MOTHERHOOD AND MENTAL HEALTH
HOW PREGNANCY AND POSTPARTUM MOOD AND ANXIETY DISORDERS AFFECT WOMEN AND THEIR FAMILIES

Speaker

Birdie Gunyon Meyer, RN, MA, PSI International Indiana University Health

September 22, 2015
8:30 am – 5:00 pm

A Professional Conference
Presented by

ODOT Auditorium
1980 W. Broad Street
Columbus, OH 43224

Mental Health America of Franklin County
**Conference Content**

Perinatal depression and related disorders are the most common complication of pregnancy, and most often are undiagnosed. Untreated maternal mood disorders can have significant long-term negative consequences on the mother, baby, and family. This Postpartum Support International Perinatal Mood Disorders course is an internationally recognized training program. Taught by experienced and engaging faculty, it is a thorough and evidence-based curriculum designed for nurses, social workers, mental health providers, childbirth professionals, social support providers, and anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders. Participants will discuss the diagnoses of prenatal and postpartum depression, anxiety, panic, OCD, PTSD, bipolar disorder, and psychosis; prenatal and postpartum risk factors; psychosocial and self-help support and treatment plans; appropriate psychotherapy techniques; and psycho-pharmacology as it relates to pregnancy and postpartum treatment. It is an essential workshop for all who work with childbearing women.

**Outcomes**

At the conclusion of this training, participants will be able to:

1) Identify the challenges faced when identifying and treating Perinatal Mood and Anxiety Disorders
2) Describe the symptoms and understand the differential diagnosis of prenatal and postpartum: depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders and psychosis
3) Assess prenatal and postpartum risk factors, including prevention methods
4) Describe psychosocial and self-help treatment plans as well as appropriate psychotherapy modalities and alternative therapies for individuals, couples, groups, and families
5) Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation

**Who Should Attend**

*Motherhood and Mental Health* is designed for Social Workers, Counselors, Marriage and Family Therapists, Psychologists, Chemical Dependency Counselors, Nurses, and Childbirth Educators. The curriculum is relevant for intermediate and advanced-level clinicians.

**Presentation Format**

A multi-modal format, including PowerPoint presentations, video, discussion, Q & A and audience interaction will be utilized. Informational handouts will also be distributed.

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**About Our Speaker**

Birdie Gunyon Meyer, RN, MA, past president of Postpartum Support International (PSI) and current PSI Chair of Education and Training, is our featured presenter this year. She is an award-winning PSI Perinatal Mood Disorder (PMD) International Trainer and speaks frequently to communities, physicians, nursing schools, and professional conferences. Ms. Meyer has been featured nationally on radio, television, and in print media promoting information and education of PMDs. She was the Subject Matter Expert in developing a PMD e-learning tool in conjunction with Indiana Perinatal Network and she is the coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis. Ms. Meyer is highlighted as a leading expert in a video that is frequently used as a teaching tool around the country called “Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”.

**SEPTEMBER 22, 2015**

Registration Begins: 8 AM
Program: 8:30 AM – 5:00 AM*
*Lunch on own
REGISTER online at www.mhafc.org
Additional Informational

Cost: $119 if postmarked by August 21, 2015
     $139 if postmarked after August 21, 2015

Payment: Payment must be received with the registration form by the early registration date to receive the discount. Purchase orders will be accepted, but are not considered payment. No registration confirmations will be sent.

Discounts

- **Members:** An additional $10 discount will be given to current members of MHAFC. (See registration to join.)

- **Students and Retirees:** $20 discounts for college students who send a photocopy of their student ID with the registration form and for retirees (people retired from a mental health profession who are not working in the mental health field).

- **Pro Bono Counseling Volunteers** receive a 50% discount on full day conferences.

Refunds: There will be NO REFUNDS after September 18, but you may request a receipt for a tax-deductible donation if you cannot attend. Refunds prior to this date will be assessed a $25 processing fee. You can designate a substitute attendee.

Meals: Continental breakfast and break refreshments will be provided. Lunch will be on your own from 12:15 pm - 1:15 pm. There are restaurants near ODOT within easy driving distance. A list of restaurants will be available to you at the conference.

Interpreters and Disability Information: This conference is wheelchair accessible. Sign language interpreters are available upon request. Please submit request on the registration form by September 1. Call 614-221-1441 if you require any additional assistance for a disability.

Continuing Education

OhioMHAS Continuing Education Committee is an approved provider of Continuing Education for RNs and LPNs for the Ohio Board of Nursing and has awarded 7.0 CE contact hours per OBN003 92-1970CO.

OhioMHAS has been approved as a provider of Continuing Professional Education credit by the Ohio Counselor, Social Work, Marriage and Family Therapist Board. 7.0 CPEs have been awarded to Social Workers per RSX088902-2192CO and to Counselors per RCX068915-2169CO.

OhioMHAS is approved by OPA-MCE to offer continuing education for Psychologists. 7.0 MCEs are awarded per 311334820-1342CO.

OhioMHAS is approved by the Ohio Chemical Dependency Professionals Board to offer recognized clock hours for chemical dependency counselors and prevention professionals. The provider approval number is 09-1315-64PVN-R for 7.0 RCHs.

About MHAFC

Mental Health America of Franklin County is a private, not-for-profit organization, established in 1956. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; mental health screenings in English and Spanish; community and professional mental health education; Get Connected, a program for clients with severe mental illness; Pro Bono Counseling Program, free counseling for qualifying clients; and, the Ohio Mental Health Caucus to educate public officials on mental health issues. We receive funding from the Franklin County ADAMH Board and United Way of Central Ohio. To become a member or find out more information, please visit us online at www.mhafc.org.
Gold Level Sponsors
CareSource
OSU Behavioral Health

Silver Level Sponsors
Pomegranate Health Systems
CAPCO
The Village Network

Bronze Level Sponsors
National Association of Social Workers, OH Chapter
Ohio Psychological Association
Buckeye Ranch
UMCH
Franklin County Children Services
InHealth Mutual
MACC

Co-Sponsors
The Ohio Department of Mental Health and Addiction Services

COMMUNITY PRESENTATION
MHAFC will also be hosting a screening and panel discussion of the chilling documentary about mental health issues during and after pregnancy: *Dark Side of the Full Moon*.

Tuesday, September 29, 2015
Gateway Film Center
Registration at mhafc.org

$5 for Community Members
$10 for Mental Health Professionals (2 CEUs)
DETAILED OUTLINE OF PROGRAM CONTENT/TIMED AGENDA DRAFT

8:00 - 8:30 am  Registration, Light Continental Breakfast & Welcome

8:30 - 8:40 am  Welcome and Introduction of Speaker

8:40 - 10:30 am I.  Overview: Entering Motherhood
• The Perinatal Period
• Myths of Motherhood
• Life after baby
• Journey to Motherhood

II.  The Many Faces of Perinatal Mood and Anxiety Disorders:
• Etiology
• Signs and Symptoms
• Diagnostic Features
• Dads and Postpartum Mood and Anxiety Disorders

10:30 - 10:40 am  BREAK

10:40 - 12:15 pm III.  The Many Faces of Perinatal Mood and Anxiety Disorders:
• Risk Factors

Video - PSI’s educational video: "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"

IV.  Effects of Untreated PMDs on Mother, Infant & Family
• Pregnancy
• Birth Outcomes
• Bonding & Attachment
• Older Children

12:15 - 1:15 pm  LUNCH

1:15 - 2:00 pm  V.  Screening & Prevention
• Screening tools
• Best Practices for Introducing, Administering and Interpreting Assessments
• Making referrals

2:00 - 3:00 pm VI.  Psycho-pharmacology
• Evaluating risks and benefits
• Talking with families
• Resources and reliable data

VII.  Complementary and Alternative Treatments

3:00 - 3:15 pm  BREAK

3:15 - 4:00 pm VIII.  Psycho-therapeutic Themes and Models
• Interpersonal
• Cognitive-Behavioral
• Group
• Couples
• Mother-Infant

4:00 - 4:30 pm IX.  The Team and Critical Components to Recovery
• Integrating medical, psychotherapeutic and social support interventions

4:30 - 5:00 pm X.  Question & Answer Period, Wrap Up and Evaluation