

March 1, 2010

Dear Healthcare Provider

The members of the Healthy Kent Perinatal Mood Disorders Coalition are pleased to provide you with this **Perinatal Mood Disorders Community Resource Manual**. This manual is a compilation of the most up-to-date information on Perinatal Mood Disorders (PMD) which will help you in your efforts to identify and manage PMD with your female patients.

Perinatal Mood Disorders is a widespread public health issue.

- It affects women of all ages and all racial, cultural and economic backgrounds.
- It is estimated that between 10 to 20 percent of women develop a mood disorder during the perinatal period.
- Researchers believe that depression is one of the most common complications during and after pregnancy.
- PMD takes a toll on a mother's wellbeing, livelihood, attitude and outlook on life.
- PMD can impact the pregnancy and birth outcome, maternal role function and infant/child development.
- PMD is a family issue. When a mother struggles with depression, the symptoms she experiences can affect the entire family.



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Screening and early intervention can protect the welfare of the mother, baby and family. Pediatricians and OB/GYNs have regular access to mothers and families. This provides an important opportunity to regularly assess their emotional status and, if necessary, to intervene early. Routine screening by primary care providers is essential! We believe this Resource Manual will assist you in providing the proper services and support to these mothers and their families' wants and needs.

The PMD Community Resource Manual has been organized by color to ease the navigation of the items contained. We have thought to include not only items for you and your practice, but also for the patients that you serve. It is our intent to periodically update the items in the Manual as new findings emerge. We will notify you of any changes the beginning of each year.

If you have any questions on how to utilize this manual or have questions on the information contained in it, please contact me at 616-632-7281 or barb.hawkins-palmer@kentcountymi.gov. **Thank you for using this Resource Manual** to improve the quality of care received by your mothers and their families.

Sincerely,

Barbara Hawkins Palmer, MA
Executive Director
Healthy Kent 2010

Healthy Kent 2010 Board Members

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