

The National Institute for Health Care Management (NIHCM) Foundation invites you to participate in an important webinar:

***Identifying and Treating Maternal Depression:
Strategies & Considerations for Health Plans***

Wednesday, December 9th, 2009

1:00 p.m. to 2:30 p.m. (EST)

Approximately 20 percent of women experience depressive symptoms during pregnancy and up to 15 percent of women are affected by postpartum depression in the year following the birth of a child. Maternal depression can lead to serious health risks for both the mother and baby that can increase the risk for costly complications during birth and can have permanent effects on child development and well-being. Health plans play an important role in supporting the early identification of maternal depression and coordinating the management of depression to avoid the consequences of untreated depression.

This webinar will explore the prevalence of maternal depression and the current state of screening for perinatal and postpartum depression. It will include a discussion of the recent recommendations from the American College of Obstetricians and Gynecologists (ACOG) and the American Psychiatric Association (APA) for the treatment of women with depression during pregnancy. The role of primary care providers in identifying and managing postpartum depression will also be discussed and a web-based training program to educate providers on screening, diagnosis, treatment and referral for postpartum depression will be shared. Finally, the session will highlight a current health plan program to identify and manage depression during pregnancy and coordinate care following a depression diagnosis to ensure healthy pregnancies and deliveries.

Agenda:

- Overview of Perinatal and Postpartum Depression
- Guidelines for Managing Depression During Pregnancy
- Role of Primary Care Providers in Managing Postpartum Depression
- WellPoint's Maternity Depression Program

Speakers will include:

- **Samantha Meltzer-Brody, MD, MPH**, Assistant Professor and Director of the Perinatal Psychiatry Program of the University of North Carolina Center for Women's Mood Disorders
- **Kimberly Ann Yonkers, MD**, Professor of Psychiatry and Obstetrics, Gynecology and Reproductive Sciences and Director, PMS & Perinatal Research Program, Yale University

- **Michael O'Hara, PhD**, Professor of Psychology and a Starch Faculty Fellow at the University of Iowa **Mindy B. Legere, LMFT**, Manager, Health Service Programs, WellPoint Inc.

Electronic registration and a draft agenda are available. Please register by noon (EST) on **December 8th, 2009**.

Funded through a grant from the Maternal and Child Health Bureau of the U.S. Health Resources and Services Administration.

Sincerely,

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