

PMHNP-DNP EDUCATION WITH PERINATAL MENTAL HEALTH ENHANCEMENT

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AIMS

To describe;

- 1) the need for perinatal mental health (periMH) competency and an enhanced PMHNP-DNP program
 - 2) the program's periMH training methods that improve practice in IPE environments
 - 3) the preliminary outcomes of the periMH-focused PMHNP-DNP program.
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SIGNIFICANCE

- 1) Nationally and in Washington state there are significant yet unmet needs for quality mental health care within perinatal care for diverse pregnant women, their fetuses, and their infant children.
- 2) Research shows that early childhood adversities—neglect, abuse, caregivers' mental illnesses, and illicit drug use—are associated with subsequent onset of mental illness. Recent studies in epigenetics explain how a child's early environment influences onset of mental illness.
- 3) Despite these scientific advances, the U.S. and especially Washington State, have significant shortages of mental health care providers with this knowledge, including prescribers who treat children with mental illnesses and providers with specialty knowledge of infant and early childhood mental health.
- 4) There is moreover a lack of efficient referral systems between providers of perinatal and mental health care.

APPROACH

In 2011 we secured three years of funding from the Health Resources and Service Administration (HRSA) (D09HP22624) to;

- 1) enhance the curricula (nine additional credits and periMH-focused clinical hours) of a generic PMHNP program
- 2) recruit diverse clinical faculty and students
- 3) establish community collaborations through clinical and capstone projects
- 4) to host a multidisciplinary annual conference on periMH

DNP-PMHNP TRACK CLASSES (20 CREDITS)

- 1) Psychiatric Mental Health Assessment (3)
- 2) Interpersonal Therapeutics: Current Perspectives (3)
- 3) Neuroscience and Mental Health: Epidenetic Perspective (3)
- 4) Older Adult Mental Health: Assessment and Intervention (2)
- 5) Psychopharmacology and Biological Interventions (3)
- 6) Management of Psychiatric Disorders : Adult and Adolescent (3)
- 7) Infant & Child Mental Heath: Assessment and Intervention (3)

PERINATAL MENTAL HEALTH ENHANCEMENT

1. Perinatal psychopharmacology (1)
2. Epigenetic aspect of perinatal mental health (1)
3. Perinatal case observation and analysis (both mother and mother/infant child dyad) (1)
4. Infant Mental Health classes (minimum 2 classes)
 - 1) Using infant mental health approaches in practice settings (3)
 - 2) Relationship based mental health assessment of infant and toddlers (3)
 - 3) Development and psychopathology: Parents and infants (3)
5. Clinical (minimum 60 hours)

CONTENT OF ANNUAL CONFERENCE

Title: PERINATAL MENTAL HEALTH IN 2014: Future Implications for Vulnerable Populations

- 1. Overview of Relationship Based Observation and Assessment of Infants and Toddlers**
Michele Kulbel
- 2. Vulnerable Populations in a Women's Prison** *Bruce Gage and Tiffany R. Carei*
- 3. Future of Neuroscience and Perinatal Mental Health** *Shawn Elmore, Patty Betrus*
- 4. Timing of Early Experience and the Developing Brain** *Susan Spieker*
- 5. Update on Perinatal Psychopharmacology** *Deborah Cowley*
- 6. Complex developmental trauma and perinatal mental health: Thinking dyadically about vulnerability in perinatal mental health** *Marian Birch*
- 7. Panel Discussion about actual cases** *IPE panel*

PRELIMINARY OUTCOMES

- 1) For the 2011 and 2012 cohorts, 21 students enrolled into the periMH enhanced DNP-PMHNP program, and four of them completed the periMH component.
- 2) The program has enhanced its periMH offerings in psychopharmacology, perinatal epigenetics and neurobiology, psychodynamic and interpersonal psychotherapy, infant development and psychopathology, and parent-infant observation and dyadic assessment.
- 3) We have also established community partnerships with the Washington State Department of Corrections and Family-Nurse Partnership Programs
- 4) We disseminated knowledge on periMH by hosting two professional conferences for clinicians of larger communities (overall evaluation $\geq 4/5$).
- 5) Three Capstone projects are completed.
- 6) OBGYN/Midwifery clinics hire periMH program graduates.

IMPLICATION

The replication of the program in the existing DNP program is feasible if:

- 1) periMH content is incorporated in the existing didactic and clinical PMHNP courses
 - 2) Community collaborations are established with public/private sectors that offer maternal/child cares
 - 3) Inter and intra-professional collaborative class offerings are established
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