

# BEST PRACTICES IN PREVENTION, IDENTIFICATION, AND TREATMENT OF PERINATAL MOOD AND ANXIETY DISORDERS

TRAINERS: HEIDI KOSS, LMHC AND MIA EDIDIN, LICSW



PERINATAL  
SUPPORT  
WASHINGTON



## Training Topics for 2 day training:

- The “real” transition to parenthood.
- Risk factors for PMADs.
- Key prevention strategies.
- High risk populations and health disparities.
- Impact of birth experiences on mental health
- Impacts on families and communities.
- Risk and symptoms for partners and fathers.
- Components of a treatment plan.
- Effectively talk about, and screen parents.
- Psychiatric medications during pregnancy and breastfeeding.

**13.5 CEUs pending for LICSW, LMHC, LMFT**

**13.5 Contact Hours approved for RNs**

**Open to anyone working with childbearing families.**

**Lunch Provided**

Provider approved by the California Board of Registered Nursing, Provider Number 17084 for 13.5 contact hours.

## PRESCRIBER BREAKOUT SESSION: THURSDAY JAN 30th 1:00 - 5:00 pm

Presented by UW perinatal psychiatrists, Drs. Amritha Bhat and Deborah Cowley.

Prescribers are invited to attend Thursday and Friday, or register for Thursday only.

Topics will include: differential diagnosis, risks of untreated mental disorders versus/risks benefits of psychotropic medication use during pregnancy and lactation, and informed consent discussions with pregnant and breastfeeding women regarding commonly used psychotropic medications.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## January 30 & 31, 2020 9:00 am-5:15 pm

**Kadlec Regional Medical Center, 2nd Columbia Conference Room**

**888 Swift Blvd., Richland, WA 99352**

This training is free and offered by Perinatal Support WA through a grant from Strengthening Families Washington at the Department of Children, Youth, and Families (DCYF).

Generously hosted by Providence Health Care.

**Register and more info: [www.perinatalsupport.org/continuing-ed/](http://www.perinatalsupport.org/continuing-ed/)**