

Supporting Perinatal Mental Health When a Child Has Special Needs

This webinar will provide an overview of how to approach patient care during pregnancy or postpartum in the presence of a fetal or neonatal diagnosis resulting in disability, chronic illness, or death of an infant. Participants will leave with a better understanding of culturally-sensitive, trauma-informed approaches to care and resources that can best support families as they navigate a diagnosis. Lastly, a general overview of risk factors for perinatal mood and anxiety disorders and resources will be provided.

Kara Kushnir, MSW, LCSW, PMH-C, is a licensed clinical social worker and psychotherapist/owner of A Work of Heart Counseling, serving women, children, and families in northern NJ. Kara's work with the perinatal population focuses on supporting women navigating perinatal anxiety, OCD, depression, and trauma. Kara is a graduate of Rutgers University and completed her Perinatal Mental Health Certification through Postpartum Support International as well as EMDR training through the Institute for Creative Mindfulness.



Target Audience: Perinatal and Neonatal Nurses

Learning Outcome: At the conclusion of the program, the participants will self-report knowledge increase related to supporting families in the presence of a fetal or neonatal diagnosis resulting in disability, chronic illness, or death of an infant.

Continuing Nursing Education Contact Hours: This program has been awarded 1.0 contact hours.

The Partnership for Maternal and Child Health of Northern New Jersey is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P194-3/2024

Approval status does not imply endorsement by the Partnership for Maternal and Child Health of Northern New Jersey, NJSNA or by ANCC of any commercial products discussed/displayed in conjunction with the educational activity.

Disclosure/Commercial Support: The planners and speaker do not have any conflicts of interest to report for this activity. There is no commercial support for this activity.

***Unable to Attend the Live Event?** Registrants will receive an email with a link to access the webinar recording from April 28, 2023, until May 26, 2023. Please note - only registrants will receive access to the recording.

Successful Completion of the Recorded Program: To receive contact hours for the recorded continuing education program, the registrant must log in with the link received via email after the live event, attest to viewing the entire presentation, and complete and submit an evaluation. A certificate of completion will be distributed electronically within one month of receipt of the evaluation.

Successful Completion: To receive contact hours for attending the live continuing education program, the registrant must log in to the webinar, attend the entire presentation (as defined by at least 80%), and complete and submit an evaluation. A certificate of completion will be distributed within one week of the live program.

Cost: \$20 for general public

No cost for our Northern NJ partners

- Partnership Member Hospital Staff (View the [MEMBER HOSPITAL LIST](#))
- NJDOH & DCF Staff
- Northern New Jersey nonprofit organizations

Use code PMCHMH when registering. You will be asked to submit your work email address and place of employment at time of registration.

For those who do not qualify to use the code, contact Sarah at srobbins@pmch.org to inquire about scholarship opportunities.

Registration: [Click here](#) or scan the code to register for both the live and recorded program.

