



Learning Lab:
Adult Mental
Health &
Perinatal
Depression

Small Fire

Move with your group away from the table
make a small circle with your chairs.

Answer these questions together:

- 1) What skills, knowledge, and experience do you bring to this training?
- 2) What are you hoping to gain from this training experience?
- 3) How can the group work together to support you in gaining these skills and/or knowledge?



2 Truths and a Lie:

- Write down 2 true things about you that not many others know.
- Write down 1 lie about yourself.
- Read your statements out loud & let the other participants guess which is the lie.



Coin Activity:

- Pick a coin out of your pocket or the center of the table.
- Look at the date on the coin and think of a significant event that occurred in that year (as it relates to your life).
- Be prepared to share the date & event with the group



Jeopardy Review

Perinatal Mental Health	Screening & Intervention	Mental Health Diagnoses	Trauma & Substance Use
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>FINAL JEOPARDY</u>			

Risk factors for this include prior history of depression, poor support system, sick newborn, and hormone changes.

Feeling inadequate, unmotivated, irritable; unable to sleep, thoughts of self-harm, feeling like “I’m not a good mom” are of perinatal depression.

The first few weeks after the baby is born, during which time 80 percent of moms may experience periods of emotional swings, crying, or irritability.

Women with this disorder, which can be characterized by confusion, drastic mood shifts, inability to sleep at all, paranoid thoughts, delusions, and/or thoughts of hurting herself or her baby, require emergency intervention.

Questions that require answers other than yes or no; these are good questions to ask clients to get more information.

A ten questions screening tool often used to assess for the possibility of PPD.

Seeing a social worker, psychologist or counselor to talk is an example of this intervention to improve symptoms of perinatal depression.

Sleep, good nutrition, exercise, and time off from baby are examples of this important concept in an intervention for perinatal mood disorders.

People with these disorders experience feelings of nervousness, apprehension, fear or terror.

A person with this type of anxiety disorder has panic attacks, or sudden feelings of terror that strike repeatedly and without warning.

This mood disorder causes a persistent feeling of sadness and loss of interest. It is one of the most common mental illnesses.

This illness involves one or more episodes of mania and depression. These mood swings are severe and cause difficulties in relationships, and school and work performance.

The availability of substances or spending time around drug use, as well as peer pressure, abuse or neglect put people at risk for this.

Individuals who struggle with a mental health disorder and a substance use disorder are said to have this.

This results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

The acronym ACE is used to describe these (some examples include physical abuse, sexual abuse, domestic violence, loss of a loved one), which put people at higher risk for mental illness.

Described as emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

Discussion:

- What are some of the possible roles of a home visitor as it relates to the mental health of our clients?
- What are your thoughts about stigma related to mental health? What do your clients say or think?
- How might you protect clients' privacy/confidentiality?

Discussion:

- What active listening strategies do you use in home visits?
- What might be your thoughts about when and how to use active listening?
- What are your thoughts about self-disclosure and its role in home visiting as it relates to mental health?

Activity

In pairs:

- Share a story about your last vacation or fun activity
- Partners will practice using active listening skills.
- Switch roles and repeat



Discussion:

- What are some of the possible signs and symptoms of mental health issues with a client?
- What additional things do you look for when considering mental health issues with a client?

Activity

In groups of three:

Case Scenario activity:

- Discuss any red flags or areas of concern
- Discuss how you might proceed with this client



Discussion:

- How would you explain the differences between screening and assessment?
- What are some possible times when you might use a screening tool?
- What are some of the possible screening tools that might be appropriate to use related to mental health?
- What are some strategies to remember when using a screening tool?

Activity: Screening Practice

Pair up and administer one of the screening tools to your partner in an interview format.

- Explain the reason for the screening
- Ask the questions as they are written
- Tell the client what the screening indicates and where you might go from here

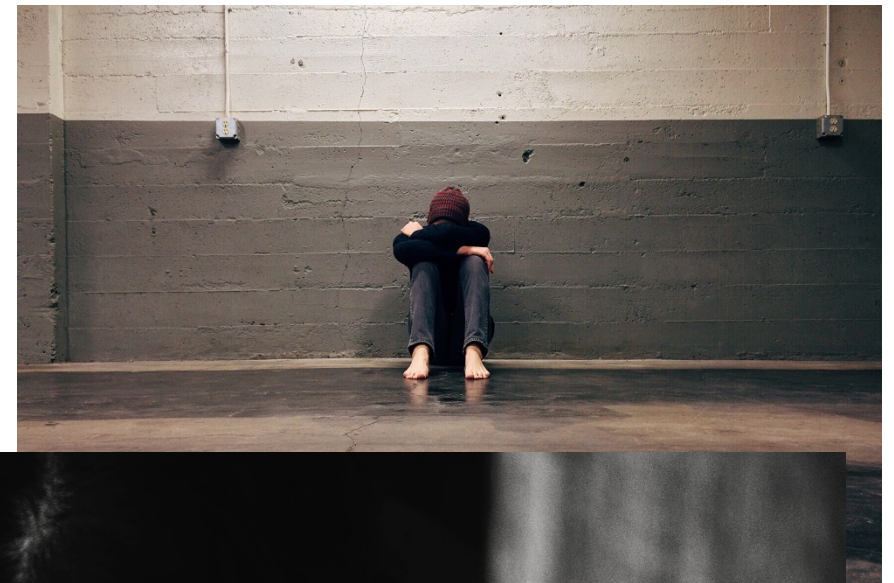
Discussion:

- What might be some of the possible mental health crises that could happen in a home visit?
- What are some of the possible red flags or warning signs of a mental health crisis?
- What are the roles of a home visitor when a client is experiencing a mental health crisis?
- What is your thinking about how you would handle a mental health crisis if it happened during a home visit?
- What are some possible agency policies you need to consider?

Activity: Managing Crisis

Use Case Scenarios

What would make this a crisis? What would you do? Role play this, remembering active listening and remaining calm.



Questions

