

Maternal Mental Health Core Training Program



Our core topic training program offers practical, evidence-based education in maternal mental health for healthcare and community-based professionals. Each one-hour topic is presented by a perinatal psychiatrist or psychologist and emphasizes real-world assessment, management and care coordination, with a focus on improving confidence, competence and access to timely mental health care across settings.

Program Highlights:

- Offered to organizations that serve perinatal patients.
- Scheduled at your convenience
- Training is specific to the needs of your agency.
- Up to 1.25 CME/topic (CEUs pending)

Format:

- Choose any topic from the menu below
- Presentations are live, virtual or when possible, in-person
- 1-hr presentation time
- Sessions offered 1 topic at a time or up to 5 topics/day.

Topics Currently Available

1. Treating Depression & Anxiety in Perinatal Patients: Psychopharmacological Approaches for Prescribers

- Identify the prevalence and diagnostic criteria of perinatal mood and anxiety disorders (PMADs).
- Discuss available psychopharmacological treatments of PMADs.
- Apply evidence-based guidelines in managing PMADs.

2. Treating Bipolar Disorder in Perinatal Patients: Psychopharmacological Approaches for Prescribers

- Differentiate between major depressive disorder and bipolar disorder.
- Discuss evidence-based treatments of bipolar disorder.
- Summarize the pharmacokinetic changes of pregnancy and its impact on psychotropic medications.

3. Suicide Risk Assessment and Management in Pregnant and Postpartum Individuals

- Identify the prevalence of death by suicide in the perinatal period.
- Recognize unique risk and protective factors in this population.
- Use of a validated screening tool for the Risk assessment.

4. Recognizing & Assessing Mental Health Concerns in Pregnant & Postpartum Patients:

How to screen & provide next steps in care

- Describe the epidemiology of risk factors.
- Complications of Perinatal Mood and Anxiety Disorders.
- Use structured tools to aid in screening and assessing patients with Perinatal Mood and Anxiety Disorders.

5. A Non-Prescriber's Guide to Psychiatric Medications in Pregnant and Breastfeeding Patients

- Understand the basics of psychiatric medication use in pregnancy and lactation.
- Recognize risks of utilizing medication during this time as well as risks of untreated mental illness.
- Identify practical ways to support patients in collaborating with their prescribers and adhering to their treatment plans.

6. Substance Use Disorders in Perinatal Individuals: Psychotherapeutic and pharmacologic treatment approaches

- Understand the problem of substance use disorder during the perinatal period.
- Describe general strategies to systematically address substance use disorder in the perinatal setting.
- Discuss management of opioid use disorder in the perinatal setting.

Coming Soon...

7. Trauma-Informed Care for Perinatal Patients

8. Addressing the Mental Health Needs of BIPOC Individuals During the Perinatal Period

9. The Importance of Healthy Transitions to Parenthood on Early Childhood Development: Assessing and Encouraging Parent-Child Self-Care

To request a Core Training, please visit our website to complete the "Request A Service" form at www.ProjectTEACHny.org or call us at 855-227-7272.