



Perinatal Mood and Anxiety Disorders

(Course Code: BH0232)

DATE AND TIME

December 13, 2018
8:30 AM to 12:30 PM

COURSE DESCRIPTION

The perinatal period - from pregnancy through the first years of life - establishes the emotional, cognitive and social framework for the developing child. The impact that a new mother or father's mental and emotional health has on the infant and young child is profound. Perinatal mood and anxiety disorders (PMADs) are estimated to impact 1 in 7 women, 1 in 10 men, and as many as 1 in 3 new mothers in higher risk populations (military and deployed families, immigrant families, those with history of trauma or mental illness). Untreated, these disorders can significantly interfere with the healthy development of the child as well the family system it is dependent upon. However, early identification and treatment of perinatal mood and anxiety disorders can have a positive impact on the developing child, and equip the family system with the resources and tools they need to make a positive transition into parenthood. This training provides an in-depth look at the most commonly occurring mental illnesses in the perinatal period, screening methods for identifying and assessing them, and tools for effectively engaging new mothers and fathers who may be dealing with a disorder. It also explores the unique impact that trauma, culture and personal experience can have on the transition to parenthood. A healthy start is never guaranteed for families with young children. Trained professionals can make a lasting impact on families by effectively addressing parent mental health. Click here to see the [training outline](#).

AUDIENCE

CYF-BHS counselors, family and youth support partners, therapists, case managers, and other direct service providers working with children, youth and families.

LOCATION

Academy for Professional Excellence
6367 Alvarado Court; Suite 105
San Diego, CA 92120



Trainers

[Gretchen Mallios, LCSW](#)

[Claudia Rios-Gastelum, LMFT](#)



Learning Objectives

Upon completion of this training participants will be able to:

- Describe the range of PMADs that impact pregnant and postpartum parents.
- Identify screening, diagnostic, and communication/engagement tools that are most effective when working with PMADs.
- Discuss the ways in which culture, identity, and personal experience impact care delivery, communication, and solution building.
- Identify resources and supports to support pregnant and postpartum families who are dealing with mental and emotional stressors of parenting.

Registration If you already have an account, you may search for the course by name or course code. [Click here](#) to log into the LMS. If you do not already have an account in the LMS you will need to open an account. Please [click here](#) to request an LMS account. Email BHETA@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education This course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0820, and CAAE Provider # CP10-906-CH0320 for 4 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).