

# Perinatal Mood Disorder Training sponsored by The Cape and Islands Maternal Depression Task Force



**Please join us for a free, virtual training on March 7, 2023  
from 6:00pm to 8:00pm**

The training is for Doulas, Lactation Care Providers, Baby Nurses, Support Group Facilitators and any professional who engages with new Mothers. Our facilitator for this training will be Ann Smith, former President of Postpartum Support International.

**Ann Smith is a Registered Nurse, Certified Nurse Midwife and Women's Health Nurse Practitioner. She graduated from Cornell University School of Nursing with a BSN and Columbia University with a MSN specializing in Midwifery. She served on the board of Postpartum Support International (PSI) and was the former President from 2014-2022. She is currently on PSI's Advisory Council, works as a Consultant and serves as Vice Chair at Fairwinds-Nantucket's Counseling Center.**

**This training will include:**

- **Learning about the temporary and treatable nature of Perinatal Mood Disorders, aka., PMAD's and how to educate and discuss with Moms**
- **The types of PMAD's and how they may present**
- **Assessment for Perinatal Mood Disorders**
- **The difference between intrusive thoughts vs. psychosis**
- **How to talk to Moms about finding support when PMAD's are detected**
- **Education on medication management and ways to offer insight for safe options**
- **How to manage a crisis situation**
- **Local resources for non-crisis and crisis situations**
- **Q & A**

**For those interested, two contact hours will be provided via a certificate following completion of the training.**

**To register, please email Kerry McCarthy, Coordinator for The Maternal Depression Task Force of the Cape and Islands at [kerry.mccarthy.miller@gmail.com](mailto:kerry.mccarthy.miller@gmail.com).**

**Please RSVP by March 3rd, 2023.**



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