



Michael R. Pence, Governor
State of Indiana

Division of Disability and Rehabilitative Services
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To: First Steps Providers
From: Dawn Downer, Director, Bureau of Child Development Services, First Steps
RE: Core Training Opportunities
Date: August 5, 2016

As First Steps continues to expand its options of trainings for providers, it is pleased to offer a free Webinar sponsored by Substance Abuse and Mental Health Services Administration (SAMHSA) and Project LAUNCH, **Depression in Mothers: More than the Blues** as a core First Steps training. The webinar, highlighting their recently developed maternal depression toolkit and is designed for early childhood professionals working with new mothers to raise awareness and understanding of maternal depression.

As research has proven, serious depression in parents and caregivers does impact the children in their care, and has serious effects on child development and wellbeing. As early interventionists, we often times have the opportunity to identify signs of family stress. Therefore, First Steps has been working with state and community partners to increase learning opportunities such as the SAMHSA webinar for providers to gain additional knowledge on the effects of depression and stress. We have also opened up ten new Core Training opportunities within Training Central on Infant Mental Health and the effects of toxic stress. Instructions for accessing the trainings may be located in the FS newsletter.

I hope you take the opportunity to participate in the Project LAUNCH webinar, as well as the other learning opportunities. If you have questions or other learning opportunities to suggest, please feel welcome to send them to Firststepsweb@fssa.in.gov.





Behavioral Health Is Essential to Health • Prevention Works • Treatment Is Effective • People Recover

Invitation

Depression in Mothers: More Than the Blues Webinar

Monday, August 15, 2016

Please join SAMHSA and Project LAUNCH for a webinar highlighting the recently developed Maternal Depression Toolkit!

Depression in Mothers: More Than the Blues is a user-friendly toolkit developed by SAMHSA, in partnership with experts in the fields of mental health and maternal and child health. The toolkit delivers background information about depression. It also offers ideas that providers can use daily when helping mothers, and their families, who may be suffering from depression. Dr. Deborah Perry, from Georgetown University's Center for Child and Human Development, will walk participants through the toolkit framework and components. Opportunities for additional technical assistance will also be shared.

Please join SAMHSA to learn more about how you can best support pregnant women and mothers of young children who may be at risk for or experiencing depression.

Who Should Participate?

This webinar will benefit Early Childhood professionals who interact with pregnant women and new mothers. It will be especially useful to WIC staff, home visitors, and Healthy Start staff already working with families to raise awareness and understanding about maternal depression.

Date:

Monday, August 15, 2016

11:00 AM – 12:30 PM Pacific Time

12:00 PM – 1:30 PM Mountain Time

1:00 PM – 2:30 PM Central Time
2:00 PM – 3:30 PM Eastern Time

Place:

Webinar

FAQs

1. There is no fee for registration.
2. Registration is Mandatory!
3. Prior to the webinar, the login information (and instructions) will be sent to the email address submitted on the registration link.
4. There are no CEUs being offered for this webinar
5. If you would like to obtain a copy of the Toolkit, please click here
<http://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues/SMA14-4878>
6. The webinar will be available for on-demand viewing after the webinar.
7. If a group of people from the same organization will be viewing the webinar in 1 location, only 1 person has to register. If members of the same organization will be viewing the webinar from multiple locations each person should register.
8. Certificates for attendance and completion will be provided.

Registration Link:

To register for the conference please click here: <http://mdtwebinar.com/>

For additional information on the effects of Maternal depression and the development of young children, you may want to visit the following links:

[Center on the Developing Child Harvard University Maternal Depression Can undermine the Development of Young Children](#)

http://www.mentalhealthamerica.net/sites/default/files/maternal_depression_guide.pdf