

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Fall 2013



Autumn is a second spring when every leaf is a flower

-Albert Camus-

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Coordinators Corner:

It is difficult to believe that another year is coming to a close. 2013 has been a busy year for the Peel Postpartum Mood Disorder Program. Our Steering Committee has developed a new Strategic Plan and has been busy working on developing goals and objectives in the areas of Education, Awareness and Outreach, Program Development, and Steering Committee Membership. We have welcomed three new volunteers to our Peer Educator Program and have offered 24 workshops in the community this year. Visits to our website have increased substantially over the past year. In August, I was interviewed by CBC's Metro Morning regarding the services offered through the Peel Postpartum Family Support Line. We have also revised some of our print materials and developed a new poster for the Region of Peel prenatal educators. We have started a Rapid Review regarding services for immigrant women with symptoms of Postpartum Depression, as outlined in the summary below. As we move into 2014, I look forward to continuing the work of the PPMD Committee and developing and supporting the program initiatives. I wish all of you the best of the holiday season and peace, health and happiness in 2014.

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PEER SUPPORT GROUP UPDATE

NOTICE:

A new Peer Support Group is now being offered at Malton Neighbourhood Services. Please call 905-677-6270 for more information.

Visit pmdinpeel.ca for information about the Peer Support Groups offered in Peel Region.

Peel Postpartum Mood Disorder Program Reaching Diverse Communities

Within Peel Public Health, a Rapid Review process is used to analyze the best available evidence in order to make program decisions. This process considers research literature, community context, resources, and expertise in decision-making. The Rapid Review process is typically used when we want to add or stop current programs or look at what we might want to do differently.

We know that there are large numbers of new immigrants in Peel, but many of our services are under-used by new immigrant mothers. Several Canadian studies have suggested that immigrant women are almost 2x as likely to develop postpartum depression as Ca-

nadian-born women. It is important, therefore, to consider the types of services that support families who are new to Canada.

Currently, a small group of professionals within the Family Health Division are undertaking a Rapid Review in order to answer the question: "How can we improve the use of health, community and social services for immigrant women with symptoms of postpartum depression?"

PPMD Steering Committee members and PMD Family Health Working Group members are acting as a Reference Group for the Rapid Review. The Reference Group will be providing feedback throughout the process, as well as helping

to determine the applicability of the findings within our local context.

We are hoping that the results of the Rapid Review will provide direction for our programs and services with respect to working with immigrant women who have symptoms of PMD.

Stay tuned for our findings early next year!





Anxiety and PMD

“I don’t have PMD....I am not feeling depressed.....I am feeling anxious”

Does this sound familiar? Many of our clients have shared that they did not have the typical signs of depression during pregnancy or after the birth of their baby. They were not struggling to get out of bed; in fact they had so much energy, they just kept going and going (and going) until they finally burnt out. They were told to sleep when the baby slept, but whenever they put their heads on the pillow, their minds raced. They could not ask anyone else to put the laundry away, or clean, or help with any of the other day-to-day tasks, because their helper would not do it the “right” way...and if it was not done the “right” way, their anxiety increased.... (and then they would just have to do it again anyway). They had repetitive thoughts and worries about themselves or their baby...sometimes they visited or called the doctor numerous times about their concerns. Often they were scared to be alone with their baby.

Because these women were experiencing anxiety instead of depression, they did not think they had PMD.

PMD includes not only depression, but also anxiety, psychosis, and post-traumatic stress disorder during the perinatal (pregnancy and up to one year after birth) period. Many of the participants in our community services talk about their anxiety, and also talk about their delay in seeking help as they did not think they were experiencing PMD.

It is important when we educate women, family members and health care providers that we also include information about the [symptoms of anxiety](#). As with symptoms of depression, it is important that women are encouraged to speak to their Family Physician or Health Care provider about their feelings. The Peer Support Groups at the Ontario Early Years Centres, the Peel Postpartum Family Support Line, and the Women's' Reproductive Mental Health Program all provide support to women with symptoms of PMD, including Postpartum Anxiety.

Did you know?

We have had over 30,000 visits to our website between January and November 2013!

The pmdinpeel.ca website provides information about postpartum mood disorders, supports and resources. The website was launched in 2009 and was updated in 2012. Visits to the website have grown steadily since the initial launch and we are currently averaging @ 90 visits/day.

Supporting Dad

DAD'S SUPPORT

When baby comes home, there is typically a lot of focus on Mom and the new baby; Dads can often feel left out. The first few days and weeks can be overwhelming for Mom, but this is also true of Dads. Adapting to new routines, lack of sleep, and changes in the partner relationship can all impact the way Dad copes and adapts to his new role. What can family members and professionals do to help support a new father?

- * Ask Dad how he is doing and how he is feeling.
 - Be aware that dads can also develop depression and/or anxiety.
- * Acknowledge the changes in his life.
 - Allow him to talk about the impact of some of those changes.
- * Encourage him to do things with the baby.
 - Dads can be involved in a variety of ways, including changing diapers, giving the baby a bath, going for a walkand if they do it differently from mom, it does not mean it is “wrong”.
- * Ask Dad to participate in appointments.
 - This not only allows him to hear the same messages as Mom, but values his role as an involved parent
- * Allow Dad time to adapt to his new role.
 - He is learning....not only about his new role, but also about his baby.



Sometimes we don't need advice. Sometimes we just need someone to listen.

~Unknown~

