

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Fall 2014



Try to be a rainbow in someone's cloud

~Maya Angelou~

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Coordinators Corner: The last few months have continued to be busy....As you will see in the article below, we finished our Rapid Review regarding services for Immigrant Women. The PMD Program Development Working Group are continuing to develop a resource for Uniform Crisis Management across the Region. We are also producing a video which will highlight the experiences of some of our volunteers and the resources available through the PMD program. The video will be housed on our PMDinPeel.ca website and available through links with our community partners. Thanks also to Cathie Sondergaard from Infant and Child Development Services Peel, another community partner, who wrote our guest article for this edition (see page 2).

As the days get shorter, the colder weather starts, and the holiday season approaches, it is often a time of greater difficulty, especially for those who suffer from seasonal depression. Over the next few months, it is important to remember to promote self-care with our clients and practice self-care ourselves: healthy eating, exercise, relaxing activities, appropriate sleep...often easier said than done! I hope everyone can take some time over the holidays to enjoy and relax! ~ Philippa Bodolai~ philippa.bodolai@peelregion.ca

Use of Services by Immigrant Women with Symptoms of Postpartum Depression

As mentioned in previous newsletters, Eileen Vilorio-Tan (Supervisor, Family Health), Mara Celmins (Analyst, Family Health) and I have recently completed a Rapid Review regarding the use of services for immigrant women with symptoms of Postpartum Depression.

A Rapid Review typically includes a thorough search for relevant literature, a critical appraisal of articles, data extraction and synthesis from high quality sources, and an applicability and transferability meeting with relevant partners. The final step is developing recommendations after considering the literature, the community context, resources and expertise. A Rapid Review is typically used when we want to add or stop current programs or look at what we might want to do differently.

Our Rapid Review was based on 3 high-quality Canadian literature sources. The literature identified barriers and interventions to address immigrant mental health. Barriers included:

- a lack of knowledge of postpartum depression, treatment options and supports
- concerns that mental illness will burden or stigmatize family, and
- fears around mental illness.

Interventions were grouped into 6 broad strategic areas: delivering culturally appropriate care, addressing life context, addressing determinants of health, creating supportive

environments, building partnerships, and addressing policy.

Members of the PPMD Reference Group and staff from Peel Public Health met to discuss the applicability (feasibility) and transferability (generalizability) of the findings. The final recommendations based on the literature and the feedback from this meeting are as follows:

- 1) Involve immigrant mothers in developing policies, programs and services.
- 2) Create and implement referral pathways between health, social and community services.
- 3) Collaborate with community partners to create opportunities for women to establish connections and build social networks in supportive environments.
- 4) Ensure culturally appropriate care that includes:
 - a. Service providers who are skilled in using interpreters and in culturally sensitive interviewing and assessment.
 - b. Materials offered in English and multiple languages.
 - c. Information and advertising that is disseminated using multi-cultural channels/media.

The full report is available on the Peel Public Health website at the following link: <http://www.peelregion.ca/health/library/pdf/service-immigrant-women-postpartum-depression.pdf>





Infant and Child Development Services Peel: Our Role in Addressing PMD

By: Catherine Sondergaard, M.Ed., RECE (AECEO.C)

Infant and Child Development Services Peel (ICDSP) is funded by the Ministry of Children and Youth Services and delivered through Trillium Health Partners. We provide early identification, prevention, and intervention for children from 0-6 years of age who have, or are at risk for, a developmental delay. Early intervention, screening and assessment, service coordination, and toy, book, and equipment libraries are available. Information and support is also available to parents when there is a prenatal diagnosis of a condition that will impact development, such as Down syndrome.

Staff includes Occupational and Physiotherapists, Early Childhood Educators, and Psychology professionals. A partnership with Erinoak-Kids provides services of a Speech/Language Pathologist.

Along with the usual adjustments of pregnancy and having a new baby, some parents are al-

so learning about and adjusting to complex medical issues and additional risk factors that may impact their child's development. Through ICDSP, parents receive help in adjusting and promoting optimal child development while building a healthy relationship with their child.

Screening for PMD is carried out regularly. When parents experience negative thoughts and feelings, feel overwhelmed, have difficulty with daily routines, or are unable to sleep or eat as they used to, they can share those experiences with their Infant Development Consultant. The importance of self-care, asking for and accepting support, and seeking further help from professionals such as doctors and community agencies are discussed. We help parents to access resources and supports. Through a supportive relationship, consultants help parents know that they are not alone; help is available. <http://www.icdspeel.ca/>



Did you know?

According to 4 high quality Canadian studies, immigrant women are twice as likely to develop Postpartum Depression (PPD) symptoms than Canadian born women. Stress of immigration, lack of social support, parenting in new country and low socio-economic status are risk factors associated with PPD in immigrant women.

Dad's Space: Resources

- Are you looking for more information regarding the latest research on fathers?
⇒ On March 10, 2015, the Canadian Fatherhood National Conference will be held in Hamilton, Ontario: Fatherhood: Connect, Inform, Mobilize. See the FRP National Conference website for more details: <http://www.frp.ca/index.cfm?fuseaction=page.viewpage&pageid=1272>
- Are you looking for a website to share with new fathers?
⇒ Try the New Dad Manual site: <http://www.newdadmanual.ca/>

If you have a great resource for new Dads, send it to zzg-PMDinPeel@peelregion.ca. I will share it in upcoming newsletters.



*Life fails to be perfect, but
never fails to be beautiful.*