

The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

PPMD UPDATE

Community Education Workgroup

The goal of the PMD Community Education Workgroup is to develop strategies for the ongoing education of prenatal/postpartum families and the community while ensuring we reach diverse communities.

The group includes representatives from 11 agencies and the community.

The following identified priorities are being investigated or developed:

- Directory of PMD community resources.
- PMD speaker's bureau
- Pamphlet for partners of women who are suffering with PMD
- Web-based course to educate and enhance service providers skills about PMD

Coordinator's Corner

Summer 2008

Welcome to the second edition of the **The PPMD Connection**, a newsletter from the Peel Postpartum Mood Disorder Steering Committee for health and social service providers in the Region of Peel.

The Peel PMD Steering Committee was recently successful in having two conference abstracts submissions accepted. I had the opportunity to attend both the Infant Mental Health Conference and the Community Health Nurses Association Conference to present a poster about the Peel PMD Initiative. Attendees from other Regions expressed interest in learning from our accomplishments in getting a service delivery system off the ground and I have had several inquiries for additional information about our program. Several regions expressed that they face similar challenges regarding PMD programming such as limited funding, insufficient services and the need for ongoing education about PMD.



Monica Irwin RN, BScN

Peel Postpartum Mood Disorder Program Coordinator
905-791-7800 ext 2650 monica.irwin@peelregion.ca



Self-care important for new moms

Self care is not a substitute for appropriate medical or psychological treatment of Postpartum Mood Disorder. However, self care strategies should be considered as part of a comprehensive treatment plan. Useful self-care strategies for all postpartum women include:
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Partners:

Best Start Peel· Caledon Parent/Child Centre·Centre for Addiction and Mental Health·Credit Valley Hospital
Mississauga Parent Child Resource Centre·Distress Centre Peel·Infant and Child Development Services Peel·
Peel Children's Centre· Peel Public Health· Success By 6 Peel·Vita Centre

Antidepressant use in Pregnancy and Breastfeeding



Antidepressant medications are prescribed by a doctor to help treat depression and anxiety disorders. A substantial proportion of women are likely to be taking antidepressants for these disorders when they become pregnant or may be prescribed these medications during pregnancy or in the postpartum period. Current evidence suggests that, as a group, antidepressants are relatively safe to take during pregnancy and breastfeeding and that women should not abruptly discontinue their use. Emerging evidence strongly suggests that untreated depression poses its own risk, not only to mothers' health but also to the baby's health. A woman who is in optimal mental health is equipped to give the best possible care to her baby. A mother should always discuss any concerns about the safety of medications during pregnancy and breastfeeding with her doctor and she can also consult with **Motherisk**, Canada's expert on the safety of medications, infections, chemicals, personal products and everyday exposures during pregnancy and breastfeeding at www.motherisk.org

Centre for Addiction and Mental Health (2007). *Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation* www.camh.net

The Valley Infant-Parent Program (VIPP)

A free therapeutic program jointly operated by Peel Children's Services and Peel Children's Centre located at the Mississauga Valley Community Centre.

The goal of VIPP is to help caregivers and their infants develop secure attachment relationships when issues exist that have made this difficult.

Consider referring women with PMD to VIPP when their symptoms are being treated and they are expressing concerns about the impact of their illness on the infant. Families may attend 1-5 times per week and may also receive in-home support.

Referral criteria include:

- Peel resident
- Child between 0-30 months

To make a referral, call SNAP-Peel at 905-791-7800 ext. 7627. For more info call Penny Davies at 905-791-1585 ext 3818.

Self-care important for new moms (Continued from front page)

- ❖ Recognizing unrealistic expectations about what motherhood might be like
- ❖ Getting as much rest as possible: limiting visitors, letting others know when she is resting
- ❖ Asking support people for help preparing food, caring for baby, doing housework
- ❖ Accepting help that support people may offer
- ❖ Eating well: preparing one dish meals, encouraging visitors to bring food, stocking up on healthy, high-energy snacks
- ❖ Getting moderate exercise: taking it slow, going for walks with the baby, postpartum fitness classes
- ❖ Building a strong support network: getting out of the house as much as possible, making an effort to meet other mothers with new babies, keeping in touch with family and friends

Ross et al (2005) *Postpartum Depression; A guide for front-line health and social service providers*

Did you know?

Fathers are more at risk of developing depression in the postpartum period if their partner is suffering from postpartum depression. *Journal of Reproductive and Infant Psychology, Vol. 24, no. 1, February 2006, pp. 21-29*

Postpartum Dads is a website dedicated to helping dads and families dealing with postpartum depression
https://home.comcast.net/~ddklinker/mysite2/Welcome_page.htm