

## **Mental Health First Aid Workshop Detailed Content**

When a pregnant or postpartum client is struggling with a mental health issue, you may find yourself struggling as well. How do you provide effective support without going outside of your scope or causing harm or trauma?

Mental Health First Aid for the Perinatal Provider is a comprehensive course that will teach any professional working with pregnant and postpartum people how to recognize, assess, and care for clients who are experiencing mental health challenges. The class is presented in four modules. Each module includes both live instruction and facilitated discussion, so that the information learned can be synthesized and incorporated into your practice.

Upon completion you will have a greater understanding of culturally humble client care, and more confidence handling perinatal mental health challenges in your practice.

### **Module 1-- Introduction and Cultural Humility**

This module will introduce the speaker and the concept of Mental Health First Aid. It will explain who the perinatal health care provider is, and why that provider needs to be informed about perinatal mental health. It will introduce the concept of the hierarchy of needs for the perinatal client.

This module will also cover the topic of cultural humility and bias. It will educate the student as to the nature of explicit and implicit bias and how medical bias affects the perinatal client. It will teach how the perinatal health care provider can recognize their own biases. It will stress the importance of culturally humble care to improve outcomes, including mental health outcomes, in marginalized populations.

The concept of trauma informed care will be presented, and the student will learn how to provide trauma informed care with a perinatal population experiencing mental health challenges.

### **Module 2-- Mental Health Challenges in the Perinatal Client**

This module will describe the various mental illnesses that affect the perinatal population. It will cover depression, anxiety, PTSD, psychosis, and obsessive compulsive disorder. It will discuss prevalence in the perinatal population, as well as signs and symptoms of the disorders. It will give practice suggestions as to how each of these perinatal mental illnesses can affect the pregnant or postpartum client. It will educate on the effect of preexisting mental illness in the perinatal client.

This module will also give detailed information on when and how to screen perinatal clients for mental health issues. It will cover choosing a screening tool, which tools are available for various issues, and when clients and their families should be screened.

### **Module 3--Suicidality in the Perinatal Client/Seeking help for mental illness**

This module will educate the perinatal provider on suicidality. It will teach how to ask the perinatal client about suicidal ideation and how to assess lethality of intent. It will describe the process of acting on a client's suicidal ideation in several scenarios. It will discuss documentation of suicidal ideation. It will discuss how bias affects both the provider and the client in the case of suicidality.

This module will also cover the types of mental health treatment and which type is appropriate in what circumstances. It will discuss barriers to mental health care in the perinatal period, and how the provider can help to overcome those barriers.

### **Module 4-- Addiction, Eating Disorders, and Intimate Partner Violence in the Perinatal Client**

This module will educate the perinatal provider on addiction and eating disorders in the perinatal population. It will discuss the prevalence of these issues. Signs and symptoms of addiction and eating disorders will be discussed. It will describe the options for care for these clients.

This module will educate on IPV in the perinatal period. It will discuss how to assess an IPV situation for provider and client safety. It will educate on how to help a client in an IPV relationship, and how bias affects what help is useful and appropriate.