



# Statewide Perinatal and Infant Mental Health Program (SPIMHP) Training Calendar 2024

SPIMHP provides training to improve the health and wellbeing of families in WA.

## The Uses and Misuses of the Edinburgh Postnatal Depression Scale

This training is designed to assist health professionals and others in using the Edinburgh Postnatal Depression Scale (EPDS).

<b>Dates</b>	Thursday 16 <sup>th</sup> May	<b>Location</b>	KEMH, Subiaco, WA,
	Tuesday 6 <sup>th</sup> August		TBC by Email
	Wednesday 6 <sup>th</sup> November	<b>Time</b>	9.00am – 1:30pm

## Perinatal Anxiety Disorders

This module provides participants with an introduction to anxiety in the perinatal period. Prevalence and types of anxiety disorders will be explored, along with engagement, screening, and treatment options.

<b>Dates</b>	Wednesday 17 <sup>th</sup> April	<b>Location</b>	KEMH, Subiaco, WA,
	Wednesday 19 <sup>th</sup> June		TBC by Email
	Tuesday 27 <sup>th</sup> August	<b>Time</b>	9.00am – 4:00pm
	Wednesday 13 <sup>th</sup> November		

## The Antenatal Risk Questionnaire

This training module is designed to introduce the Antenatal Risk Questionnaire (ANRQ) . The ANRQ is the recommended screening tool for psychosocial risk factors.

<b>Dates:</b>	Tuesday 5 <sup>th</sup> March	<b>Location</b>	KEMH, Subiaco, WA,
	Wednesday 5 <sup>th</sup> June		TBC by email
	Monday 7 <sup>th</sup> October	<b>Time</b>	9.00am – 1:30pm

## Serious Mental Illness in the Perinatal Period

This training module is a 1.5-hour presentation on managing women with a serious mental illness in the perinatal period. It is available for both mental health and non-mental health staff. This training is delivered via MS Teams.

<b>Dates</b>	Thursday 8 <sup>th</sup> February	<b>Location</b>	MS Teams	
	Wednesday 12 <sup>th</sup> June		<b>Time</b>	10.00- 11.30 am
	Wednesday 16 <sup>th</sup> October			

# Online Training available only for Rural and Remote participants via MS Teams

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## The Edinburgh Postnatal Depression Scale (EPDS)

This modified version of EPDS workshop training is designed to assist health professionals and others using the EPDS scale.

<b>Dates</b>	Wednesday 28th February Wednesday 8 <sup>th</sup> May Tuesday 26 <sup>th</sup> November	<b>Time</b>	10.00am - 12.30pm
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## The Antenatal Risk Questionnaire (ANRQ)

This is a modified version of the face-to-face ANRQ workshop designed to assist health professionals in the use of the screening tool.

<b>Dates</b>	Tuesday 12 <sup>th</sup> March Thursday 23 <sup>rd</sup> May Wednesday 30th October	<b>Time</b>	10.00am - 12.30pm
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Presenters can also provide training on a range of perinatal mental health disorders on request. Talks can be delivered in the workplace or via MS Teams. The above training is provided free of charge to attendees.

Please complete the registration form and send to [SPIMHP@health.wa.gov.au](mailto:SPIMHP@health.wa.gov.au)

Alternatively, visit our website [www.kemh.health.wa.gov.au/spimhp](http://www.kemh.health.wa.gov.au/spimhp). Participants will receive a confirmation email once their form has been submitted. Training modules are available to both government and non-government health staff.

## Mental Health First Aid (MHFA)

The MHFA course equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

This 12-hour course is run over **3 half days, or 2 full days** and participants must attend all sessions in the series to complete the course. There is a cost associated for attendees from outside of WNHS: Public Health Staff \$150 per course, Private/ other staff \$300 per course.

For further information or to register email [SPIMHP@health.wa.gov.au](mailto:SPIMHP@health.wa.gov.au).

**Venue** – KEMH, Subiaco WA. TBC via email.

### Dates:

Series 1: Monday 12<sup>th</sup> February, Monday 26<sup>th</sup> February, Thursday 14<sup>th</sup> March 0800-1230hrs.

Series 2: Monday 27<sup>th</sup> May and Monday 10<sup>th</sup> June 0800-1500hrs.

Series 3: Tuesday 1<sup>st</sup> October, Tuesday 15th October, Tuesday 29<sup>th</sup> October 0800-1230hrs.