

# TRIGGERS AND PRIMARY PREVENTION:

*A Biopsychosocial  
Approach*



# City Hall Philadelphia





THE  
**ARTEMIS**  
CENTER FOR GUIDANCE, LLC



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# OUTLINE



- *Introductions*
- *The role of the professional*
  - *Assessing wellness needs*
  - *Education and resources*
  - *Personal Wellness Plan\**
- *Biopsychosocial Model*
  - *Multifaceted beings that exist in bi-directional relationships within complex systems*
  - *The 5 Tenets of Wellness & Spirituality*
- *Protective Measures*

**Social  
support**



**The Fresh  
Air Factor**



**Nutrition**



**General  
Wellness**

**Exercise**



**Sleep**





**Spirituality/  
Connection  
to a Higher  
Power/  
Greater  
Meaning**

✧ There is no one right way to be spiritual.  
It is a very personal and fluid entity.

✧ Spirituality can be demonstrated in a myriad of ways, including, but not limited to: prayer, meditation, yoga, laughter, worship, ceremonies and rituals and study of sacred texts.

✧ Spirituality can be a powerful Coping Mechanism

✧ Research has demonstrated strong correlations between mental health and spiritual meaning

✧ If spirituality is of any significance in an individual's life, when they seek counseling, it should be with someone that, at minimum, has a basic understanding and sensitivity to both mental health and spiritual needs

# 1-Social Support



# FAMILY EDUCATION:

Help her identify one or two solid support persons.

Ask her to bring them to appts.



- Listen to her . Believe her.
- Reassure her – but do not patronize.
- If poor appetite : small, healthy snacks frequently.
- Stay hydrated – especially if nursing.
- Walk in fresh air everyday.
- Address sleep concerns.
- Assist with other children and household chores to decrease feelings of being overwhelmed.
- Assist with finding professional help and support groups & getting to these appointments.
- Facilitate- but do not force- relationship with the baby.



## Postpartum Social Support Screening

The following questions are about how much support you can count on from people around you.  
How often is each of the following kinds of support available to you if you need it?

Circle one number per line:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Someone you can count on to listen to you when you need to talk	1	2	3	4	5
Someone to give you good advice about a problem	1	2	3	4	5
Someone to take you or baby to the doctor if needed	1	2	3	4	5
Someone you can laugh or just relax with	1	2	3	4	5
Someone to help you get information or help you to solve a problem	1	2	3	4	5
Someone to help you with chores or with taking care of the baby	1	2	3	4	5
Someone to share your most private worries and fears with	1	2	3	4	5
Someone to do something enjoyable with	1	2	3	4	5
Someone to love you and make you feel special	1	2	3	4	5

Who helps you the **most** in with practical things (feeding baby, folding laundry, grocery store)?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  
 Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

With whom do you feel most comfortable sharing your feelings or talking about something that is **worrying** you?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  
 Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

Who helps you the **most** in with the transition to motherhood?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  
 Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

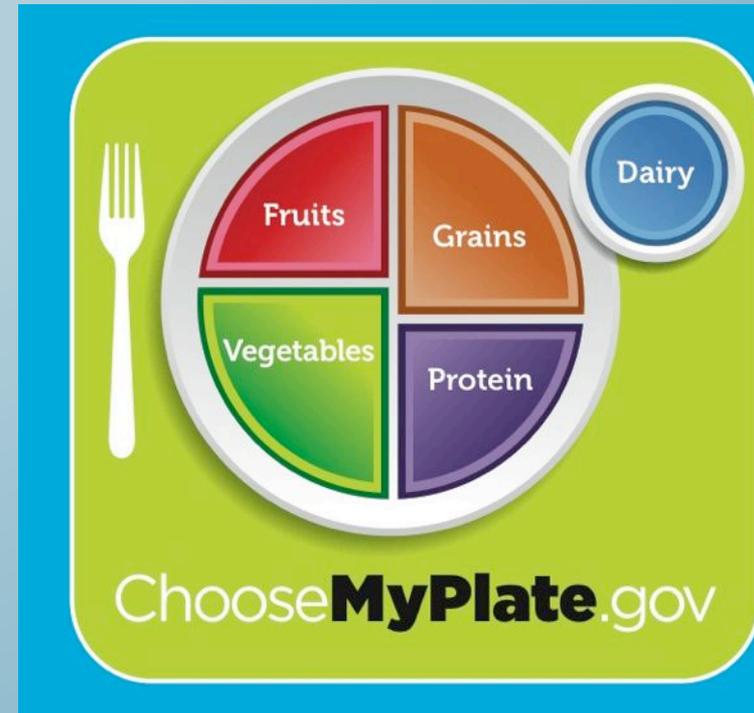
This Postpartum Social Screening Tool was adapted by *The Artemis Center for Guidance* in 2013 from a questionnaire developed by the Advancing Diabetes Self-Management project at La Clinica de La Raza, Inc. in Oakland, CA with support from the Robert Wood Johnson Foundation® in Princeton, NJ.

# 2-Nutrition



# Some basics:

- ✧ Avoid reduced fat & fat free food choices
- ✧ Be sure to have a balanced meals and snacks that include a protein (choosemyplate.gov)
- ✧ Avoid highly processed foods
- ✧ Multivitamins and supplements can provide “nutrition insurance” when taken in conjunction with well-balance diet
- ✧ Any history of an Eating Disorder or current symptomatology must be addressed with appropriate interventions





✧ Increasing research addressing the protective effects that Omega 3s provide against depression and anxiety

✧ Some new research addressing Mg and anxiety- still in early phases

✧ Foods rich in antioxidants (list) help to maintain cell health

✧ Remaining hydrated (WATER! WATER! WATER!) is necessary to keep the body's system running properly ( 60% of body is water- so if your water balance is off 60 % of your functioning is off).



# 3-Sleep



# SLEEP

- ✧ Sleep is crucial for most mental processes. Lack of sleep affects a person mentally, physically and emotionally
- ✧ Insomnia and depression can have a reciprocal effect, with one exacerbating the other.
- ✧ Decreased need for sleep or “optimal” functioning while sleep-deprived can be a red flag of a bi-polar disorder.
- ✧ Good sleep habits and scheduled help with night time feedings are essential to more healthful sleep.
- ✧ There are supplements(melatonin, valerian, tryptophan), as well as prescription medications, that can help reestablish normal sleep cycles.



# WHEN IS SLEEP A PROBLEM?



- ✧ It is normal to have less sleep than usual with an infant in the house
- ✧ Are sleep issues related to baby's needs, mom's health or emotions or something else?
- ✧ Clinicians need to know the right questions to ask

# 4-Exercise

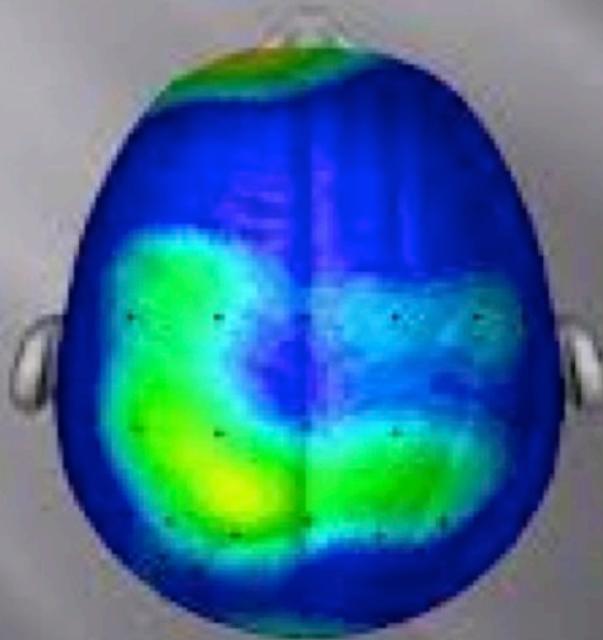


# Exercise

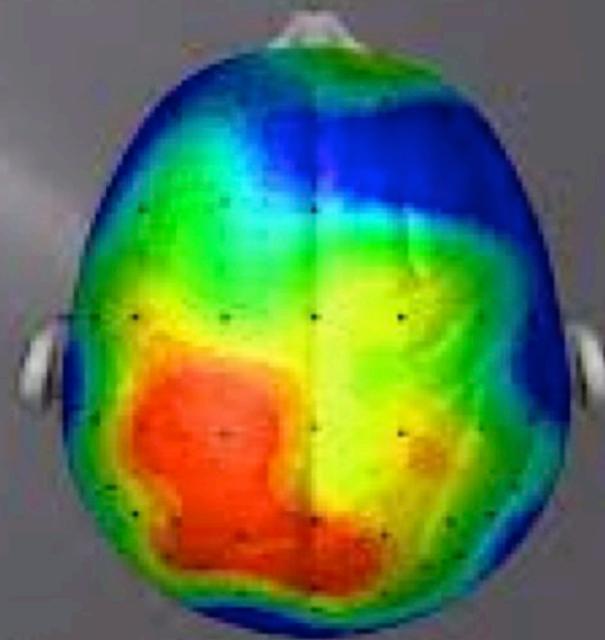
- ✧ Moderate to rigorous exercise releases endorphins meant to reduce the pain caused by physical stress on the body >>>overtime and with consistent exercise, the body begins to produce extra endorphins even at rest.
- ✧ Endorphins are natural pain killers and antidepressants released by the body
- ✧ Establishing a regular exercise routine contributes to good physical, emotional and mental health.
- ✧ Studies have shown consistently that regular exercise contributes to an increase in self-esteem, body image, self-worth and a decrease in symptoms of depression and anxiety
- ✧ Exercise for a pregnant or new mom needs to be realistic and take into account any physical restrictions



BRAIN AFTER SITTING  
QUIETLY



BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**



# 5-The Fresh Air Factor

# Find Simple Ways Everyday to Reconnect with Nature

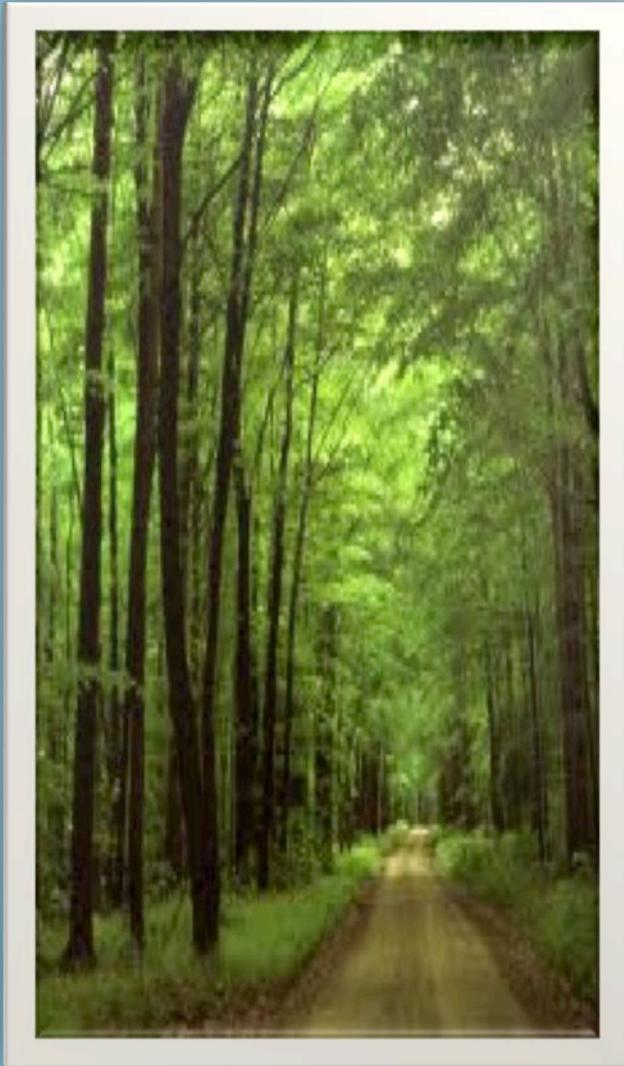


# Restorative (Fresh Air) Factors

- ✧ All those things that are recoup the essentials of human well being and help bring a person back to balance and wellness
  - ✧ Acupuncture/Acupressure
  - ✧ Aromatherapy
  - ✧ Ecotherapy
  - ✧ Horticultural Therapy
  - ✧ Meditation
  - ✧ Reiki
  - ✧ Therapeutic use of magnets or crystals
  - ✧ Sunlamps (esp effective for SAD)
  - ✧ Music and Natural Sounds



# Ecotherapy



- ✧ “Wilderness is not a luxury but a necessity of the human spirit, and is as vital to our lives as water and good bread.”

*-Edward Abbey*

- ✧ Humans lived in concert with nature for thousands of years; being deprived of something that has been an integral part of the human experience for so long contributes to human depression

*- Richard Louv has written several books that delineate the vital connection between humans and the natural world*

# INSTILLING PROTECTIVE MEASURES



# GETTING TO KNOW YOUR NEW TINY FAMILY MEMBER





**A New Parents' Survival Guide from**

**DR. KARP**

**The Top Ten Tips for Parents of New Babies**

As you know, if you ask five people for their advice, you'll get ten

[The Happiest Baby on the Block](#)

# PERSONAL WELLNESS PLAN & TOOLS



The Artemis Center for Guidance

## Personal Wellness Plan

### TENETS OF WELLNESS

#### 1. The Fresh Air Factor

←-----→

#### 2. Nutrition

←-----→

#### 3. Exercise

←-----→

#### 4. Sleep

←-----→

#### 5. The Fresh Air Factor

←-----→

#### Essentials

At least 8 glasses of water/day

Nutritionally balanced snacks/meals

Fresh air

Min 15 minutes exercise/day

Prescribed medications/vitamin or mineral supplement

Identify one or two care support people

Adjust schedule and help to allow for adequate sleep

Identify practical ways to connect with natural world on daily basis

Consult professional when struggling to acquired desired level of wellness

Personal Wellness Plan

TENETS OF WELLNESS

1. Social Support



2. Nutrition



3. Exercise



4. Sleep



5. The Fresh Air Factor



Essentials

At least 8 glasses of water/day

Nutritionally balanced snacks/meals

Fresh air

Min 15 minutes exercise/day

Prescribed medications/vitamin or mineral supplement

Identify one or two core support people

Adjust schedule and help to allow for adequate sleep

Identify practical ways to connect with natural world on daily basis

Consult professional when struggling to acquired desired level of wellness

## BIOLOGICAL FACTORS

- ✓ *Hormone fluctuations*
- ✓ *Fertility treatments*
- ✓ *High risk pregnancy*
- ✓ *Hyper-emesis of pregnancy*
- ✓ *Pregnancy Induced Hypertension*
- ✓ *Gestational Diabetes*
- ✓ *Traumatic birth*
- ✓ *Insomnia*
- ✓ *Physically stressful job*
- ✓ *Older siblings in need of physical care*
- ✓ *Physical Exhaustion*

## PSYCHOSOCIAL FACTORS

- ✓ *Marital stability/instability*
- ✓ *High needs or sick infant*
- ✓ *Emotional trauma during birth*
- ✓ *Emotional exhaustion*
- ✓ *History of mood and/or anxiety disorder*
- ✓ *History of other mental illness*
- ✓ *Family history of mental illness*
- ✓ *Mentally stressful job*
- ✓ *Being a teen mom*
- ✓ *Being a single mom*
- ✓ *Older sibs in need of attention or poor adjustment to baby*
- ✓ *Unstable employment*
- ✓ *Stressful work environment*
- ✓ *Volatile relationship with extended family and/or in-laws*
- ✓ *Isolated living situation or geographic location*
- ✓ *Involvement in criminal justice system*

## PROTECTIVE MEASURES

- ✓ *Frequent medical monitoring for specific conditions*
- ✓ *Indicated medications, supplements and medical intervention*
- ✓ *Referral to specialist when indicated*
- ✓ *Balanced Diet*
- ✓ *Exercise*
- ✓ *Relaxation techniques*
- ✓ *Relaxation techniques*
- ✓ *Psychotherapy*
- ✓ *Improved Sleep Habits/ scheduled rest*
- ✓ *Physical help with older children*
- ✓ *Rest for Exhaustion*
- ✓ *Babysitter/play dates for sibs*
- ✓ *Marriage counseling*
- ✓ *Parenting classes*
- ✓ *Social worker to assist with resources*
- ✓ *Reaching out to family and/or friends that have been a reliable source of support*
- ✓ *Lower expectations of self and others*
- ✓ *Attending support groups*
- ✓ *Have support person attend appointments with you and keep notes if needed*
- ✓ *Meet with social worker or school counselor who can help identify resources*
- ✓ *LOA or FMLA from work while recovering*

# POINTS TO REMEMBER

- Perinatal Mood Disorders are common and frequently undetected yet treatable illness.
- Protective measures can help a woman avoid suffering from or greatly reduce the length and severity of PNMD
- Key to expeditious recovery is early identification of risk & timely and appropriate intervention.
- Cultural competency and sensitivity to client vulnerabilities are essential.
- Patient education, Wellness Planning and mobilization of support systems helps with healthier outcomes.
- Clinicians need to be well-informed on aspects of General Wellness and have dependable resources available for clients.



# QUESTION & ANSWER SEGMENT

