



Presents

Perinatal Mood Disorders

Optimizing Emotional and Physical Well-Being: The Power of Support!



May 13, 2016

8:00 AM-4:00 PM

At

University Medical Center of
Princeton at Plainsboro
1 Plainsboro Road, Plainsboro

Supported by a grant from:



Agenda

- 7:30 Registration/Continental Breakfast
- 7:50 Welcome
- 8:00 **Postpartum Depression The Second Time Around**
Laura Kelly, PhD, APN, C
- 9:15 **Pre and Postpartum Depression: Up Close and Personal**
Joyce Venis, RNC
- 10:45 Break
- 11:00 **Beautiful Neuroscience Studies Reveal Our Inherent Resources to Masterfully Generate Ease**
Lori Schlosser, PhD, MSW
- 1:00 Lunch
- 1:30 **NICU: What's Social Work Got To Do With It?**
Kimberly Ray, MSW, LSW
- 2:15 **Postpartum Depression Indicators: Who is at Risk?**
Kathleen Mahoney, PhD, APN, C
- 2:45 **When Expectations Exceed Reality**
Panel Discussion:
Lysanne Loucel, BA, IBCLC
Linda Carroll, RN, MPH, IBCLC
Bernadette Kelton, RNC, PCE, IBCLC, RLC
Lisa Tremayne, RN, CCE, CBC
- 3:45 Evaluations
- 4:00 Adjournment

Continuing Education

Nursing:

This skill building workshop has been awarded 7.25 nursing contact hours.

The Central Jersey Family Health Consortium is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider number P92-8/14-17. Provider approval is valid through August 31, 2017.

In order to receive a contact hour certificate, the participant must sign in, attend the entire program, and complete an evaluation form.

Social Work:

This course, **Approval #161802-957**, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ for 7.0 CE hours (6.25 non clinical, 0.75 clinical). CE Approval Collaborative Approval Period: March 29, 2016 through August 31, 2016.

Disclosures

There is no commercial or non-commercial support for this continuing nursing education activity. Planners and speakers do not have any financial disclosures to make.



CJFHC
Central Jersey
Family Health Consortium

Goal

The goal of this program is to develop and improve the competency and skills of nurses, social workers and other healthcare professionals.

Objectives

Discuss Perinatal Mood Disorder treatment strategies for subsequent pregnancies.

Describe the reality and impact of Perinatal Mood Disorders on women and their families.

Demonstrate how the brain's ability to reorganize itself improves functioning and health.

Explore the social worker's role in providing support to women that deliver a high risk infant.

Identify risk indicators associated with Postpartum Depression.

Define how preexisting expectations affect postpartum adjustment.

Questions

Please contact Charlotte Feeney at **732-937-5437, ext. 179** or e-mail at **cfeeney@cjfhc.org**

Speakers

Laura Kelly, PhD, APN-C

Associate Professor, Rutgers School of Nursing. Psychiatric Clinical Nurse Therapist with over 20 years of experience providing individual, couple and group therapy.

Joyce Venis, RN

Director & Counselor Princeton Pregnancy and Postpartum Support Group. Joyce has over 30 years experience and is highly regarded for her work and clinical expertise in pregnancy and postpartum.

Lori Schlosser, MSW, PhD

Faculty, Rutgers School of Social Work, teaching courses in mental health policy, health care and aging/social policy. Certified Rubenfeld Synergist and Certified Laughter Leader. Lori has special expertise in illness, recovery, self care and resilience.

Kimberly Ray, MSW, LSW

Social worker, Case Manager in the NICU, Special Care Nursery, Antepartum and Postpartum Units, Labor & Delivery, and Newborn Nursery at Monmouth Medical Center, Long Branch.

Kathleen Mahoney, PhD, APN, C

Perinatal Clinical Nurse Specialist, Robert Wood Johnson University Hospital. Responsible for program development and intensive staff education for the Antepartum, Labor & Delivery, Mother Baby Units and Newborn Nursery.

Speakers

Lysanne Loucel BA, IBCLC

Board Certified Lactation Consultant, manages the Inpatient Lactation Department and The Center for Breastfeeding at CentraState Medical Center, Freehold. Lysanne provides bedside care, updates educational curriculum and routinely provides education at the Health Awareness Center.

Linda Carroll MPH, IBCLC

Board Certified Lactation Consultant Inpatient and The Center for Breastfeeding, Jersey Shore University Medical Center, Neptune and The Meridian Health Village, Jackson. Clinical Program Manager of Perinatal Education, Jersey Shore Shore University Medical Center.

Bernadette Flynn Kelton RNC, PCE, IBCLC, RLC

Board Certified Lactation Consultant, Health Educator, Community Education & Outreach, Facilitator Postpartum Adjustment Support Group, Breastfeeding Support Group, Bright Beginnings classes, and Unite Grief Support Group, Princeton Healthcare System, Plainsboro.

Lisa Tremayne, RN

Coordinator, Perinatal Mood and Anxiety Disorder Program, Monmouth Medical Center, Long Branch. She has over 20 years of nursing experience in Maternal Infant Health in Postpartum, Antepartum and Newborn Nursery.

Registration Form

Optimizing Emotional and Physical Well-Being: The Power of Support!

Name: _____

Address: _____

Phone: _____

e-mail: _____

Profession: ___RN ___Social Worker
___Other

Registration Deadline : April 29, 2016

Registration Fee: \$25.00

Payment options, check one:

- () PayPal payment:
Go to www.cjfhc.org
Click on "Upcoming Events" on sidebar of the home page
- () Check payable to CJFHC.
Amount enclosed \$ _____

Mail registration form to:
Central Jersey Family Health Consortium
2 King Arthur Court, Suite B
North Brunswick, NJ 08902