



NV Statewide Maternal and  
Child Health (MCH) Coalition  
*Healthy moms and children strengthen Nevada*

## Perinatal Mood and Anxiety Disorder Program

# SCOPE OF WORK

The Nevada Statewide Maternal and Child Health (MCH) Coalition and Dignity Health – St. Rose Dominican will conduct training, engagement and educational activities aimed at professionals, and related MCH stakeholders, about Perinatal Mood and Anxiety Disorders (PMAD) in order to better support patients and families.

# **GOAL 1: EDUCATE HEALTHCARE PROFESSIONALS AND MCH STAKEHOLDERS ABOUT RECOGNIZING, ASSESSING, AND REFERRING WOMEN TO ACCESSIBLE SERVICES AND RESOURCES FOR PERINATAL MOOD AND ANXIETY DISORDERS(PMAD)**

## **Objective:**

- Coordinate and conduct training of health professionals to enable them to discuss PMAD and help screen, identify, and refer clients
- Inform public about PMAD
- Build knowledge and relationships within MCH community

## **GOAL 2: PROVIDE EMOTIONAL AND PSYCHOLOGICAL SUPPORT SERVICES TO WOMEN DIAGNOSED WITH PMAD TO ASSIST IN RECOVERY**

### **Objective**

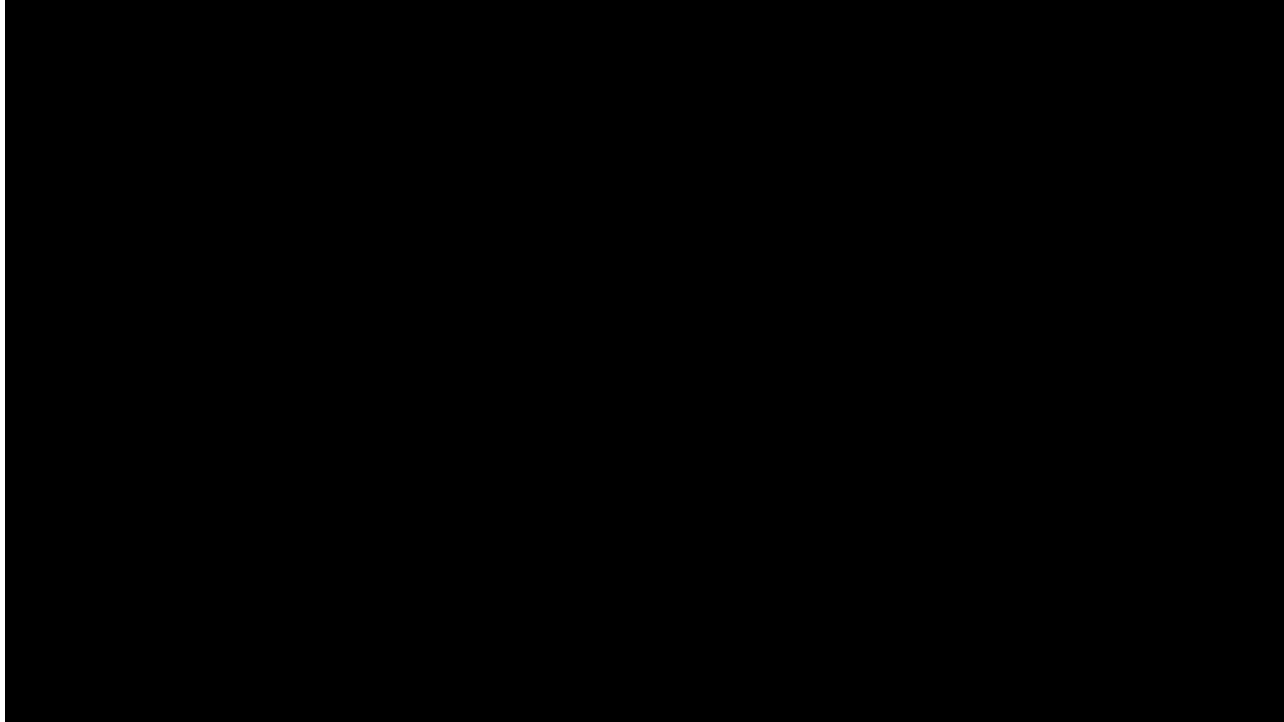
- Ensure information is up to date on the Nevada 2-1-1 website
- Contract facilitator's to conduct bimonthly support groups at Dignity Health locations
- Refer to appropriate service(s)

# GOAL 3: PROVIDE EMOTIONAL AND PSYCHOLOGICAL SUPPORT SERVICES TO WOMEN DIAGNOSED WITH PMAD TO ASSIST IN RECOVERY.

## Objective

- Provide confidential and supportive environment for women diagnosed with PMAD to gain specific information, understanding, and helpful tools.
  - Support Groups (two contract facilitators)
  - Provide one-on-one therapeutic counseling (licensed mental health clinician)

# SPEAK UP WHEN YOU ARE DOWN – KELLY’S STORY



# WELCOME TO THE MATERNAL AND CHILD HEALTH (MCH) COALITION'S PERINATAL MOOD AND ANXIETY DISORDER (PMAD) TRAINING

You are not alone  
You are not to blame  
With the right help you will get better

Postpartum Support International

# PERINATAL MOOD AND ANXIETY DISORDER TRAINING

- **Goal** - to increase awareness of the signs and symptoms of perinatal mood and anxiety disorders to healthcare professionals in order to support and refer women and families.
- **Objectives** - by the end of the PMAD training, participants will be able to:
  - Understand perinatal mood and anxiety disorders and identify who is impacted.
  - Know the risk factors associated with PMADs.
  - Understand the related social issues.
  - Describe how stigma often gets in the way of women getting care and help remove the stigma associated with mental health issues.
  - Identify local resources and referral systems.

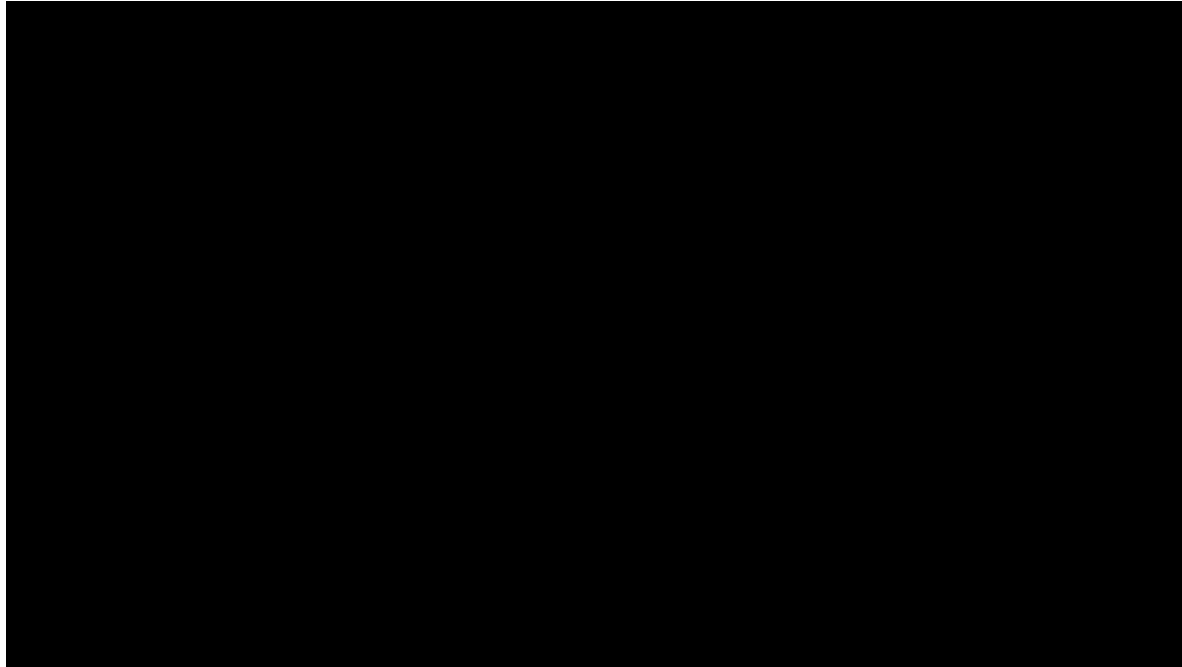


# WHAT ARE PERINATAL MOOD AND ANXIETY DISORDERS?

- Perinatal – anytime from conception through one year after delivery
- NOT the Baby Blues
- Depression or other mood disorder during perinatal period
- Anxiety, with or without depression, during the perinatal period

*These disorders can happen during pregnancy or the postpartum period*

# NADEGE'S STORY



# THE (INTERNAL) THOUGHTS OF POSTPARTUM DEPRESSION

No one has ever felt as bad as I do - *helplessness*

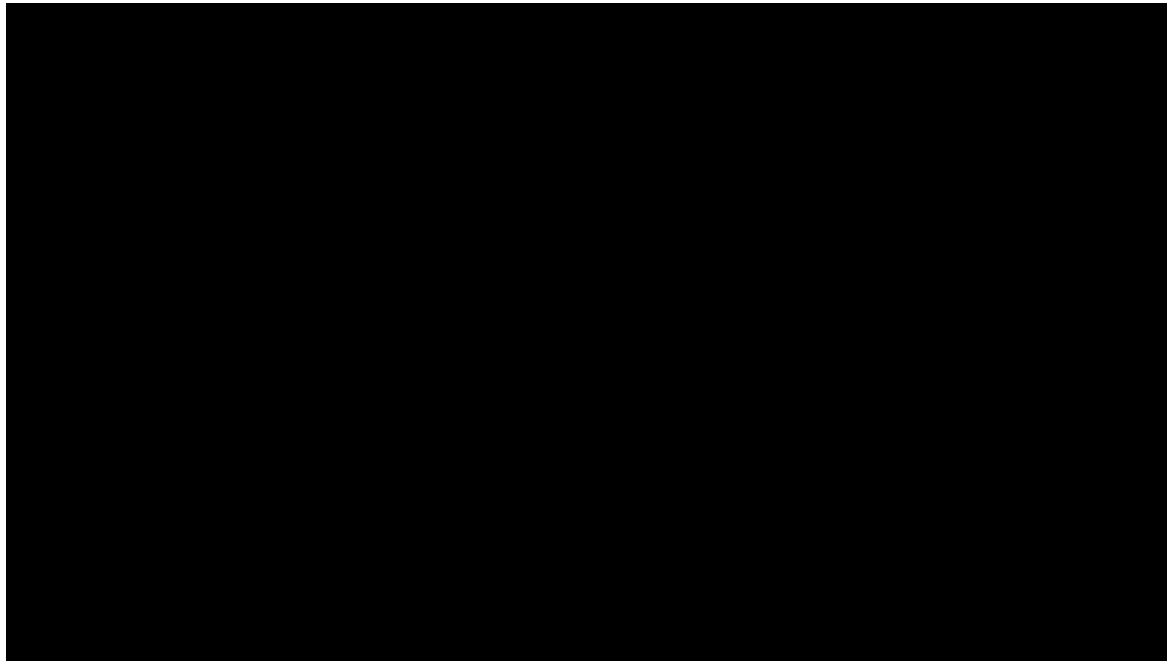
I have made a terrible mistake - *anxiety*

I am all alone and no one understands - *isolation and withdrawal*

I'm a failure as a mother, woman and wife - *guilt, diminished self-esteem*

I'm losing it - *despair*

# NADEGE'S STORY PART 2



# VULNERABLE POPULATIONS AT SIGNIFICANTLY GREATER RISK

- Teens
- Single moms
- Military women
- Low income women
- Recent immigrants
- Socially isolated women
- Women with high risk pregnancy/infertility problems
- NICU moms

# STIGMA

- Mental illness doesn't look the same as physical illness
- Mental Illnesses are often misunderstood and judged
- Some common misconceptions of mental illnesses:
  - It's "a personal weakness"
  - It can be controlled
  - It's not real

# WHAT CAN YOU DO?

Empathy is an emotional, social skill that helps us feel and understand the emotions, circumstances, intentions, thoughts and needs of others, such that *we can offer sensitive, perceptive, and appropriate communication and support.*

*Ruth Beagelhole, LMFT*

# BENEFITS OF GETTING HELP

- Improved feelings of connectedness with baby
- Healthier weight gain during pregnancy for mother and baby
- Fewer problems with sleep
- Greater success in breastfeeding
- Healthier social and behavioral growth for the child



# RESOURCES

Refer to physician - first

## Support Group

- 2298 W. Horizon Ridge Pkwy., Ste. 215 – (702)476-8998
- Meets the first and third Monday's of every month at 7:30pm (not in resource book).

## PSI Weekly Online support Groups (English & Spanish)

[www.supportgroupcentral.com/PSI](http://www.supportgroupcentral.com/PSI)

Wednesday Chats for Moms and helpers

[www.postpartum.net/chat-with-an-expert/](http://www.postpartum.net/chat-with-an-expert/)

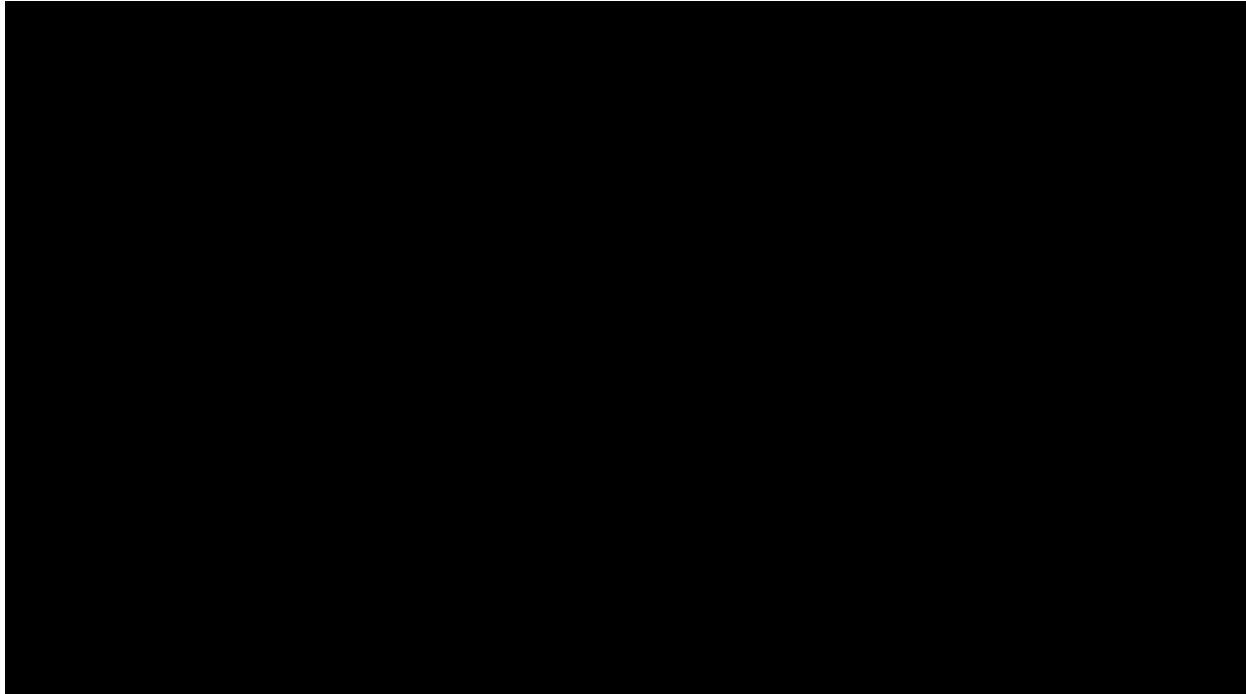
Chat Number 800-944-8766

Participant code: 73162

## WomensCare Centers

- Green Valley, San Martin, and Henderson locations offering Mommy Mixers and support.

# SPEAK UP WHEN YOUR DOWN



# UNIVERSAL MESSAGE

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You are not to blame

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Postpartum Support International