



13:00-14:00 Screening and Prevention: Screening Tools and Assessment  
Motherfirst Guidelines

14:00-14:45 Panel of Survivors

14:45-15:00 BREAK

15:00-16:00 Cultural Differences/Trauma/PTSD

16:00-16:45 Social Support Networks

- Support Groups and Warmlines
  - What they look like, how to start one, successful elements
- 9 Steps to Wellness
- Public Service Announcements: Using media to raise awareness
- Good vs Bad support/social media

16:45-17:00 Q & A and Discussion

#### OPTIONAL FRIDAY EVENING EVENT, NOT PART OF PSI TRAINING

19:00-21:00 Life with Baby

Social support, building communities for mothers at risk and in isolation

### DAY 2

7:30-8:00 Registration and breakfast

8:00-8:10 Welcome

8:10-9:30 Pharmacological Interventions in Pregnancy, Postpartum and Lactation

- Evidence based research
- Evaluating Studies and Articles
- Talking with families about medication

9:30-10:00 The Team and Critical Components to Recovery  
Psychotherapeutic Themes and Models:

- Interpersonal Therapy

10:00-10:15 BREAK

10:15-11:30 Psychotherapeutic Themes and Models

- Cognitive Behavioral Therapy
- Group Therapy
- Couples Therapy
- Mother-Infant Therapeutic Approaches

11:30-12:00 Complementary and Alternative Therapies CAM

*Local Resources & Resource Review – Reading Lists and Handouts*

- Mental Health First Aid
- Maternal Wellness Line
- Child Health Check

12:00-12:30 LUNCH

12:30 – 13:30 Special Guest Speaker – [Margaret Trudeau](#) shares her experiences with bipolar disorder and postpartum illness

**13:30-14:15**    **Effects of Untreated PMADs on Mother, Infant, and Family**

**14:15-14:30**    **BREAK**

**1430-16:15**    **Where to next? Determining priorities for MMH within Saskatchewan – Group discussion**

**16:15-16:30**    **Wrap-Up/Discussion/Evaluations**  
**World Maternal Mental Health Day/Canadian Initiatives--Angela**