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)

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<thead>
<tr>
<th>Learning Objective</th>
<th>Before the Training</th>
<th>After the Training</th>
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<tbody>
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<td>Identify risk factors, signs and symptoms associated with perinatal depression.</td>
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<tr>
<td>Identify the importance of screening and referral.</td>
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<tr>
<td>Learn strategies for supporting families who are affected by perinatal depression.</td>
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My personal learning goals for this training are:
1. ___________________________________________________________________________
2. ___________________________________________________________________________
3. ___________________________________________________________________________
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

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<tr>
<th>Action</th>
<th>Target Date</th>
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Developed in Partnership by: