



The Perinatal Mental Health Series provides healthcare professionals with the tools and information to enhance quality of care and improve healthcare outcomes for pregnant and postpartum women experiencing untreated depression, anxiety, substance use, and other behavioral health disorders.



Available Courses	Description	Contact Hours
Serious Mental Illness in the Perinatal Period	<ul style="list-style-type: none"> Describe best practices for supporting perinatal patients who experience serious mental illness Discuss symptomology & treatment options 	1.0
Dyadic Attachment & Perinatal Mood	<ul style="list-style-type: none"> Explain how perinatal mood & anxiety disorders (PMADs) can affect the mother's ability to bond with her fetus/newborn Share tools to use in your practice to both assess the quality of attachment & provide avenues of support for mom and baby 	1.50
Perinatal Mental Health Conditions: An Introduction to Supporting Mental Wellness During Pregnancy and Postpartum	<ul style="list-style-type: none"> Describe how mental & physical wellness intersect and jointly impact outcomes for perinatal patients Discuss the symptoms of PMADs & best practices for implementing & reviewing screening tools in a clinical setting 	1.0
Integrated Behavioral Health Care: Working to Provide Equitable Access to Mental Health Care for Perinatal Women	<ul style="list-style-type: none"> Describe how an integrated care model can benefit perinatal patients in primary care & obstetric settings & learn how to implement it Discuss PMADs & barriers to accessing quality mental health care for North Carolina women 	1.25
Best Practices for Medication Management in Perinatal Mental Health	<ul style="list-style-type: none"> Identify the benefits and risks of using medications to manage mental health and sleep disturbances Discuss psychotropic medications that are appropriate and safe for perinatal patients 	1.0
Addressing Substance Use in the Perinatal Period	<ul style="list-style-type: none"> Identify the unique challenges of substance use and substance use disorders in the perinatal period. Discuss best practices to initiate and support treatment and recovery. Discuss best practices for screening and assessing perinatal patients for substance use disorders. 	1.0