



Memorandum

#16-078

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 11, 2016

SUBJECT: SAMHSA Webinar on Maternal Depression – August 15

The Substance Abuse and Mental Health Services Administration (SAMHSA) is hosting a webinar on maternal depression: *Depression in Mothers – More Than The Blues* on August 15, 2016 at 1:00-2:30 pm. All WIC local agencies are invited to participate in the webinar. To register for the webinar please click here: <http://mdtwebinar.com/>.

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 the participants through the toolkit framework and components. Opportunities for additional technical assistance also will 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 staff already working with families to raise awareness and understanding about maternal depression.

Peer Counselors and Peer Dads are encouraged to attend this webinar to learn to recognize the signs and symptoms of depression and to know when referrals are appropriate. Breastfeeding Coordinators can decide to use this as the monthly training for Peer Counselors and Peer Dads. It is an approved topic.

Date: Monday, August 15, 2016

Time: 1:00 PM – 2:30 PM Central Time

Please register at the link above.

For additional questions contact Kristina.Arrieta@dshs.state.tx.us or 512-341-4593.