

# Perinatal Depression

## Learning Guide for Professional Development

**Note to Learner:** The Institute for Advancement of Family Support Professionals encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

**Ongoing:** View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

---

### Before the training:

- Learner and supervisor review course objectives and Family Support Professional competencies
- Learner rates knowledge of learning objectives

---

### During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

---

### After the training:

- Learner:
  - Rates knowledge of learning objectives
  - Completes post-training activities, as required
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan

---

The *Adult Mental Health & Perinatal Depression* series offers family support professionals basic information about mental health disorders and provides an understanding of how trauma, abuse and violence affect a person's mental health.

Part two, *Perinatal Depression*, is a 45-minute module that describes the risk factors, signs and symptoms of perinatal depression. Participants will learn about the importance of screening and referral for women who may be experiencing perinatal depression. They'll also learn strategies for supporting families affected by perinatal depression.

Developed in Partnership by:

# Perinatal Depression

## Learning Guide for Professional Development

**National Family Support Competencies addressed:**

Domain 4: Dynamics of family relationships

Dimension 15: Influences on family well-being

Component d: Risks and stressors

Domain 5: Family health, safety and nutrition

Dimension 17: Maternal health

Component f: Postpartum depression

Dimension 18: Mental health

Component a: Depression

Component b: Toxic stress and trauma

Component c: Mental illness

### Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Identify risk factors, signs and symptoms associated with perinatal depression.		
Identify the importance of screening and referral.		
Learn strategies for supporting families who are affected by perinatal depression.		

My personal learning goals for this training are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Developed in Partnership by:

# Perinatal Depression

## Learning Guide for Professional Development

### After the Training

Reflections on what I learned:

Questions and concerns I identified:

**Action Plan:** (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Role play talking with mothers about perinatal depression.
- Practice using my program’s screening tools.
- Observe mothers for symptoms of perinatal depression and know my agency’s policies for making referrals.
- Identify resources for perinatal depression services in my community.

### My Action Plan

Action	Target Date	Date Completed

Developed in Partnership by: