



HRSA UIC PERINATAL DEPRESSION PROJECT

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The UIC Perinatal Depression Project sponsored by HRSA (Health Resources and Services Administration) and The Michael Reese Health Trust is designed to increase understanding and awareness of depression during pregnancy and postpartum (peripartum) among health care providers, affected women and family members in Illinois. The goals of this project, in conjunction with other statewide initiatives, will be to improve providers' capacity to diagnose and treat peripartum depression, to increase screening for peripartum depression and to engage more affected women in treatment.

Through a set of intensive training workshops held in Illinois, the Peripartum Depression Awareness Team – a team of experts in peripartum depression- will educate primary care providers (OB/GYNs, internists, family physicians, pediatricians, case managers, nurses, social workers and mental health practitioners) on how to recognize, assess, screen and treat peripartum depression. The workshop participants will become resources for their working communities. The Peripartum Depression Awareness Team will help providers set up screening programs and will provide ongoing clinical consultation regarding specialized aspects of caring for women with peripartum depression through a toll-free phone number.

This project will also pilot a MotherCare Fair, a health fair for pregnant and postpartum women and their family members. The MotherCare Fair will provide methods to promote understanding of peripartum depression and to decrease the stigma associated with depression. A series of interactive discussions will be held to promote understanding of peripartum mood changes, and stress-reduction techniques will be presented.

The success of this project will be determined by how many providers participate and commit to ongoing screening and treatment. This is an ideal opportunity to expand clinical knowledge and positively impact an underserved population.

To schedule a workshop or access our consult service, please call **1-800-573-6121**.