



Please join the FIRST Steps Together Training and Technical Assistance Team for a two-part webinar on **Perinatal Mental Health and Trauma**, designed for home visitors and other professionals working with families affected by parental substance use.

**Session 1: Tuesday, February 25th, 9:30am – 12:00pm**

This webinar will review common perinatal mental health diagnoses, trauma, Adverse Childhood Experiences (ACEs), and the impacts of traumatic stress, racial trauma, and complex trauma.

**Session 2: Wednesday, February 26th, 9:30am – 12:00pm**

This webinar will cover intervention strategies, distinguishing between red and yellow flags, and build skills to have difficult conversations with clients experiencing mental health challenges.

Throughout both webinars, we will explore how culture (family culture and larger culture) impacts how we think about mental health, including diagnoses and treatment.

The learning goals are:

- Increase understanding of mental health
- Increase understanding of risk factors for perinatal mood disorders
- Identify symptoms of perinatal mood disorders (recognizing when a participant may not be mentally healthy)
- Increase understanding role of culture in mental health, mental illness, and treatment
- Increase understanding of difference between red flags and yellow flags during home visits (what are signs of an emergency, and how to respond)
- Develop strategies and skills to respond when concerned about the mental health of a participant

**Zoom Link:**

<https://zoom.us/j/9729921381>

Please contact us at [info@firststepstogetherma.org](mailto:info@firststepstogetherma.org) if you have any questions.

We look forward to your participation!