

Introduction to Perinatal Mood and Anxiety Disorders

Register Here



[Register using this link](#)



January 16, 2024

12:00 P.M. - 1:00 P.M.

Virtual Meeting



Dr. Latoya Frolov

Presenting from
UT Southwestern Medical Center

If you have CME/CEU questions, please email Edu-Services@ttuhsc.edu for assistance.

Overview

Maternal and child mental health are closely linked, especially during the perinatal period. One in five new Texas mothers may experience mental health conditions such as depression, and mental health challenges are one of the leading causes of preventable maternal mortality within the first year of giving birth. The state-funded [Perinatal Psychiatry Access Network \(PeriPAN\)](#) offers free perinatal psychiatry consultation and education to health clinicians who interact with new mothers and mothers to be.

Join us during our free virtual Grand Rounds series on Perinatal Mental Health. Participants can expect engaging discussions on evidence-based practice and care. Texas Tech University Health Sciences Center and the PeriPAN program are pleased to provide free CME credits for participants.

Learning Objectives

- Discuss the clinical diagnosis of perinatal mood and anxiety disorders (PMADs)
- Identify risk factors of developing PMADs
- Approach to assessment and treatment of perinatal mood and anxiety disorders

Screening and Diagnosis of Bipolar and Schizophrenia Spectrum in the Pregnancy and Postpartum Period

Register Here



[Register using this link](#)



February 20, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Bella Nguyen

Presenting from UNT Health Science Center

If you have questions, please email Edu-Services@ttuhsc.edu for assistance.

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Learning Objectives

- Describe the prevalence of bipolar disorder and schizophrenia during the peripartum period
- Identify risk factors contributing to relapse during pregnancy and postpartum
- Differentiate the differential diagnoses for these disorders and commonly missed Initial symptoms



Screening and Diagnosis of Anxiety and Depression in Pregnancy and the Postpartum Period

Register Here



[Register using this link](#)



March 19, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Lisa Boyars

Presenting from UT Health Austin

If you have questions, please email Edu-Services@ttuhsc.edu for assistance.

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Learning Objectives

- Understand the diagnostic considerations for anxiety and depression
- Describe the various screening tools used to diagnose perinatal anxiety and depression
- Conceptualize what populations and how often to screen perinatal persons for depression and anxiety



Suicide Risk and Safety Assessment in Perinatal Mental Health

Register Here



[Register using this link](#)



April 16, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Jasmine Stephens

Presenting from
The University of Texas Southwestern
Medical Center

If you have questions, please email Edu-Services@ttuhsc.edu for assistance.

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Learning Objectives

- Identify risk factors for suicide
- Apply Screening questionnaires for suicide in clinical visits
- Develop a safety plan for patient's at risk for suicide
- Implement resources for suicide prevention and mental health support in clinical practice

Psychotropic Medication in Breastfeeding and Pregnancy

Register Here



[Register using this link](#)



May 21, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Abhisek Khandai, MD

UT Southwestern Medical Center

If you have questions, please email Edu-Services@ttuhsc.edu for assistance.

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Learning Objectives

- Appreciate the concept of “The Exposure Model” when considering the risks and benefits of psychotropic medication in breastfeeding and pregnancy
- Understand the risks of untreated psychiatric illness during the perinatal period
- Critically examine the literature regarding the risk of antidepressant, anxiolytics, antipsychotics, and mood stabilizers use during each stage of the perinatal period
- Select first line treatment for perinatal psychiatric disorders
- Develop a working model of counseling patients on the risks of illness exposure versus risk of treatment with consideration of appropriate documentation



GRAND ROUNDS

Psychopharmacology and Perinatal Mood and Anxiety Disorders

Register Here



[Register using this link](#)



June 18, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Charlena Melnyk

Presenting from
The University of Texas Medical Branch

If you have questions, please email Edu-Services@ttuhsc.edu for assistance.

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Learning Objectives

- Increase understanding of mental health disorders in the perinatal period
- Increase knowledge of risks versus benefits of pharmacological treatment during pregnancy and in the postpartum period
- Confidently discuss treatment plans with patients

Substance Use in the Perinatal and Postpartum Periods

Register Here



[Register using this link](#)



July 16, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Amy Stark

Presenting from
Texas Tech University Health Sciences Center

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Learning Objectives

- Recognize the challenges with data collection for perinatal SUDs
- Develop an understanding of the stigma that patients with SUDs face
- Recognize how that stigma is compounded for perinatal patients
- Identify gender differences in substance use disorders
- Describe the diagnostic criteria for a substance use disorder

Eating Disorders and Perinatal Mental Health

Register Here



[Register using this link](#)



August 20, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Karen Horst

Presenting from Baylor College of Medicine

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Learning Objectives

- Outline the classification and epidemiology of eating disorders
- Examine the course of different eating disorders during the peripartum
- Identify options for screening and treatment of pregnant and postpartum patients suspected of having an eating disorder

Perinatal and Postpartum Psychosis

Register Here



[Register using this link](#)



September 17, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



Dr. Anastasia Ruiz

Presenting from
Texas Tech University Health Sciences Center

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Learning Objectives

- Illustrate typical and atypical clinical presentations of psychosis in the postpartum period and discuss limitations of current diagnostic terminology
- Differentiate between when intrusive thoughts of harm to infant do or do not incur risk of harm
- Develop a comprehensive treatment plan for a patient suffering from postpartum psychosis

Paternal Mental Health and the Perinatal Postpartum Periods

Register Here



[Register using this link](#)



October 15, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



**Dr. Kimberly Celeste
Samuels**

Presenting from Baylor College of Medicine

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Learning Objectives

- Identify and describe the factors that may influence the emotional experience of fathers in the perinatal and postpartum periods
- Describe the prevalence of paternal mental disorders in the perinatal and postpartum periods
- Identify and describe presentation of paternal mental health disorders in the perinatal period
- Describe screening, intervention and support of fathers in the perinatal period and postpartum periods

NICU Parent Supports and Considerations

Register Here



[Register using this link](#)



November 19, 2024

12:00 P.M. - 1:00 P.M. CT

Virtual Meeting



TBD

TBD

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Learning Objectives

- Identify and describe the emotional experience of a NICU hospitalization on parents during hospitalization and discharge
- Identify and describe mental health disorders most prevalent among NICU parents. risk factors and Implications
- Identify and describe how mental health providers can provide trauma Informed care, help parents cope, and support the parent-infant dyad
- Describe supportive resources to support NICU families