

Bree Perinatal Behavioral Health Workgroup
Adopted January 24th, 2024



Working together to improve health care quality, outcomes, and affordability in Washington State.

**Perinatal Behavioral Health
Appendix D: Provider and Allied Professionals Trainings**

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To provide equitable and effective care to pregnant and postpartum individuals experiencing behavioral health concerns or conditions, providers and allied professionals need training to that provides information on evidence-based/evidence-informed approaches to treatment and support. This section focuses on training opportunities for providers, other members of the care team and allied birthing professionals.

Perinatal Support Washington: Perinatal Support Washington offers provider training and events focused on perinatal mental health. Trainings focus on best practices in prevention, identification and treatment of PMADs, Birth trauma for therapists and allied birth professionals and special topics in perinatal mental health. Training often provides CEUs/CMEs for licensed providers. They locate training courses in different areas of the state and offer customized training for staff.

Learn more about and see upcoming trainings [here](#)

Contact Perinatal Support WA about custom trainings [here](#)

Mom's Access Project (MAP) ECHO: MAP ECHO is a 10-session CME accredited program for providers that care for perinatal patients in Washington can participate in to improve provider capacity to care for perinatal behavioral health. Perinatal psychiatrists, obstetrician-gynecologists, maternal fetal medicine experts, ARNPs, therapists and social workers from the University of Washington School of Medicine facilitate the conference series, and providers from across the state are welcome to register.

For more information, please click [here](#).

Marce Society of North America: The International Marce Society for Perinatal Mental Health is an international organization focused on the prevention and treatment of mental illness in childbearing. They aim to promote the spread of research into all aspects of mental health for birthing parents, their infants, and partners around the time of childbirth. Past virtual workshops have included prescription considerations for depression during pregnancy, and the prevention of perinatal depression.

To find out for about MONA and their resources, click [here](#).

Center for Indigenous Midwifery (CFIM): The Center for Indigenous Midwifery supports birth keepers from Black, Indigenous, People of Color and LGBTQIA+ communities by providing training for indigenous doulas, midwifery assistant training and midwifery skills workshops to support them on their professional journey.

Click [here](#) to learn more about CFIM.

[Do Nothing, Do Something, Aspirate - A patient-centered approach to early pregnancy loss care:](#) the purpose of this workshop is to train healthcare providers, clinical site support staff and students about the basics of early pregnancy loss management and integration of services into the office or emergency department settings. The UW provides this training for all members of the care team who are interested in learning how miscarriage management can be integrated into different

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care settings. The objectives are to 1) understand the diagnosis of early pregnancy loss, 2) describe the relevance of early pregnancy loss management in the outpatient setting, 3) describe the uterine evacuation procedure using the manual uterine aspirator, and 4) Express an awareness of professional values related to pregnancy and EPL management.

Click [here](#) to register for this training.

ACOG Spontaneous and Induced Abortion Resource Center: ACOG members can submit their questions about spontaneous or induced abortion through this online resource center. **This resource center is only open to ACOG members.** All questions will be responded to within 10 business days.

Link [here](#).

RTZHope.org: Return to Zero (RTZ) Hope is a national non-profit organization that provides holistic support, resources and community for all people who have experienced unimaginable loss, including miscarriage, termination of pregnancy, stillbirth, and others during their pregnancy journey.

Click [here](#) for provider resources on providing compassionate and informed care.

Washington Association for Infant Mental Health (WAIMH): WAIMH is a statewide association for all professionals who support the development of children prenatally through age six. They provide training, credentialing, and advocacy to strengthen Washington's infant and early childhood workforce in a way that is relationship-based, equitable and informed by community. **FREE Infant and Early Childhood Mental Health (IECMH) workshops and DC:0-5 trainings., as well as additional workforce supports,** are offered through the WAIMH's IECMH Workforce Collaborative for professionals that care for patients prenatally through 5 years old on Apple Health. The organization also provides Infant Mental Health Endorsement (IMH-E) to professionals that care for expecting families, babies, and young children birth through 6 that have specialized knowledge and expertise in supporting infant mental health. Providers in home visiting, medical or behavioral health professions and others can apply for endorsement. Professionals can receive endorsement when they have demonstrated competency by working professionally with infants, young children, and their families, attain specific levels of education, participate in competency-based training and engage in reflective supervision or consultation.

To learn more about their **trainings**, click [here](#). To learn more about **IMH-E and how to get started**, click [here](#).