

The

# PPMD

# Connection



## News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2013



"No matter how long the winter, spring is sure to follow"

~ Proverb

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### Coordinators Corner:

The last few months have continued to be busy for the Peel PMD program. The Steering Committee met in February to discuss the results of the evaluation and the directions for the program. We are continuing to meet to finalize our priorities and workplans for the next 3-5 years. Our focus areas include the PPMD Steering Committee (roles, representation), Program Development (working toward more coordinated approaches to PMD across the region) and Education and Awareness (continuing to increase awareness of PMD, programs and supports).

Recently I attended the Infant Mental Health Promotion Program's Expanding Horizons Conference. One of the speakers was Dr. Cindy Lee Dennis who is a Professor in the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto and is also the Canada Research Chair for Perinatal Community Health. Dr Dennis spoke about the many research projects that are underway and also studies that are just coming to completion. I have included a brief summary of one of her review articles in the newsletter. This article was reviewed through Health Evidence and was assessed to be an excellent quality review. It is always good to hear about new, good quality research in the field of PMD.

The week of April 22nd was National Volunteer Week. Many of our Peer Educator Volunteers were able to attend our Volunteer Appreciation Dinner and it was a great time for many to re-connect and catch up. The Volunteers continue to be busy and have already delivered over 11 presentations since January and there are more presentations scheduled. Although National Volunteer week gives us an "official" reason to celebrate, we always want to acknowledge our volunteers generosity in giving their time and sharing their stories of PMD.

National Mental Health Week was May 6th-12th. Once again we were able to work with Scott Fry, our Family Health Communications Specialist, to develop communication strategies focusing on Postpartum Mood Disorder. These strategies included messages on Region of Peel Road signs, Internal postings to the Region of Peel Website, information and video links on the [Parenting in Peel Facebook Page](#), and tweets sent through the Region of Peel twitter account.

I wish everyone a safe summer! Philipa Bodolai, M.Sc., PMD Specialist

## Peel Postpartum Mood Disorder Program Evaluation Peer Support Group Feedback

As part of our recent evaluation of the Peel Postpartum Mood Disorder Program, Peer Support Group participants in the Ontario Early Years Centres were asked to respond to an on-line survey or to attend a focus group. There were approximately 30 respondents.

Satisfaction with the Peer Support groups was very high. Participants felt that the groups helped them to:

- \* reduce isolation,
- \* affirm their experience,
- \* learn strategies to cope,
- \* feel better,
- \* connect with others, and
- \* increase awareness and knowledge of PMD.

Participants also acknowledged that it was a place where they felt listened to and not judged. Providing child mind-

ing, tea and snacks, and a welcoming atmosphere were also important elements in helping women to attend.

Approximately 35% of survey participants indicated that they did not start to attend the group until their child was over 6 months of age. For some this delay was due to initial challenges in identifying their symptoms as PMD. Women were not always sure that they were experiencing PMD, especially if their symptoms were of anxiety and not depression. Many women struggled for some time before finding the groups.

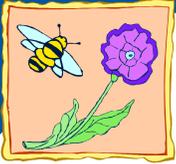
It is important to understand the value of support groups for women. The PPMD program will continue to work towards reaching women earlier so they can recognize and identify their symptoms appropriately and benefit from group support.



### PEER SUPPORT GROUP UPDATE

**NOTICE:**  
The Heart Lake OEYC will be moving their PMD Peer Support Group to Tuesday afternoons effective **JULY 2013.**





## Research Review

“Psychosocial and Psychological Interventions for Preventing Postpartum Depression” was recently published in the *Cochrane Database of Systematic Reviews*. The purpose of the review was to compare women who had usual postpartum care with those who had some type of intervention to determine if the interventions helped to prevent postpartum depression.

The review included 28 good to excellent quality studies which involved over 17,000 women. The authors concluded that psychological and psychosocial interventions do help to prevent postpartum

depression. The interventions which seemed to be the most promising were :

- 1) professionally-based postpartum home visits
- 2) telephone-based peer support
- 3) Interpersonal psychotherapy.

Interventions that were aimed at high-risk groups and interventions that started in the postpartum period were both effective in preventing postpartum depression. The authors acknowledge that additional research about interventions would be beneficial.

Dennis, CL. & Dowswell, T. (2013) Psychosocial and psychological interventions for preventing postpartum depression. *Cochrane Database of Systematic Reviews*, Issue 2. Art. No.: CD001134

### Did you know?

Region of Peel Public Health nurses offer support for breastfeeding over the phone. Often mothers who are experiencing depression ask if they should continue to breastfeed. Parents and Health Professionals can talk to a Public Health Nurse regarding their breastfeeding questions or concerns

Monday to Friday from 8:30am to 4:30 pm.

Call: 905-799-7700 (Caledon Residents: 905-584-2216)

### Symptoms of Depression

Dads in the Mood

**Are symptoms of fathers depression the same as mothers? How do we know if Dads are depressed?**

Although women and men may share many of the same symptoms of depression such as fatigue, loss of interest in activities, and changes in eating and sleeping patterns, men are also more likely to:

- \* Feel irritable, angry or aggressive
- \* Pursue risky behaviour
- \* Have physical symptoms of backaches and stomach aches
- \* Use drugs/alcohol
- \* Have lowered sex drive
- \* Work longer hours than necessary
- \* Avoid mom or the baby

If a man is exhibiting some of these behaviours, it does not mean they are depressed, but it is important for families and care providers to be aware of symptoms of depression in men and how they may differ from women.



“Life is a succession of moments; to live each one is to succeed”

Corita Kent

