

8<sup>th</sup> annual

# SOCIAL WORK MONTH EDUCATION FORUM

WEDNESDAY, MARCH 25

11:30 a.m. – 2 p.m. | Amphitheatre, Santa Barbara Cottage Hospital

## Perinatal Mood and Anxiety Disorders

Perinatal Mood and Anxiety Disorders (PMADs) are not the same as “Baby Blues.” Identifying these conditions early through routine screening and education in OB offices and birthing hospitals is essential to (1) reduce stigma (2) educate families about empirically supported treatments available locally and (3) provide women with resources they need before the conditions chronically affect the mother, her fetus/ infant, older children and entire family.

Recent California legislation requires hospitals to develop and implement a program to provide education and information to appropriate health care professionals and patients about maternal mental health conditions.

In honor of Social Work Month, the Medical Social Work Department is highlighting the important role that health care professionals can play in routine screening and education, while also reflecting on current practices and resources available in our community.

The goal of the forum is for health care professionals to broaden their clinical knowledge of PMADs, in addition to understanding best practices for assessing, screening, and identifying resources to fulfill the legislative requirements.

### LEARNING OBJECTIVES

1. Review recent legislation related to PMADs and Impacts on health care providers at Cottage Health
2. Define PMADs including prevalence rates and risk factors
3. Discuss the Postpartum Depression Screening findings from a large California hospital (Cedars-Sinai)
4. Identify barriers to proper screening, education and referral to care

### TARGET AUDIENCE

- Social Workers
- Marriage & Family Therapists
- Counselors
- Psychologists
- Nurses & Nurse Practitioners
- Clinical Nurse Specialists
- Other Mental Health Professionals

### REGISTRATION INSTRUCTIONS

Cottage Health Employees: **Free**  
Non-employees: **Free (without CE credit)**  
Non-employees: **\$30 (with CE credit)**

Registration is online at:

[cottage-social-work-forum.eventbrite.com](https://cottage-social-work-forum.eventbrite.com)

## INSTRUCTORS

Eynav E. Accortt, Ph.D.  
Stacy Peterson, LCSW

## COURSE COORDINATORS

Pantea Rahimian, LCSW, C-SWHC  
Regina Medina, LCSW, ACM

## EDUCATION CONSULTANTS

Christine Block, MSN, RN, CNRN, SCRN  
Carole Reynolds-Ingraham, LMFT



Buffet lunch and  
beverages provided

## AGENDA

- **11:30 a.m. - Noon**  
Registration, Lunch and Vendor tables
- **Noon - 12:20 p.m.**  
Stacy Peterson, LCSW- PMADS,  
Recent Legislation, Cottage Health's  
Perinatal Mood Disorder Program
- **12:20 - 1:50 p.m.**  
Eynav E. Accortt, Ph.D. - Perinatal Mood  
and Anxiety Disorders (PMADs) Best  
Practices for Health Care Providers
- **1:50 - 2:00 p.m.**  
Q&A with speakers

*Cancellations will be accepted by phone prior to the start of the course at (805) 569-7325. In the event that a course offering is canceled, enrollees will be notified.*

## INSTRUCTOR BIOGRAPHY

### **Eynav Accortt, Ph.D.**

is an assistant professor in the Department of Obstetrics and Gynecology and is a clinical psychologist at Cedars-Sinai in Los Angeles. Her research focuses on mood and anxiety disorders during the female reproductive life course and in response to chronic illness.

### **Stacy Peterson, LCSW**

is a Perinatal & Pediatric Social Worker at Cottage Health. Stacy has a Bachelor's degree in Psychology, and a Master's degree in Social Work. She holds certifications in Maternal Mental Health, Adolescent Mental Health, and is a Certified Clinical Trauma Professional. Stacy has been practicing clinical Social Work in the community of Santa Barbara for 10 years.

## CREDIT DESIGNATION STATEMENT

Course meets the qualifications for 2 hours of continuing education credit for LMFTs LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its contact.

Course approved for 2 contact hours for RNs by the California Board of Registered Nursing (Provider #00252) through the Education Department, Cottage Health.

**Continuing Education:** Attendance for the full two hours is required to receive credit. CE credit is not offered for meals or breaks.

**Certificates:** Cottage Health employees will complete evaluations in HealthStream. Non-Cottage employees will receive certificates within 10 business days of returning the evaluation. Detailed instructions will be provided at the forum.

*Grievances may be addressed directly to the Education Department. If you are in need of special accommodation, please contact the Education Department at (805) 569-7325*