



Healthy Kent

Healthy Kent Perinatal Mood Disorders Coalition
Kent County Health Department
700 Fuller NE
Grand Rapids MI 49503

Postpartum Support International (PSI) Perinatal Mood & Anxiety Disorders Certificate Training

October 4 & 5, 2018
Pine Rest Postma Center
300 68th Street, SE
Grand Rapids, MI 49548

Brought to you by



Healthy Kent Perinatal
Mood Disorders Coalition

Co-Sponsored by



Perinatal Mood Disorders: Components of Care

Course Objectives

- *Identify the challenges faced when identifying and treating Perinatal Mood and Anxiety Disorders (PMADs).
- *Describe the symptoms and understand the differential diagnosis of prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders and psychosis.
- *Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation.
- *Assess prenatal and postpartum risk factors.
- *Assess for PMADs.
- *Identify treatment options for PMADs.
- *Discuss breastfeeding and PMADs.
- *Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies.
- *State appropriate psychotherapy modalities.
- *Indicate consequences of untreated PMADs.
- *Discuss effects and consequences on partners.
- *Identify social support, legislative changes, and community resources, including how to set up support groups and offer social support.
- *Discuss cultural differences and PMADs.
- *Discuss spirituality and PMADs.



Continuing Education Credits

13.5 Social Work credits: Pine Rest Christian Mental Health Services is an approved provider with the Michigan Social Work Continuing Education Collaborative.
Approved Provider Number: MICEC-0047

13.5 CME credits: Pine Rest Christian Mental Health Services designates this live event for a maximum of 13.5 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Pine Rest Christian Mental Health Services is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

In Michigan, CME credits can be used for nursing credit licensure requirements. For other states, please check with your state nursing licensing department.

Faculty

Birdie Gunyon Meyer, RN, MA

Birdie Gunyon Meyer is an RN with a master's in Counseling. She is a PSI Certified PMAD International Trainer and speaks often to communities, nursing schools, grand rounds and conferences. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, IN.

Madhavi Nagalla, MD

Dr. Nagalla is an Adult Staff Psychiatrist at Pine Rest, and is a Clinical Instructor at MSU College of Human Medicine. She is board certified in General Psychiatry and Psychosomatic Medicine. She completed her education at the Nassau University Medical Center in East Meadow, New York and her psychosomatic fellowship at the University of Michigan. She has practiced medicine in both India and the United States. Dr. Nagalla is the anchor psychiatrist in the Pine Rest Mother and Baby Day Program and has led the team in expansion of services and research efforts around Perinatal Depression.

Nancy Roberts, RN, CCE, CBC

Nancy Roberts has over 25 years experience facilitating a PMAD support group, and coordinates the PMAD screening program at the Spectrum Health Family Birthplace. She is the Co-Chair of the Healthy Kent Perinatal Mood Disorders Coalition and a founding member of the MI Statewide PMAD Coalition. She is also on staff at the Pine Rest Mother and Baby Day Program.

Conference Location

The Postma Center
Pine Rest Christian Mental Health Services
300 68th Street SE
Grand Rapids, MI 49548

The Postma Center is conveniently located near US-131 and M-6. Complimentary parking provided.

Overnight Accommodations

Holiday Inn Express, 6569 Clay Avenue SW, Grand Rapids MI. The discounted rate is \$94.99 + tax per night. Contact the hotel at 616-871-9700 and ask for the Pine Rest Corporate Rate.

To guarantee the discounted rate, reservations must be made by

September 4, 2018

AGENDA

The 2-day Postpartum Support International Certificate of Completion Course, taught by expert and engaging faculty, is a thorough and evidence-based curriculum designed for psychiatrists, nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders. **Registration includes a light breakfast and lunch, training manual, handouts, and certification of continuing education credits.**

Thursday, October 4

- 8:00 a.m. Registration & Light Breakfast
- 8:30 a.m. Welcome & Introductions
Barb Hawkins Palmer
Executive Director, Healthy Kent
- 8:45 a.m. Overview: Entering Motherhood & Why They Suffer in Silence
- * The Perinatal Period
 - * Perfectionism, Dreams, & Expectations
 - * Myths of Motherhood
 - * Stigma of Mental Illness
 - * Barriers to Treatment
- Birdie Gunyon Meyer**
- 9:30 a.m. The Many Faces of PMAD
- * Etiology, Signs and Symptoms
 - * Diagnostic Features
- 10:30 a.m. **BREAK**
- 10:45 a.m. PSI DVD “Healthy Mom, Happy Family: Understanding Pregnancy and PMADs”
- 11:00 a.m. Dads, Partners, Families

- 11:10 a.m. Risk Factors and Prevention
- 11:20 a.m. Other Important Considerations:
- * Breastfeeding and PMADs
 - * Infertility
 - * Adoption
 - * Pregnancy Loss
 - * Infants in NICU
 - * Military Families
- 12:15 p.m. **Lunch Provided**
- 12:45 p.m. Panel of PMAD Survivors
Facilitator: Nancy Roberts
- 1:30 p.m. Screening and Prevention: Screening Tools & Assessment
- 2:45 p.m. **BREAK**
- 3:00 p.m. Social Supports Networks
- * Support Groups and Warmlines
 - * 9 Steps to Wellness
- 3:45 p.m. Faith Communities and Spirituality
- 4:00 p.m. International Incidence and Cultural Differences of PMADs
- 4:30 p.m. Q & A and Discussion
- 5:00 p.m. Closing & Evaluations
- 5:15 p.m. Optional: Tour of the Pine Rest Mother & Baby Day Program

Friday, October 5

- 8:00 a.m. Registration & Light Breakfast
- 8:30 a.m. Public Service Announcements: Using Media to Raise Awareness
Birdie Gunyon Meyer
- 8:35 a.m. The Team Approach & Critical Components to Recovery

- 8:45 a.m. Psychotherapeutic Themes & Models:
- * Interpersonal Therapy,
 - * Cognitive Behavioral Therapy
 - * Couples and Group Therapy
 - * Mother-Infant Therapeutic Approaches
- 10:30 a.m. **BREAK**
- 10:45 a.m. Complementary & Alternative Therapies CAM
- 11:15 a.m. Legislation
- 11:30 a.m. Local & State Resources
Nancy Roberts
- 12:00 p.m. **Lunch Provided**
- 12:30 p.m. OPTIONAL: Meet Up for Michigan Statewide PMD Coalition
- 1:00 p.m. Pharmacological Interventions in Pregnancy, Postpartum and Lactation
- * Evidence-based research
 - * Evaluating Studies and Articles
 - * Talking with families about medication
- Madhavi Nagalla, MD**
- 3:00 p.m. **BREAK**
- 3:15 p.m. PSI DVD “Fathers Respond”
- 3:25 p.m. Effects of Untreated PMADs on Mother, Infant, and Family
- 4:30 p.m. PSI DVD: Wade Bowen: “Turn on the Lights”
- 4:45 p.m. Wrap-Up / Evaluations
- 5:00 p.m. Adjournment



Registration

Seating is limited. Registration is requested **by September 27, 2018**

On-line Only

Register on the Pine Rest website:

www.pinerest.org/psi2018

Options & Fees

One Day \$100.00

Two Days \$175.00

The PSI Certificate and the provided CEUs are awarded to those attending **BOTH** days.

Vegetarian and Gluten-free meals available upon request by emailing postmacenter@pinerest.org

If you have questions, please contact Sharon Rogers at 616-222-4566

Any proceeds from this conference will be used for mothers and families experiencing PMAD, and to educate providers in their care.

