

Perinatal Mood & Anxiety Disorders: Building a Community-Based System of Support

Friday, August 1, 2014

8:30 a.m. – 3:30 p.m.

Hilton Garden Inn — Columbia, Missouri



Training and discussion on building systems of support in communities for women with perinatal mood and anxiety disorders

Did you know that 1 in 8 moms will develop a postpartum mood or anxiety disorder (PMAD)? For high-risk women, it may be as high as 1 in 4!

Perinatal mood and anxiety disorders affect millions of people in America each year. The impact of these illnesses extends beyond the mother and affects children, partners, loved ones, and the community. Infants of moms who have PMADs are more likely to become children with cognitive, social-emotional and behavioral problems, as well as experience abuse and neglect.

Psychologist Dr. Diane Sanford, an internationally recognized expert in perinatal mood and anxiety disorders, and co-author of "Life Will Never Be the Same: The Real Mom's Postpartum Guide", will present an overview of how mood and anxiety disorders affect childbearing women, who's at risk, evidence-based treatment strategies, and the importance of developing community-based systems of support.

Join the discussion on how we can strengthen, improve, and build a system of support in our communities.

- ♥ What are the resources, gaps, and barriers?
- ♥ What are the issues to consider?
- ♥ What issues can we begin to address?
- ♥ What models are working?
- ♥ How do we partner to coordinate efforts to support moms with PMADs in Missouri?

This is an opportunity for education, networking, and involvement to improve the health of Missouri families.

Registration is \$30. For more information and to register, go to:

<http://www.eventbrite.com/e/perinatal-mood-anxiety-disorders-building-a-community-based-system-of-support-tickets-11700036123?aff=rss>

Sponsors:

March of Dimes, Greater Missouri Chapter:

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