



Healthy Kent 2020 Infant Health Implementation Team Perinatal Mood Disorders Coalition of Kent County

The Perinatal Mood Disorders Resource Manual

Purpose: To educate Obstetrical and Mental Health Providers on all aspects of Perinatal Mood Disorders. Included are Provider Resources, Screening and Identification, Community Resources and Resources for Mothers and Families. Feel free to copy additional materials for your needs or contact the individual agencies directly for their brochures. Questions regarding referrals and support call Spectrum Health Healthier Communities at **(616) 391-5000**. Questions regarding this Resource Guide call the Healthy Kent PMD Coalition at **(616) 632-7281**.

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Provider Resources – Gold Colored Section

- ACOG Practice Bulletin: "Use of Psychiatric Medications During Pregnancy and Lactation"
- Psychiatric Medication Charts: University of Illinois and Wisconsin Association for Perinatal Care
- AWHONN Clinical Position Statement: "The Role of the Nurse in Postpartum Depression"
- Professional Recommended Readings
- Professional Contact Hour Curriculums for Perinatal Mood Disorders

Screening and Identification- Tan Colored Section

- Edinburgh Postnatal Depression Scale
- Care Pathway for the Edinburgh Postnatal Depression Scale
- Spectrum Health Postpartum Depression Risk Assessment (English & Spanish)
- Decision Trees for Healthy Kent 2010 Prenatal and Infant Mental Health

Community Resources - Green Colored Section

- Healthy Kent Perinatal Mood Disorder Coalition Pamphlet, DVD flyer, and available Speakers Bureau Topics
- Spectrum Health Programs
- PPD Referral Listing of Mental Health Providers in Grand Rapids
- MomsBloom Programs
- Healthy Start and Strong Beginnings Programs
- Michigan PPD Support Groups
- Spanish PPD Resources
- HRSA English and Spanish Booklets "Depression During and After Pregnancy" and "Taking Care of Mom"

Resources for Mothers and Families – Clay Colored Section

- "Steps for Recovery: Surviving Postpartum Depression" for mothers
- "Helping the One You Love" for partners and families
- Website Resources
- Recommended Readings

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