



The Santa Barbara/Ventura Counties AWHONN Chapter is pleased to present:

## **Fall 2019 Chapter Meeting: Dinner and CEU**

### *Perinatal Mood and Anxiety Disorders*

*Eynav Accortt, PhD*

Perinatal Mood and Anxiety Disorders (PMADs) are not the same as "Baby Blues." Identifying these conditions early, through routine screening and education, is essential to (1) reduce stigma, (2) educate families and (3) provide women with resources they need - as soon as possible - before the conditions chronically affect the mother, her fetus/infant, older children and entire family. Dr. Accortt, a clinical psychologist at Cedars-Sinai, will review the prevalence rates and risk factors of PMADs and discuss her findings from 2 years of quality improvement research conducted at Cedars-Sinai since the *Postpartum Depression, Screening and Education and Referral* Program began in 2017.

**When:** Thursday, October 10  
**Where:** Girls Inc of Carpinteria  
5315 Foothill Road  
Carpinteria, CA 93013  
**Time:** 6:00-9:00 PM

*At the conclusion of this program, the participant will be able to:*

1. Define Perinatal Mood and Anxiety Disorders (PMADs) including prevalence rates and risk factors.
2. Discuss the Postpartum Depression Screening findings from a large local hospital (Cedars-Sinai) and identify barriers to proper screening, education and referral to care in the hospital center setting.
3. Evaluate best clinical practices and describe clinical options for women at this time of life.

#### **Pre-registration by 10/9:**

Member: \$20\*  
Nonmember: \$25\*

(\*Small processing fee for online registration)

#### **At the Door on 10/10**

Member: \$25  
Nonmember: \$30

#### **Online registration:**

<https://www.eventbrite.com/e/santa-barbaraventura-counties-awhonn-chapter-fall-2019-meeting-tickets-69960562927>

**Or, mail checks (made out to AWHONN) to:**  
Jana Mariana, 708 Drown Ave, Ojai, CA 93023

Provider approved by the California Board of Registered Nursing,  
BRN Provider #04096 for one (1) contact hour.

*Interested in joining the **Association of Women's Health, Obstetric and Neo-natal Nurses?***

*Go to [www.AWHONN.org](http://www.AWHONN.org) and click on Join/Renew!*

*For more info on this event or the local AWHONN chapter, email [becca@beccalicha.com](mailto:becca@beccalicha.com)*