

The

PPMD

Connection



PEEL
Postpartum
Mood Disorder
Program

The Community Working Together to Give Families the Support They Need

News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2016



Coordinators Corner:

Hello Everyone! My name is Heather Noble-Volpe and I have stepped in as the Temporary Coordinator of Peel's PMD Program. You may be wondering where is Caroline Edwards? She has been offered a supervisor position in our Healthy Babies, Healthy Children program! We wish her the best of luck in her new endeavors!

I am very excited to be a part of this great program. I have been a Community Development Worker for 12 years at Peel Public Health, where I have facilitated a number of community initiatives over the years, one of which is the Peel Young Parents' Resource Group (PYPRG).

Peel Health has started conducting a review of the PMD Program. This will involve an examination of the health status data, a review of evidence and an update on information garnered from the PMD Evaluation in 2012. The review will inform Peel Public Health's role in supporting PMD in Peel and will assist to inform the recruitment of a permanent PMD Coordinator. While we complete the PMD in Peel review, I will be working to support efforts of the PPMD program!



Have a fabulous summer and talk to you again in the Fall!

~Heather~

Making A Difference...

Vita Centre

Vita Centre is a charitable, non-profit organization dedicated to providing counselling, education and parenting resources to young parents in Peel, supporting them to reach optimal social, emotional, intellectual and physical well-being.

This year, our students Dana and Nathana from the Mississauga Academy of Medicine, University of Toronto developed a Perinatal Mood Disorder Information booklet for our staff, students and volunteers.

This resource contains information on the causes/contributing risk factors and symptoms of PMD, includes the PASS-CAN Screening Questions and the Edinburgh Postnatal Depression Scale, as well as a list of resources currently available in Peel. Nathana and Dana also borrowed a model from Caledon Parent-Child Centre to create a PMD

Decision Tree: a resource that our team can carry with them to guide decisions whenever we are with our clients.

This resource has helped us to re-focus on the signs and symptoms of PMD and increased our awareness of resources to help ensure the best possible support we can provide to the young parents accessing programs and services here at Vita Centre.

To see a copy of this new resource, please contact Susan Robins at program@vitacentre.org

*"Learn from
Yesterday,
Live for Today,
Hope for
Tomorrow."
~ Albert Einstein*

May 4, 2016 was the first World Maternal Mental Health Day. This day is held to:

- a) Increase awareness about PMD.
- b) Reduce the stigma around maternal mental illness.
- c) Encourage health professionals, friends and relatives of new moms to ask her how she's really feeling.
- d) All of the above.

The answer is (d)



Our PMD Community...

Healthy Human Development Table - A Boost for Perinatal Mental Health

In early 2015, the Healthy Human Development Table (HHDT) announced that its focus was perinatal mental health covering the period of pregnancy to 1 year after birth.



Originally hosted by the Ministry of Children and Youth Services, the HHDT now functions under the auspices of Public Health Ontario to support work on early years priorities in healthy human development. The table uses a collective impact framework and is co-chaired by Dr. Cindy-Lee Dennis, Professor and Canada Research Chair in Perinatal Community Health, University of Toronto and Dr. Andrea Feller, Associate Medical Officer of Health, Niagara Region Public Health. Anne Fenwick, Director of Family Health at Peel Public Health is also an active member. [Full membership list](#) is available here.

The most immediate priorities of the HHDT are to:

- Advocate for specific inclusion of perinatal mental health in the Ontario Public Health Standards to clarify the mandate and role of Public Health Units
- Develop a provincial perinatal mental health pathway to ensure consistent, coordinated care across Ontario.

Over the past year, the HHDT achieved 2 significant accomplishments:

- Advocated to Statistics Canada to include 2 questions related to perinatal mental health in the upcoming Canadian Health Survey on Children and Youth. This will help to provide much needed data regarding postpartum depression.
- Completed a survey to identify the current work of Ontario's Public Health Units in addressing perinatal mental health. This is being followed-up with a literature review on the role of public health in perinatal mental health.

We are excited about the work of the HHDT and the opportunities it creates for future collaboration. Stay tuned for more information in the upcoming months.

Did you know?

[The Peel Infant Parent Program](#) (PIPP) works with parents to develop individual goals to continue building the bond with their child. Parents regularly attend both on-site and in-home sessions as part of the program. The program is available at no cost to parents with children under 3 who live in Peel.

Want to learn more? Stay tuned for our PMD Fall Newsletter to learn more about the Peel Infant Parent Program or call the PIRS Intake at **905-791-7800 ext. 7627**

Dad's Space: Dad's Central

[New video for Dads on Dadcentral.ca!](#)

[Dadcentral.ca](#) is a great resource for Dads at all stages of parenting and on many different topics that are important to dads! It has sections for dads of Toddlers, Preschoolers, School Age children, Teens and of course, *New Dads!*

Dadcentral is also committed to helping organizations effectively engage the fathers in their communities. They provide training workshops designed to enhance an organization's father-friendliness.

Dadcentral.ca website has posted a *new video*, called [Postpartum Depression: It's a Dads' Thing Too](#)

Check it out!



"Everyday is a second chance" ~ Unknown