

## Speakers

♥ Sally Riley is the President of PPRC and volunteer coordinator. She is a certified childbirth educator, DONA certified advanced birth doula, DONA birth doula trainer and a certified breastfeeding educator. She is the Co-Director of the Academy of Certified Birth Educators and president of The Doulas of Greater Kansas City. She is also a member of the Kansas City Birth Network, March of Dimes Program Services Committee, and the Pregnancy and Infant Committee with Mother and Child Health Coalition.

♥ Jane McKinney is a licensed clinical social worker (LCSW) in Missouri and a licensed specialist clinical social worker (LCSW) in the state of Kansas. Working at A Balanced Life LLC, she is available to help people of all ages regain control of their life. She is a true believer in each person's innate capacity for, and natural progression towards, healing. Her therapy approach celebrates each person's individuality with a goal to restore hope, power, and control.

♥ WIC State District Nutritionists:  
Ernestine Persley, RD, LD  
Stephanie Pruess, RD, LD, IBCLC

WILL BE HELD AT FIVE  
MISSOURI SITES

# Counseling for Postpartum Depression



## Audience

The training is open to anyone including local WIC agency staff, home visiting nurses and other healthcare providers.

## Agenda

- ♥ Viewing of the documentary "Dark Side of the Full Moon"
- ♥ Facilitating discussion of the documentary
- ♥ Providing information on signs and symptoms
- ♥ Using screening tools
- ♥ Supplying appropriate referrals
- ♥ Specifying WIC's role in counseling

## Learning Objectives

- ♥ Identify the purpose of screening for postpartum depression.
- ♥ Describe two ways to integrate the subject of maternal mental health information into their work with WIC women.
- ♥ Detect stigmas/barriers for mental health among women.
- ♥ Pinpoint 2 ways to overcome barriers to getting help.
- ♥ Recognize the best time(s) and how often to screen women.
- ♥ List two local resources to support women who have or are at risk.
- ♥ Discuss optimal screening tool and time for administering and evaluating screening tool(s) in WIC.
- ♥ Talk about documentation and follow up requirements for participants screened and/or referred.
- ♥ Describe when to assign Risk Factor 361 Depression and/or Risk Factor 357 Drug Nutrient Interactions.
- ♥ Define one way to educate WIC women who have been assigned Risk Factor 361 Depression.

## Sites

- ♥ July 14<sup>th</sup> – Springfield at the Hammons Heart Institute (Mercy Hospital)
- ♥ July 28<sup>th</sup> – Kansas City at the Bruce R. Watkins Cultural Heritage Center
- ♥ August 2<sup>nd</sup> – Cape Girardeau at the Cape Girardeau Public Library
- ♥ August 3<sup>rd</sup> – Berkeley at the St. Louis County Health Department
- ♥ August 4<sup>th</sup> – Columbia at the Columbia/Boone County Department of Public Health and Human Services

Exploring the often ignored issue of maternal mental health in the United States.

Sponsored by the Missouri Department of Health and Senior Services' Nutrition Training Institute

Registration opens at 9:00 a.m.

Training from 9:30 a.m. - 4:00 p.m.

To Register:  
<http://health.mo.gov/living/families/wic/wictraining/profdev.php/>

For Questions:  
Contact Michele Bailey at [Michele.Bailey@health.mo.gov](mailto:Michele.Bailey@health.mo.gov)



## Accreditation

- ♥ The NTI, accredited by the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics has approved this program for 6 CPEs for Registered Dietitians and Dietetic Technicians, Registered.
- ♥ Missouri WIC is qualifying this for 6 hours of Continuing Nutrition Education for WIC staff.