This two-day event addresses a woman's psychological and emotional health during the perinatal period, including the normal, typical course of pregnancy, high-risk pregnancies, domestic violence, pregnant women with unresolved grief or loss, and those women experiencing depression or other mental health disruptions. Assists the pregnant woman in moving beyond the physical dimensions of pregnancy by addressing the emotional and psychological challenges new mothers face, including postpartum depression, unresolved grief or loss and other mental health disruptions.

Working with infants, children, adolescents and their families in the mental health field for over 25 years, Dr. Solchany is an Assistant Professor at the University of Washington’s School of Nursing, a Clinical Specialist and Board Certified Nurse Practitioner in Infant, Child, and Adolescent Psychiatric Nursing and a Child Psychotherapist, specializing in issues of adoption, attachment, child-parent relationships, pregnancy, trauma, and divorce. Dr. Solchany is a regular presenter and author on a variety of issues related to infants, young children, and families. She is author of the award winning book, Promoting Maternal Mental Health During Pregnancy: Theory, Practice, and Intervention (2001). Her programs are currently being used with pregnant women and new moms throughout the United States as well as Japan, Canada, Sudan, Iran, Mexico, Costa Rica, Puerto Rico, New Zealand, Pakistan, Great Britain, Iceland, Australia, and Denmark.

2 days – (curriculum handouts, afternoon & evening refreshments, continental breakfast, and Tuesday lunch)

Monday & Tuesday, October 27-28, 2008, Marriot Courtyard, Moorhead, MN

$135/members $155/non-members
Promoting Maternal Mental Health During the Perinatal Period
With JoAnne E. Solchany, PhD, ARNP, RN, BC

Sample Agenda

Monday, October 27, 2008
12:00 - 12:30  Sign-in
12:00 -12:45  Welcome
12:45 - 2:45  The Mind-Body Connection
2:45 -3:00  Break
3:00 - 4:30  Mental Health Assessment During Pregnancy and Post Partum
4:30 - 6:00  Dinner Break (on your own)
6:00 - 8:00  Prenatal and Post Partum Depression

Tuesday, October 28, 2008
8:00- 8:15  Sign-in and Continental Breakfast
8:15- 9:45  Supporting Emotional and Mental Health During Pregnancy
9:45-10:00  Break
10:00-12:30  Trauma During Pregnancy and Post Partum
12:30- 1:30  LUNCH (Provided)
1:30- 3:30  Working with Difficult to Engage Families (Includes 15min. Break)
3:30- 4:00  Q&A and EVALUATIONS
Maternal Mental Health during the Perinatal Period
Two Day Training

Day One: (6 hours)

Introduction: The Mind-Body Connection (2 hours)
This session will explore how the mind and the body within the pregnant woman are intricately connected, as well as how these connections weave with the development of the fetus. An overview of the mental health issues and how they present during pregnancy will be provided. Participant will be able to:
1. Identify two physical implications of maternal stress during pregnancy on the expectant mother.
2. Identify two physical implications of maternal stress during pregnancy on the expectant unborn child.
3. Differentiate between pregnancy related changes in the expectant woman and those that indicate areas of concern.

Mental Health Assessment during Pregnancy and Post Partum (1.5 hours)
This session will explore specific assessment considerations for mental health issues during pregnancy, including present status, influence of past experiences, and the implications of future plans and fantasies. The process of assessment and strategies which enhance this process, facilitating a more complete assessment, will be examined. Participant will be able to:
1. Identify at least three specific areas of mental health that should be assessed in all pregnant women.
2. Explain how the assessment process becomes a type of intervention.
3. Identify three strategies to successful assessment if the resistant client.
4. Demonstrate an ability to utilize the mental health during pregnancy assessment guide.

Prenatal and Post Partum Depression (2.5 hours)
This session will specifically address the symptoms and process of prenatal depression, as well as the characteristics and trajectory of post partum depression. Possible impacts on both the mother and child will be explored. Screening tools, interventions, and the use of medicine during pregnancy will also be discussed. Participant will be able to:
1. Identify three protective mechanisms against prenatal depression.
2. Differentiate symptoms of depression during pregnancy from symptoms of pregnancy.
3. Discuss the risks of using antidepressive medications during pregnancy compared to those of not using medications.
4. Demonstrate an understanding of how to screen for depression prenatally and post partum.

Case Presentations on Depression in Pregnancy
Two cases will be provided as an opportunity to explore and discuss the role of prenatal and post partum depression on the outcomes for both mother and her child.
Day 2 (6 hours)

Supporting Emotional and Mental Health During Pregnancy (1.5 hours)
This session will focus on the role and importance of social support during the perinatal period. Specific interventions will be demonstrated and discussed.
Participant will be able to:
1. Identify at least three different interventions that can be integrated into their current client or patient populations.
2. Describe the role of social support in the perinatal period and at least one strategy for increasing healthy social support.
3. Describe the “normal” emotional changes during pregnancy and post partum, how to support them, and when to intervene.

Stress and Trauma During Pregnancy and Post Partum (2.5 hours)
In this session participants will explore the immediate impact and long term implications of trauma on the pregnant woman and her unborn child. Domestic violence will be explored with regard to the impact on both mother and child.
Participant will be able to:
1. Describe the risk of domestic violence in pregnant women.
2. Identify and create a possible safety plan a client might use.
3. Define at least three sources of potential trauma during the perinatal period.

Case Presentation: A Case of Trauma
This presentation will focus on a young mother, her past trauma, and the impact on both the development of a relationship with her baby.

Working with Difficult to Engage Families (2 hours)
Participants will get a chance to explore different strategies and methods designed to facilitate engagement or to more fully engage resistant, hostile, or traumatized families. In addition, methods for self care when working with high risk families will be discussed.
Participant will be able to:
1. Identify at least two strategies for engaging resistant and reluctant clients or patients.
2. Describe the various ways families can disengage or resist.
3. Describe two methods or strategies to promote self care and/or self healing for those working with difficult, hostile, or traumatized families.
# Promoting Maternal Mental Health During the Perinatal Period

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**TOTALS**

**Where to Send Registration**

Please email or fax your registration form by **Friday, October 10, 2008** to:

Name: Gayle Kelly, MHSA Executive Director

Email Address: gayle@mnheadstart.org

Fax Number: (218) 728-0083

**MAIL REGISTRATION FEE**

MHSA, 904 Valley Drive, Duluth, MN 55804

**OR BRING CASH/CHECK**

To the Door or Registration Table

**Our Policy**

It is the policy of this organization that the registration is transferable but not refundable.