

# Perinatal Mood and Anxiety Disorders and Military Life



## EVENT PAGE:

[OneOp.org/learn/147568/](https://OneOp.org/learn/147568/)

## CONTINUING EDUCATION:

- **Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists:** 1.5 CE credits will be obtained for Social Workers, LPCs, and LMFTs from the University of Texas at Austin, Steve Hicks School of Social Work
- **Case Managers:** This program will be submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.5 clock hours
- **Certified Family Life Educators:** This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credit for CFLEs
- **Board-Certified Patient Advocates:** This program will be submitted to The Patient Advocate Certification Board to provide 1.0 CE credit to BCPAs, of which 0.0 are in the area of Ethics
- **Certificates of Attendance** are offered for those interested in documenting additional professional development hours

## ABOUT THIS WEBINAR:

Parental mental health during pregnancy, the postpartum period, and the early years of parenthood can have critical long-term effects on expectant mothers, their babies, and their family as a whole. Supporting the well-being of mothers directly impacts the well-being of their babies and families.

This webinar provides an in-depth discussion of perinatal mental health, including postpartum depression (PPD), anxiety, and other mood disorders experienced during pregnancy and the first year after giving birth, and the unique experiences among military families.

## LEARNING OBJECTIVES:

1. Define perinatal mood and anxiety disorders (PMADs) that may be experienced during pregnancy, postpartum, and early parenthood, including signs, symptoms, and treatment options
2. Explore unique vulnerability factors and symptoms of maternal and paternal depression and anxiety in military families
3. Discuss preventive strategies families and providers can use to support maternal/parental mental health
4. Identify resources and practical steps to address mental health concerns for military families

## PRESENTERS:

### Summer Jones

Senior Writer/Training Specialist  
Military Family Projects  
ZERO TO THREE

### Jennifer Novak

Senior Writer/Training Specialist  
Military Family Projects  
ZERO TO THREE



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