

## *Addressing Postpartum Mood and Anxiety Disorders*

*Barbara Ward Zimmerman, Ph.D. and Jennifer Vendetti, LMSW*

Perinatal Mental Health refers to the emotional and psychological experience of women and their families during the preconception through the postpartum period. Other terms include maternal mental health, maternal depression, postpartum depression, Perinatal Mood and Anxiety Disorders, perinatal emotional complications.



### **Connecticut Resources**

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- *Child and Development Institute of Connecticut (CHDI)* published “Maternal Mental Health in the Pediatric Medical Home,” an important resource for practitioners working with perinatal mothers and offers a section on perinatal mental health initiatives in Connecticut. <http://www.chdi.org/index.php/publications/reports/impact-reports/addressing-maternal-mental-health-pediatric-medical-home>  
*CHDI* offers a free in-service training on PMADs for pediatricians throughout Connecticut through the Educating Practices in the Community Program (EPIC). Trainings can be scheduled by calling 860-679-1527 or visiting [www.chdi.org/epic](http://www.chdi.org/epic)
- *Connecticut Alliance for Perinatal Mental Health (PSI-CT)* is a collaborative building resource capacity by identifying and cultivating provider networks to develop a safety net of supports and services for pregnant and postpartum mothers and their families to enhance family well-being and functioning. A listing of all Connecticut perinatal support groups can be found at [www.psictchapter.com](http://www.psictchapter.com)
- *Connecticut Behavioral Health Partnership (BHP)* created a perinatal mental health specialization category in their behavioral health provider listings. The BHP has an online provider directory listing “perinatal mental health” providers at [www.ctbhpm.com](http://www.ctbhpm.com)
- The *Connecticut Infant Mental Health Association* is a membership organization dedicated to the promotion of infant/early childhood mental health through workforce education, advocacy and training. [www.ct-aimh.org](http://www.ct-aimh.org)
- The *Connecticut Nurturing Families Network Mind Over Mood Initiative* is an expansion of the NFN In-Home CBT Project. The model pairs traditional early childhood home visitation with psychotherapy for mothers with Perinatal Mood and Anxiety Disorders. [www.centerforsocialresearch.org](http://www.centerforsocialresearch.org) or contact Kathy Novak, LCSW at [Knovak@uchc.edu](mailto:Knovak@uchc.edu).
- *Connecticut Chapter March of Dimes* is dedicated to parent and provider resources on preconception, pregnancy, postpartum and interconception care. March of Dimes NICU Family Support Program provides families with information and support on many topics including perinatal moods. <http://www.marchofdimes.org/connecticut/>
- *Connecticut United Way 211* Infoline added “Perinatal Depression/Postpartum Depression” to the Mental Health Care portal of their statewide resource directory [www.211ct.org](http://www.211ct.org)
- *Connecticut Office of Early Childhood* In 2013 the Office of Early Childhood (OEC) was created to increase the state’s capacity to provide services to young children and their families. Administered by the OEC, early childhood home visitation programs (Nurturing Families Network) have implemented maternal mental health screening protocols using the EPDS [www.ct.gov/oec](http://www.ct.gov/oec)
- *Connecticut Perinatal Association* is a membership organization comprised of perinatal professionals dedicated to advance practice across hospital systems. <http://www.connperinatal.org>

- *Hartford Hospital Peripartum Mood Disorders Program* is a developing specialized program providing assessment, medication therapy and group programs.  
<http://www.hartfordhospital.org/InstituteOfLiving/PeripartumMoodDisordersProgram/default.aspx>
- *Hope After Loss* supports parents and families who have experienced the loss of their baby during pregnancy or anytime during the infant's life. The organization offers many levels of support including support groups and burial financial assistance. [www.hopeafterloss.org](http://www.hopeafterloss.org)
- *Mother To Baby CT* is a free consultation service for providers and families searching for guidance on any substance interference with pregnancy development and breastfeeding. The program is offered through UConn Health, Division of Human Genetics. Mother To Baby CT provides telephone or in person consultation and has many fact sheets on psychotropic medications in pregnancy available on line. Go to [www.mohtertobabyct.org](http://www.mohtertobabyct.org) for fact sheets in English and Spanish or call 1-800-325-5391 (CT only) for services.
- *New Haven MOMS Partnership* continues their innovative interagency work to improve mothers' access to services by engaging health, mental health, and early childhood systems to fill gaps in service delivery needs to improve pregnancy, birth and infant outcomes [www.newhavenmomspartnership.org](http://www.newhavenmomspartnership.org)

## Online Resources

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Postpartum Support International- the leading organization dedicated to reducing the negative impact of PMADS on mothers and their families through outreach, telephone and group support, training and advocacy [www.Postpartum.Net](http://www.Postpartum.Net)

Postpartum Progress Blog for Mothers. [www.Postpartumprogress.Com](http://www.Postpartumprogress.Com)

2020 Mom Project- a national campaign to engage stakeholder groups such as hospitals and insurance companies to develop protocols for addressing maternal mental health. [www.2020mom.Org](http://www.2020mom.Org)

Online Support for Mothers Experiencing Traumatic Birth. [www.Solaceformothers.Org](http://www.Solaceformothers.Org)

Bringing Light to Motherhood: Community Provider Perinatal Mental Health Toolkit (Los Angeles County Perinatal Mental Health Task Force). [www.maternalmentalhealthla.org](http://www.maternalmentalhealthla.org)

Noodle Soup Parent Packs- handouts for your practice

<http://www.noodlesoup.com/postpartumdepressionflierpacks.aspx>

Support and Training to Enhance Primary Care for Postpartum Depression- free online training

<http://step-ppd.com/step-ppd/home.aspx>

## Videos

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Speak Up When You're Down- Los Angeles County Perinatal Mental Health Taskforce (longer PSA)

[https://www.youtube.com/watch?feature=player\\_embedded&v=MbL5gcn940E](https://www.youtube.com/watch?feature=player_embedded&v=MbL5gcn940E)

MotherWoman Training Institute [www.motherwoman.org](http://www.motherwoman.org) "Creating a Community Safety Net for Mothers"

[https://www.youtube.com/watch?feature=player\\_detailpage&v=9aLG4\\_22YsQ](https://www.youtube.com/watch?feature=player_detailpage&v=9aLG4_22YsQ)

Climb Out of the Darkness 2015

<https://youtu.be/MsDMeZBd0fw>

For more information, contact Jen Vendetti at 860-679-4114/ [Jvendetti@uchc.edu](mailto:Jvendetti@uchc.edu) or  
Barbara Ward Zimmerman at 860-335-4466/ [Bward.zimmerman@cox.net](mailto:Bward.zimmerman@cox.net)