

Intended Audience

All Healthcare Professionals who care for women during the perinatal period.

Objectives

The participant will be able to:

- Explore the impact of PPD on women and their families
- Describe strategies to advocate for women during the perinatal period
- List the appropriate community resources for clients
- Identify self-care techniques for the healthcare provider in a high stress environment

Location

Eric P. Newman Education Center (EPNEC) 320 S. Euclid Ave., St. Louis, MO 63110
<http://epnec.wustl.edu>

Hotel

The Parkway Hotel is available next door for your convenience www.theparkwayhotel.com. The Parkway's 3rd floor connects to the EPNEC's 2nd floor. A block of rooms is being held until October 9th for conference participants. Email Richelle Tirone for reservations at richellet@theparkwayhotel.com. Include the following information: Postpartum Depression Conference, your name, address, phone number, arrival and departure date, and a credit card number with expiration date to guarantee your reservation. She will email you a confirmation number. You can call 314-256-7777 or fax 314-256-7710.

Parking

Parking fees for the Metro Parking Garage will be covered on the day of the conference. Those staying at the Parkway Hotel can use the North Garage at a cost of \$5.00 per day.

Payment Options

The fee is \$50 for BJH employees and students. BJC employees and groups of 3 or more registering together pay \$75. For all others, the fee is \$95. Cancellations on or before Nov. 1 incur a \$25 processing fee. After Nov. 1 there is no refund. You may send an alternate
Make checks payable to Barnes-Jewish Hospital
Send to: Women's Support Services
90-71-406
1 Barnes-Jewish Hospital Plaza
St. Louis, MO 63110

Continuing Education

This continuing nursing education activity has been submitted to the Barnes-Jewish Hospital Department of Professional Practice, an approved provider of continuing nursing education by the Missouri Nurses Association for approval of nursing contact hours.

Please contact our Mom's Help Line at (314) 362-MOMS (362-6667)

Barnes-Jewish Hospital

We take exceptional care of people

Speaker Schedule

0800-0930

Shoshana Bennett, Ph.D. – Keynote speaker
President of Postpartum Support International
Radio talk show host specializing in perinatal topics
Co-author of *Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression*

Break

0945-1115

PPD from the perspective of...

Professional/Parent Panel

Diane Sanford, Ph.D. moderator
Clinical psychologist, educator, consultant, specializing
in Women's Reproductive Mental Health
Amy Ravin, MD, OB/GYN Grace Hill Clinics
Keith Garcia, Psychiatrist, Washington University
Lynn Rutledge, RN
Paul Rutledge, MD

1115-1200

Maternal Depression: Effects on Children

Joan Luby, MD, Psychiatrist (Child)

Lunch

1245-1345

Post Traumatic Stress Disorder and Birth

Shoshana Bennett, PhD

Break

1400-1515

Community Resource Panel:

Women's Healthcare Partnership

Linda Meyer, Executive Director, Mother To Mother Phone Support
Darcell Scharff, Ph.D., Founder and Trainer for Mother To Mother

Behavioral Health Response Crisis Hotline

Lisa Lapin

St. Louis Healthy Start

Sandii Leland Handrick, MPH, CHES, Project Director of St. Louis Healthy Start

1515-1630

Caring For Yourself

Tom Wagner, Ph.D., Psychologist, private practice

Registration Form

Name, Address, Phone, email address, title, school or workplace