



## Perinatal Mood and Anxiety Disorders: A Guide for Healthcare Providers

April 24, 2015  
8:30 am–4:00 pm



**Location**  
**Crowne Plaza Hotel**  
**Hickory, N.C.**

### Who Should Participate

Nurses, counselors, social workers, psychologists, physicians, parent teachers, home visitors and other providers caring for women with perinatal mood disorders.

### Program Overview

This full-day workshop will focus on perinatal mood and anxiety disorders: the scope of the problem, diagnosis and related treatments.

### Objectives

**Upon completion of this knowledge-based program, participants should be able to:**

- Identify the scope of perinatal mood and anxiety disorders.
- Describe specialized care to enhance low income mother/baby connections.
- Discuss individualized counseling techniques for women diagnosed with perinatal mood disorders.
- Examine the effects of PMADs on parental and family dynamics.
- Explore the use of selected medications for the treatment of perinatal mood disorders.

Jointly provided by:

Wake Forest School of Medicine and  
Northwest Area Health Education Center (AHEC)  
of Wake Forest School of Medicine and a part of  
the North Carolina AHEC Program.

 **Wake Forest**<sup>®</sup>  
School of Medicine

 **NORTHWESTAHEC**

### Faculty

**Enjonaë Anderson, MA, LPC, LCASA**  
Licensed Professional Counselor  
Licensed Clinical Addiction Specialist (LCASA)  
High Point, N.C.

**Judy S. McKay, M.D., M.P.H.**  
Perinatal Psychiatrist  
Asheville, N.C.

**William S. Meyer, MSW, LCSW**  
Associate Clinical Professor  
Departments of Psychiatry and Ob/Gyn  
Duke University Medical Center  
Durham, N.C.

**Christena Raines, MSN, APRN-BC**  
Perinatal Psychiatric Nurse Practitioner  
UNC School of Medicine  
UNC Department of Psychiatry  
Chapel Hill, N.C.

## Credits

### 6.0 CNE Contact Hours

The Mountain Area Health Education Center's Department of Nursing Education is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend entire activity to receive credit. No partial credit is given for this activity. MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

### 0.6 CEU Contact Hours

The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for 0.6 CEUs as established by the National Task force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

### CME Disclosure:

The Mountain Area Health Education Center adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of the planning committee and faculty's commercial relationships will be made known at the activity. Speakers are required to openly disclose any limitations of data and/or any discussion of any off-label, experimental, or investigational uses of drugs or devices in their presentations.

### Resolution of Conflicts of Interest:

In accordance with the ACCME Standards for Commercial Support of CME, the Mountain Area Health Education Center will implement mechanisms, prior to the planning and implementation of this CME activity, to identify and resolve conflicts of interest for all individuals in a position to control content of this CME activity.

### Credit Designation

The Mountain Area Health Education Center designates this educational activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### NAADAC:

MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required to receive credit from NAADAC. 6.0 hours.

### NBCC:

MAHEC is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. 6.0 hours.

### Psychologists:

MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance is required to receive credit from the NC Psychology Board. 6.0 hours.

## Registration Fee

- \$105— Registration fee
- \$95— Group of three or more, registering together

### Hotel

#### Crowne Plaza Hotel

#### Hickory, NC

Rate \$92

Call 828-323-1000

## Agenda

- 8:00 am **Registration and Continental Breakfast**
- 8:30 am **Overview of Perinatal Mood and Anxiety Disorders: Where Are We in 2015?**  
Christena Raines, MSN, APRN-BC
- 9:45 am **Break**
- 10:00 am **Holding a Mother/Holding a Baby: Forging Connections with the Low Income Pregnant Woman**  
William S. Meyer, MSW, LCSW
- 11:15 am **Individualized Counseling Techniques for Women with PMAD**  
Enjonae Anderson, MA, LPC, LCASA
- 12:30 pm **Lunch** (provided)
- 1:30 pm **"My Experience with Postpartum Depression"**  
Parent Panel
- 2:30 pm **Break**
- 2:45 pm **"A Catch 22" How to Use Medication in the Treatment of PMAD**  
Judy S. McKay, M.D., M.P.H.
- 4:00 pm **Adjourn**

## Registration Form

### Perinatal Mood and Anxiety Disorders: A Guide for Healthcare Providers

- \$105— Registration fee  
 \$95— Group of three or more, registering together

Name \_\_\_\_\_

Profession \_\_\_\_\_ Degree/Credentials \_\_\_\_\_

Job Title \_\_\_\_\_ Last 4 digits of SS # \_\_\_\_\_

Address ( Home /  Office) \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email ( Home /  Office) \_\_\_\_\_

#### Payment Method

Cash Amount Enclosed \_\_\_\_\_

Check Check No. \_\_\_\_\_

Make check payable to: MAHEC

Credit Card  Visa  MasterCard  American Express

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on card (print) \_\_\_\_\_

Billing Address \_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

**Payment Policy**—MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

**Refund Policy**—Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

**Mail to:**  
MAHEC-Registration  
121 Hendersonville Road  
Asheville, NC 28803  
Registration Information: 828-257-4475  
Fax Registration: 828-257-4768  
Online Registration: [www.mahec.net](http://www.mahec.net)  
Email: [registration@mahec.net](mailto:registration@mahec.net)

**Have a question?**  
**Program Directors:**  
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Special Services:  
828-257-4485



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