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### Quick Links

- Resources for Hospital Staff: [Keys to Resilience](#)
- Grief Resource: [Helping Fathers Cope After Loss](#)
- Infant Death Center: [IDC Resources for Families](#)

### What's New

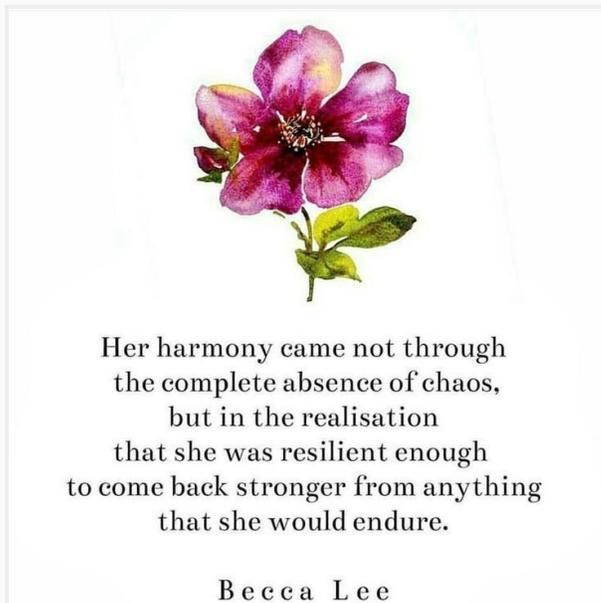
- Please take a minute to answer four quick questions about your safe sleep education to families [here](#). This is so very helpful to our safe sleep work!
  - Check out the Children's Health Alliance of Wisconsin safe sleep resources and training curriculum for staff: [Sleep Baby Safe](#).
  - A potential biomarker for SIDS may have been identified in a [new study](#).
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### The Periscope Project

Healthy children need healthy parents. Mental health conditions like mood, anxiety, trauma-related and substance use disorders, are the most common complications of pregnancy and the first year postpartum. Despite negative consequences and the availability of evidence-based treatments, 75% of women experiencing Perinatal Mental Health (PMH) conditions do not receive treatment. Children born to women with untreated PMH conditions are at a higher risk for several complications including, but not limited to, impaired parent-child interaction and behavioral, cognitive, or emotional delays. The mental health of any child starts with their caregivers.

Pediatric health care providers and professionals are in a unique position to screen for maternal depression and refer mothers for care. Screening a new mother with a validated screening tool, (e.g., Patient Health Questionnaire-9 or Edinburgh Postnatal Depression Scale) is a good starting point, however screening alone is not enough. Providers should follow up after screening, regardless of the results. If a parent expresses feelings of depression or anxiety, let them know they are not alone, it is not their fault and with treatment they will get better.

Any health care professional caring for postpartum women with concerns about their mental health can utilize The Periscope Project (Periscope), a perinatal psychiatric access program. Periscope offers three services to health care professionals in Wisconsin at no cost: (1) real-time provider to perinatal psychiatrist consultations, (2) community resource information, and (3) education to health care professionals to build their capacity to address mental health conditions. Periscope works by training frontline providers to manage first-line treatment for anxiety and depression in perinatal women. It does not provide direct patient treatment or contact. Learn more by visiting [The Periscope Project](#).



### Remember, I'm here to help!

Visit the IDC on the Children's Health Alliance of Wisconsin [website](#) for numerous grief resources.

You can also contact me directly at [jodonnell@chw.org](mailto:jodonnell@chw.org) or 414-337-4571 for materials, grief support and self-care ideas for you and your staff.

Thanks for reading and enjoy your summer!

[Visit our Website!](#)

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