDR, Dialectical Behavior Therapy, and issues related to law enforcement personnel and their families. Kate provides mentoring in these areas and in practice development and management. Kate is responsible for the daily operations of the practice, a full clinical caseload and is the moderator for Artemis' continuing education programming. In addition to these responsibilities, Kate is an adjunct faculty member in the Rowan University Psychology Department, and instructs undergraduate level psychology courses such as LifeSpan Development and Abnormal Psychology.

Christina Hibbert, PhD is the

author of the bestselling, IPPY-award winning memoir, *This Is How We Grow*. She is a clinical psychologist in private practice in Flagstaff, AZ, specializing in women's mental health, pregnancy/postpartum, grief/loss, motherhood, parenting, self-esteem, and



personal growth. Dr. Hibbert is the founder of the Arizona Postpartum Wellness Coalition (www.azpostpartum.org), producer of the internationally-sold Postpartum Couples DVD, and a popular and dynamic speaker. Her second book, *Who Am I Without You? 52 Ways to Build Self-Esteem After a Breakup*, with New Harbinger Publications, will be released in March 2015, and she is currently writing her third book, with Norton Publishing, on 8 Keys to Mental Health Through Exercise. Mostly, though, "Christi" is a wife and full-time mother of six children, ages 18 to 7. When she's not trying to keep up with her family, Christi enjoys traveling, songwriting, naps, reading in hammocks, and dark chocolate. Visit Dr. Hibbert's popular blog, "The Psychologist, The Mom, & Me," and learn more at www.DrChristinaHibbert.com.

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is director of Training and Technical Assistance for the Los Angeles County Perinatal Mental Health Task Force. Prior to this, she served as director of the New Moms Connect Program of Jewish Family

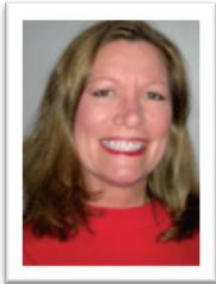


Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. Ms. Kaufman has spoken widely, published articles on parenting, and served as editor for *Bringing Light To Motherhood*. She serves as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish languages.

Trish McGarrigle, RN, MS, MFT, NCC, LPC received her Bachelor of Science in psychology from The Pennsylvania State University and a Master of Science in counseling psychology, with a focus on marriage and family therapy, from Holy Family University. She is a New Jersey Licensed Associate Counselor. Between her graduate and undergraduate studies, Trish completed her nursing degree at Germantown Hospital & Medical Center School of Nursing and has been a Registered Nurse in Pennsylvania for over 16 years. Trish also completed continuing education through The Pennsylvania State University and Parenting Resource Education Network to become a Certified Parenting Educator.



In addition to her expertise in maternal mental health, Trish specializes in the treatment of children and adolescents as well as veteran's and military family readjustment. Trish is the lead trainer for Artemis' continuing education program and is responsible for development and marketing for the practice.



Birdie Meyer, RN, MA, CLC is an RN with a Master's Degree in Psychology/Counseling. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, Indiana. She is a Past-President of Postpartum Support International, and past Chair of PSI Education and Training, and is now the PSI

Certification Director. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor. She has been interviewed for radio, television, and print media. She was the subject matter expert on an e-learning CD produced by Indiana Perinatal Network that is used to train Healthy Families Home Visitors. Birdie is highlighted as a PMD expert in a DVD that is shown around the country. "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders". She has been speaking to audiences for over 25 years and is a Certified International Trainer for PSI's 2-day "Perinatal Mood Disorders, Components of Care". In 2007, Birdie received the Jane Honikman award which is given annually by the founder of PSI for "outstanding contribution to the goal of increasing awareness of emotional health related to childbearing". In 2008, she was given the Award of Excellence in Advocacy from The Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) and was a finalist for Indiana Business Journal's "Healthcare Hero" award. Birdie is member of PSI, AWHONN, Sigma Theta Tau, North American Society for Psychosocial Obstetrics & Gynecology (NASPOG), and the Indiana Perinatal Network (IPN).



Caroline Jones Redstone, MSN, CNM, PMHNP-BC, DNP, completed her Doctor of Nursing Practice degree at Oregon Health and Science University. She is a nurse-midwife and psychiatric mental health nurse practitioner. While providing women and families with midwifery care, she became interested in reproductive

psychiatry and finding ways to support mental wellness.

Originally from Philadelphia, Caroline now lives in Portland, Oregon and has worked in women's health care since 2000. Her previous volunteer experiences are varied and include working with a number of HIV/AIDS service organizations, tutoring at-risk youth, disaster relief efforts with Midwives for Haiti, and most recently Caroline volunteered with Portland Oregon's Baby Blues Connection.



Daniel B. Singley, PhD, APBB is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He conducts trainings and presentations around the country to assist individuals and organizations to

enhance their level of father inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Division on the Psychological Study of Men and Masculinity as well as Postpartum Support International. In his free time, Dr. Singley likes to surf, cook, and take his two boys on hikes to throw rocks at things.



Christena Raines, RN, MSN, APRN-BC is Associate Director of Obstetrical Liaison and Community Outreach at the University of North Carolina Perinatal Psychiatry. Chris is a dual trained, board certified nurse practitioner in both Women's Health and Psychiatric-Mental Health and has practiced as a Perinatal Psychiatric Nurse Practitioner at the UNC center

for Women's Mood Disorders for over a decade. She was a member of the planning team instrumental in opening the 1st in-patient Perinatal Mental Health unit in the country and continues to be an integral part of training this specialized nursing staff. Chris serves on the Board of Directors of Postpartum Support International. She is currently the Vice-President of PSI and is the committee chair for the PSI Chapter Committee and was the Co-Chair for the International PSI conference held in Chapel Hill in June 2014.

Certificate of Completion

All presentations will be recorded and available to registered participants. Certificates will be issued to participants who attend or listen to the recording of all eight classes. Course includes recommended reading materials, resources, and small group discussions. To receive the Certificate of Completion, class members participate in assigned small discussion groups and either attend all eight live webinars or attest to listening to the recording of any missed sessions. Nurses and social workers who want NASW CEs need to fill out a post-test if they are not able to attend the live webinar. **A Certificate of Completion is awarded to all attendees who view the whole course, whether through live sessions or by viewing the recordings and evaluating.**

Continuing Education Credits

CMEs:

This Live series activity, Postpartum Support International Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals, from 09/11/2017 - 12/18/2017, has been reviewed and is acceptable for credit by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NASW:

This program is Approved by the National Association of Social Workers (Approval # 886708348-6714) for 16 continuing education contact hours. To receive national NASW credit, social workers must complete a post-test for each class. The NASW CE Approval Program requires a post-test on all distance-learning products with a passing score of not less than 80 percent. This requirement also applies to real-time interactive learning such as date-specific teleconferences and webinars.

CNEs for Nurses

This continuing nursing education activity was approved by Oregon Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval valid through 6/5/2019. 16 credit hours. OCEAN ID #2016-23



NBCC:

18 hours total. Postpartum Support International has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. *"In order to award NBCC credit, the Provider must ensure that the participant attended the live program, and was present for the number of NBCC hours indicated on the certificate or letter of completion, as required by Section 1.3."*



CEs for Psychologists

Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. The total course provides 18 CE contact hours.