



The 4th Annual Perinatal Mental Health Conference

“Constructing Our Circle of Support”

Date: Wednesday, November 9, 2011

Time: 7:30 am-4:15 pm

Location: Radisson Hotel & Conference Center, Fresno

A presentation of the Central California Perinatal Mental Health Collaborative

SAVE THE DATE

One in six women experience depression and anxiety during their pregnancy and after childbirth, and the effects can be felt by her entire family. We all have a profound impact on the lives of women suffering from depression and anxiety.

Join us as we present the fourth annual Perinatal Mental Health Conference and leave with a better sense of knowledge about the most commonly undiagnosed complication of childbirth. Discover how **you** can help cultivate a **community** circle of support that will help mothers suffering from this condition go from a sense of distress and confusion to a place of confidence and calm.

- Hear from experts in the field how this devastating illness affects women and their families;
- Learn how to identify, treat and refer women suffering from perinatal depression and anxiety;
- Assess and develop a plan of care with women who have co-occurring disorders;
- Identify how negative life course events can place a woman at risk for postpartum depression;
- Experience how to pull together and coordinate care within our community;
- Learn how identification will allow for timely referral to care, and improve outcomes for both mother and baby.

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SPEAKERS

- **Robert L. Oldham**, Psychiatrist, Fresno County Department of Behavioral Health and Fresno County Perinatal Mental Health Program.
- **Les Lucas**, LMFT, Clinical Supervisor, Department of Behavioral Health, Substance Abuse Division
- **Ellen Frickberg-Middleton, RN, NP**, Nurse Practitioner, Community Women's Health Clinic
- **Caron Post, PhD, Psy**, Private practice focus on mood and anxiety disorders, perinatal mood disorders, trauma, transition to parenthood. Los Angeles County Perinatal Mental Health Task Force-Executive Director.
- **Stephen Ramirez, MPH**, Chief Executive Officer for the California Health Collaborative in Fresno, CA
- **Kendra Rogers**, Executive Director, First 5 Fresno County
- **Patricia Neufeld-Erdman, MFT**, Private practice in Fresno with a focus in women's mental health, including perinatal mood and anxiety disorders. A founder of the Perinatal Mental Health Conferences in Fresno.

\$65 conference fee includes continental breakfast, lunch and program syllabus. 6.5 CEU's provided by The California Health Collaborative

Please direct questions regarding the conference to: **Suzanne Hissong, Conference Coordinator**, (559) 459-1639 or the **Central California Perinatal Mental Health Collaborative** at www.CCPMHC.org

Every effort will be made to address special needs.