

# **Mental Health First Aid for the Perinatal Provider**

**Facilitated by Kristin Cavuto, MSW, LCSW, IBCLC**

**9:00 a.m. – 4:30 p.m. CST**

4 hours lecture + 2 hours facilitated discussion = 6 CERPS

**9.00 a.m. - 10.00 a.m.**

## **Module 1 - Introduction and Cultural Humility**

This module will introduce the speaker and the concept of Mental Health First Aid. It will explain who the perinatal healthcare provider is, and why that provider needs to be informed about perinatal mental health. It will introduce the concept of the hierarchy of needs for the perinatal client.

This module will also cover the topic of cultural humility and bias. It will educate the participant as to the nature of explicit and implicit bias and how medical bias affects the perinatal client. It will teach how the perinatal healthcare provider can recognize their own biases. It will stress the importance of culturally humble care to improve outcomes, including mental health outcomes, in marginalized populations.

**10:00 a.m. - 10:30 a.m.**

## **Module 1 Facilitated Discussion**

**10:30 a.m. - 10:45 a.m.**

## **Morning Break**

**10:45 a.m. - 11:45 a.m.**

## **Module 2 - Mental Health Challenges in the Perinatal Client**

This module will describe the various mental illnesses that affect the perinatal population. It will cover depression, anxiety, PTSD, psychosis, and obsessive compulsive disorder. It will discuss prevalence in the perinatal population, as well as signs and symptoms of the disorders. It will educate on the effect of pre-existing mental illness in the perinatal client.

**11:45 a.m. - 12:15 p.m.**

## **Module 2 Facilitated Discussion**

**12:15 p.m. - 1:15 p.m.**

## **Lunch Break**

**1:15 p.m. - 2:15 p.m.**

**Module 3 - Suicidality in the Perinatal Client/Seeking Help for Mental Illness**

This module will educate the perinatal provider on suicidality. It will teach how to ask the perinatal client about suicidal ideation and how to assess lethality of intent. It will describe the process of acting on a client's suicidal ideation in several scenarios. It will discuss documentation of suicidal ideation. It will discuss how bias affects both the provider and the client in the case of suicidality. This module will also cover the types of mental health treatment and which type is appropriate in what circumstances. It will discuss barriers to mental health care in the perinatal period, and how the provider can help to overcome those barriers.

**2:15 p.m. - 2:45 p.m.**

**Module 3 Facilitated Discussion**

**2:45 p.m. - 3:00 p.m.**

**Afternoon Break**

**3:00 p.m. - 4:00 p.m.**

**Module 4 - Addiction, Eating Disorders, and Intimate Partner Violence in the Perinatal Client**

This module will educate the perinatal provider on addiction and eating disorders in the perinatal population. It will discuss the prevalence of these issues. Signs and symptoms of addiction and eating disorders will be discussed. It will describe the options for care for these clients. This module will also educate on intimate partner violence (IPV) in the perinatal period. It will discuss how to assess an IPV situation for provider and client safety. It will educate on how to help a client in an IPV relationship, and how bias affects what help is useful and appropriate.

**4:00 p.m. - 4.30 p.m.**

**Module 4 Facilitated Discussion/Wrap-up**