

The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

PPMD Update

The Peel PMD Steering Committee reviewed the feedback from the PMD Forum discussion groups and incorporated it into the Peel PMD work plan.

The two areas that were marked as priority for this year are:

Development of a PMD Telephone Support Line

Educational Outreach in the Community Aimed at Decreasing the Stigma Associated with PMD.

Two workgroups have been formed to further develop strategies that will meet these objectives.

If you are interested in being part of one of these exciting initiatives please contact me.

Monica Irwin
905-791-7800
Ext. 2650

Coordinator's Corner

Spring 2008

Welcome to the first edition of **The PPMD Connection**, a newsletter from the Peel Postpartum Mood Disorder Steering Committee. This newsletter has been developed for health and social service providers in the Region of Peel who have contact with expectant or new families. Participants at the first Postpartum Mood Disorder (PMD) Community Forum held in the Region of Peel on November 2, 2007, told us they want ongoing communication from The Peel Postpartum Mood Disorder (PPMD) Program to increase knowledge, awareness of community resources and to receive updates on the progress of new initiatives.

PMD affects 1 in 5 women and includes depression, anxiety, obsessive compulsive disorder, mania and psychosis. This translates to over 3,000 women per year in Peel affected by PMD. We know that PMD has well documented health consequences for the mother, child, and family.

The Peel PMD Program's vision is to ensure that families at risk for, or experiencing PMD, will have access to comprehensive and sustainable support and services in their community.

This newsletter will be distributed quarterly. Please feel free to pass it along to colleagues. If you have content suggestions or would like to receive this newsletter please contact me.

Monica Irwin RN, BScN
Peel Postpartum Mood Disorder Program Coordinator
905.791.7800 ext 2650
Monica.irwin@peelregion.ca

Immigrants at significantly higher risk for postpartum depression

According to a recent study by Dr. Donna Stewart published in the Canadian Journal of Psychiatry, refugees and women seeking asylum in Canada are four to five times more likely to suffer from postpartum depression than women born here.

Postpartum depression is more likely to be recognized in Canadian-born moms, but the study shows it's much more common in immigrant women and they don't seek help as readily as Canadian women do. The study suggests the high incidence of Postpartum Depression is largely due to the lack of social support for newly arrived women. ***(Continued on next page)***

Partners:

Best Start Peel • Caledon Parent/Child Centre • Centre for Addiction and Mental Health • Credit Valley Hospital
Mississauga Parent Child Centre • Distress Centre Peel • Infant and Child Development Services Peel • Peel Children's Centre
Peel Public Health • Success By 6 Peel • Vita Centre

Support for Postpartum Adjustment Concerns

When a mother is having difficulty with postpartum adjustment, she may feel restless or slowed down, sad most of the day, and lose interest in activities that usually bring pleasure. She may cry for no apparent reason, and feel overwhelmed. She may feel exhausted, suffer from anxiety or panic attacks, feel helpless or unable to cope. She may even have scary thoughts about harming her baby.

In Peel, there are free peer-support groups offered at four Ontario Early Years Centres. A mother can share her experiences in a safe and supportive environment and learn strategies to help her cope during this challenging time of adjustment. Groups are held weekly. Please tell your clients about this support.

Mississauga South Ontario Early Years Centre: Thursdays 1:30-3:30pm call 905-822-1114

Mississauga West Ontario Early Years Centre: Wednesdays 1-3pm call 905-567-4156

Caledon Parent Child Centre/Ontario Early Years Centre: Thursdays 1:30-3:30pm call 905-857-0090

NEW! Mississauga East Ontario Early Years Centre: Tuesday 1-3pm call 905-276-6392

Or click www.peelearlyyears.com/pdf/OEYC%20List-Feb%2008DD.pdf

Community Resources

Credit Valley Hospital Reproductive Mental Health Program

A multidisciplinary program for mothers at risk for/or experiencing PMD. The referral criteria for this program have been expanded in order to be inclusive of the Mississauga/Halton LHIN geographical area.

Program referral requirements

are: Physician referral and delivery at CVH or physician with privileges at CVH or resident of Mississauga/Halton LHIN.

Link to MH LHIN map:

http://www.lhins.on.ca/uploadedFiles/SharedElements/lhin_map_6.pdf

Depression and Anxiety after Birth fact sheet is available in 13 languages: Arabic, Bengali, Chinese, French, Hindi, Korean, Punjabi, Somali, Spanish, Tamil, Urdu, and Vietnamese.

For copies contact Monica Irwin
905.791.7800 ext 2650

(Continued from front page)

Immigrants at "significantly" higher risk for postpartum depression

There is also the stigma of depression and women may be frightened that others will think they're not good mothers and that their babies might be taken into care. Their families are often in their country of origin and they may not have had time to make friends here yet. They are often very isolated and may not know what health and social services are available and how to meet other moms with young babies.



The study said that service providers need to focus on the woman and how she's coping and they should become more aware when they see new immigrant moms that there is a greater risk of postpartum depression and to become familiar with some of the services they can be referred to.

Did you know?

10-15 percent of women are depressed during pregnancy which increases their risk of experiencing postpartum depression. Talk to expectant moms about how they are feeling emotionally.

"If we don't take care of the mothers, they can't take care of their babies." Jeanne Watson Driscoll PhD, APRN, BC