

## Detailed information

Date: Friday, October 7, 2011

Time: Registration: 8:30AM - 9:00AM  
Conference: 9:00AM - 2:30PM

Place: Dorn VA Medical Center  
6439 Garner's Ferry Rd  
Columbia, SC 29209

Fee: \$45.00 if received by September 1;  
\$55.00 after. Registration must be received by  
September 30.

We will not be able to accept onsite  
registration. Space is limited. No refunds;  
substitutions will be allowed. \* A boxed lunch  
is included with the registration fee.

### Audience

Mental health and medical professionals  
including physicians, physician assistants,  
nurses, nurse practitioners, doulas,  
pediatricians, psychiatrists, counselors,  
social workers, psychologists, and other  
interested persons.

### Description

This conference is designed to assist in  
gaining a better understanding of perinatal  
mood disorders and how it affects the  
mother, partner and children. It will  
include up-to-date practices to treat the  
entire family. In addition, it will provide an  
update in medications used to treat  
depression.

The Midlands Postpartum Coalition would  
like to extend a special thank you to the  
National Alliance on Mental Illness,  
Mental Health America and Dorn VA  
Medical Center whose contributions made  
this conference possible.

Mental Health America  
1823 Gadsden Street  
Columbia, SC 29201

# Postpartum Depression and the Family

October 7, 2011



Midlands  
Postpartum  
Coalition



# Postpartum Depression and the Family

James F. Paulson, PhD is Associate Professor of Psychology at Old Dominion University and maintains a clinical practice in Pediatric Psychology at The Children's Hospital of The King's Daughters. He is the author of over 30 peer-reviewed publications, including a recent meta-analysis on prenatal and postpartum depression in fathers.

Stephanie Berg, MD is the Medical Director of The Women's Emotional Health Center at Midlands Psychiatry in Columbia, SC and a psychiatrist at the Palmetto Health Behavioral Day Program. She has a particular interest in mood disorders in pregnancy and the postpartum, premenstrual mood disorders, perimenopausal mood disorders.

Dr. McKay is a Child & Adolescent Psychiatrist specializing in ages 4-18 at the Pisgah Institute in Asheville, NC. Dr. McKay also has a special interest in working with women who are pregnant or postpartum. Before coming to Asheville she ran a "Peripartum Mood Disorder Clinic" in the Department of Neuropsychiatry at the University of South Carolina, School of Medicine for women who wanted to become pregnant, were pregnant or were postpartum.

## Postpartum Facts

**Postpartum Blues** affects 60%-80% (6-8 out of 10) of women after they give birth.

**Postpartum Blues** occurs usually within the first 3 days after birth and may last from a few days to a few weeks.

**Postpartum Depression** occurs in 10%-20% (1-2 out of 10) of new mothers.

**Postpartum Depression** usually affects women within the first 3-6 months after birth, but can occur up to a year after delivery.

**Postpartum Depression** is the most common complication among women who have just had a baby.

**Postpartum Psychosis** occurs in 0.1% (1 out of 1000) of women who give birth.

**Postpartum Psychosis** usually affects women between 3-14 days after the birth and progresses rapidly.

## Midlands Postpartum Coalition

The Midlands Postpartum Coalition consists of representatives of state and local organizations and agencies who educate and provide treatment services for women and their families. The Coalition meets regularly to network and to discuss how to improve education and treatment for women with Postpartum Depression

## Registration

Name

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Business/Organization

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Address

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Email

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Phone

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\* Contact hours are pending through Mid Carolina AHEC



## Mail Registration to

Mental Health America  
Attn: Anita Baker  
1823 Gadsden Street  
Columbia, SC 29201  
803-779-5363

Make Checks payable to Mental Health America of South Carolina. Please print "Postpartum Depression Conference" on the subject line.

Online registration at: [www.mha-sc.org](http://www.mha-sc.org).