

Purpose, Objectives, and Disclosures

Perinatal Wellness & Mental Health Series: Guidance for all perinatal professionals

February 12 & 26, & March 12 & 26, 2025

This activity offers maximum educational hours of:

4.00 clock hours for **SOCIAL WORKERS**

4.00 educational hours for **OTHER Healthcare Professionals** (Certificate of Completion)

Educational hours for all disciplines will be based on the sessions you report as attending.

FOR REPORTING PURPOSES: RETAIN THIS DOCUMENT AND THE AGENDA TO CONFIRM AVAILABLE HOURS

IMPORTANT REQUIREMENTS FOR CONTINUING EDUCATION OPPORTUNITIES

- ✓ Participants requesting credit must be registered for the event and have verified attendance.
- ✓ Attend at least one session in the series. Credits will be given based on your attendance at sessions. If you have verified attendance in all sessions, you will receive the credit amounts shown above.
- ✓ **TO RECEIVE CE HOURS OR A CERTIFICATE OF ATTENDANCE, YOU MUST COMPLETE THE EVALUATION!**
- ✓ Direct any questions to: AStagg@mphi.org

PLEASE NOTE: CREDIT WILL NOT BE AWARDED UNLESS ALL CRITERIA IS MET

PURPOSE:

This winter training series will discuss how all professionals who support perinatal women can provide mental health education, support, screening and linkage to treatment resources. Every person who supports people during pregnancy and postpartum have an opportunity to promote mental wellness, identify those at risk for depression and anxiety and have meaningful conversations with women about their options for support and treatment. Participants in this series will participate in education and discussion with colleagues from around the state who are all invested in improving the lives of women, caregivers and children.

LEARNING OBJECTIVES:

Describe emotional wellness and strategies for balancing emotional wellness, sleep and breastfeeding.
 Identify risk in early parent child bonding and describe how to address this risk.
 Explain how to recognize anxiety and depression in perinatal people and how to link them to treatment.

SESSION OBJECTIVES:

Session Date: February 12, 2025

Session Title: Wellness During the Perinatal Period

Presenter(s): Meghan Keil, M.D.

Available CE: 1.00 SW

Session Date: February 26, 2025

Session Title: Parent/Child Bonding and Relational Health

Presenter(s): Rena Menke, Ph.D.

Available CE: 1.00 SW

Purpose, Objectives, and Disclosures

Session Date: March 12, 2025

Session Title: Recognizing Perinatal Anxiety and Depression

Presenter(s): Alyssa Stevenson, M.D.

Available CE: 1.00 SW

Session Date: March 26, 2025

Session Title: How to Talk to Patients and Treatment Options

Presenter(s): Mahela Ashraf, M.D.

Available CE: 1.00 SW

DISCLOSURES:

All presenters and planning committee members have completed a Financial Disclosures document that includes an explanation of Relevant Financial Relationships. Based on these forms none of the planning committee members or presenters have relevant financial relations with ineligible companies to disclose.

AVAILABLE CONTINUING EDUCATION:

Social Work Clock Hours Designation

A total of **04.00** Social Work clock hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions.

This course is approved by the Michigan Social Work Continuing Education Collaborative – Approval #MICEC-0042

All participants have been provided with a copy of the event purpose statement, event goals, event objectives, session descriptions, session goals, session objectives, and disclosure statements prior to the start of this event.