

Maternal Depression and Children's Health: A Look at Outcomes and Why Maternal Mental Health Matters

Program Description

This workshop will focus on the impact of maternal mental health on child and family outcomes. The presenter will review the epidemiology of maternal mental health. Participants will receive an overview of what is known about outcomes related to maternal mental health from a life course and family systems perspective examining associations between maternal mental health and child, parent, and family outcomes. Risk factors for negative maternal mental health outcomes will be examined. Further, the presenter will review known interventions for maternal mental health that are associated with improved child developmental and give a brief overview of brief interpersonal psychotherapy, an empirically supported intervention for treating maternal depression.

Program Objectives

1. Discuss the epidemiology of maternal mental health;
2. Examine the outcomes for children, parents, and families associated with maternal mental illness;
3. Name at least one empirically supported intervention for maternal mental illness.

Target Audience

This program intended for psychologists, social workers, licensed counselors and other health and mental health professionals interested in this topic.

Contact Hours

4.0 – 6.0 hours

Agenda

9:30 – 10:30 AM	Introductions and Review of Epidemiology of Maternal Mental Health
10:30 – 11:30 AM	Risk Factors and Best Practices for Mothers with Mental Health Diagnoses
11:30 - 12:00 Noon	Break
12:00 – 1:30 PM	Review of Brief Interpersonal Psychotherapy for Treating Maternal Depression
1:30 – 2:00 PM	Question and Closing

Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects

over two decades of experience conducting community based as well as and national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for *Social Work Research and Social Work* and on the editorial review board of *Research on Social Work Practice*, *Social Work in Mental Health*, and *Social Work in Health Care*.