

PMH 101: A Guide to Perinatal Mental Health Workshop Agenda

Time	Topic	Learning Activity
9:00–9:10 AM (10 min)	Welcome & Course Overview	Introductions, housekeeping, CE requirements, review learning objectives, and participant expectations.
9:10–9:40 AM (30 min)	Introduction to Perinatal Mental Health	Define the perinatal period and discuss the differences between the <i>Baby Blues</i> and Perinatal Mental Health conditions.
9:40–10:20 AM (40 min)	Understanding Perinatal Mood & Anxiety Disorders (PMADs)	Review diagnostic criteria, prevalence, and risk factors for perinatal depression, anxiety, OCD, panic disorder, PTSD, bipolar disorder, and postpartum psychosis. Incorporate clinical examples.
10:20–10:35 AM (15 min)	Risk Factors & Clinical Considerations	Explore additional psychosocial risk factors, protective factors, warning signs, and opportunities for early intervention.
10:35–10:50 AM (15 min)	Break	Refreshments and networking.
10:50–11:20 AM (30 min)	Screening & Legislation	Review screening recommendations and validated tools (EPDS, PHQ-9, GAD-7), discuss current treatment options available in the region, and introduce the Perinatal Behavioral Health Care (PBHC) Act of 2026 (Maryland) .
11:20–11:45 AM (25 min)	Evidence-Based Responses & Best Practices	Review trauma-informed care, responding to positive screens, referral pathways, documentation, interdisciplinary collaboration, and principles of culturally responsive care.
11:45 AM–12:00 PM (15 min)	Interactive Case Discussion	Apply PMH condition identification, screening results, intervention planning, and referral strategies to clinical case scenarios through facilitated discussion.
12:00–12:05 PM (5 min)	Resources & Community Supports; Q&A	Review national and local resources, Postpartum Support International (PSI), crisis planning, referral strategies, and answer participant questions.

12:05–12:15 PM (10 min)	Key Takeaways & CE Instructions	Summarize key learning points, review course objectives, and provide CE/evaluation completion instructions.
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