

Speak Up When You're Down

NEWS RELEASE

New Jersey Offers Free Webinar about Postpartum Depression in the Cultural Context

Participants Can Earn One CME Credit

Healthcare providers who provide care to patients of childbearing age and/or pregnant patients can learn more about postpartum depression and earn one Continuing Medical Education (CME) credit by participating in a free Webinar entitled *Postpartum Depression in the Cultural Context: Provider and Patient Perspectives*.

The New Jersey Department of Health and Senior Services is offering this Webinar to educate pediatricians, obstetricians-gynecologists, psychiatrists, nurses, and social workers on how to assess, screen, diagnose, treat and refer patients with postpartum depression.

The webinar can be accessed online at <http://mededppd.org/NJDHSS/index.html>.

Dr. James K. Boehnlein of the Oregon Health & Science University School of Medicine and the Mental Illness Research, Education, and Clinical Center serves as presenter of this Webinar, which describes ways in which clinicians can incorporate culturally-appropriate approaches to assess and treat women suffering from postpartum depression.

The discussion focuses on cultural competence and the perinatal experience across cultures. Panelists include Carolyn Hughes, LSW, MSW, of the University of Pittsburgh; Laurence D. Kruckman, PhD, of the Indiana University of Pennsylvania; and Cheryl Squire Flint, of Healthy Start Inc.

New Jersey has been on the forefront in developing resources to help women with PPD and other perinatal mood disorders (PMD). In 2005, the New Jersey Department of Health and Senior Services (NJDHSS) launched a comprehensive public awareness campaign entitled *Speak Up When You're Down* to educate consumers and healthcare professional about PPD and other PMD.

Resources include an informational website, www.njspeakup.gov, which provides resources and written and video testimonials of women who suffered with PMD along with stories from partners and other family members. In addition, the 24/7 toll-free telephone helpline – 1-800-328-3838 – helps with general questions and information about treatment services, support groups and referrals to counseling.

Four years ago, New Jersey enacted the first law in the nation requiring all hospitals and birthing centers to screen new mothers for PPD. New Jersey remains the only state in the nation to mandate this type of screening.

-- njspeakup.gov --