



Perinatal and Pediatric Health Care Provider Newsletter Skagit County

Welcome to our Newsletter!

Winter 2022

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Hello from our Physician Champion - Dr. Francie Chalmers



Welcome to our inaugural version of this e-newsletter for Skagit County perinatal and pediatric health care providers. We're hoping to produce these on a quarterly basis to provide relevant information about resources and opportunities to make your work easier! Especially when it comes to working with families prenatal through early childhood. We'll try to keep things brief, with links for those who want to learn more. Please let me know if there are topics that you would like to see covered in future newsletters.

A general theme for this issue is perinatal mental health and early relational health. Highlights from this issue include an invitation to a free local CME event about perinatal mental health, mental health consultation supports and information about the HealthySteps care collaboration model. As Skagit's "Physician Champion" I am here to help make connections between your practice and community supports. Please feel free to contact me at fchalmers.md@gmail.com.

Featured Event for Skagit County

PERINATAL MENTAL HEALTH MANAGEMENT FOR PRIMARY CARE PROVIDERS



TRAINERS:

AMRITHA BHAT, MD, MPH UNIVERSITY OF WA

MARY ANN WOODRUFF, MD PEDIATRICS NORTHWEST

This free CME event is designed for Skagit physicians and allied health providers including Pediatricians, Family Practice, OBGYN, midwives, internists, etc. who are interested in learning more about implementing perinatal mental health screening and management.

Session 1: Implementing Screening in Practice

Tuesday April 12, 2022 6:30-8pm

Session 2: Resources to Support Perinatal Mental Health and Well-Being

Thursday April 28, 2022 6:30-8pm

3 CME hours provided. To learn more and to register, [click here](#).



Help Me Grow Skagit offers families seamless access to community services and supports so they can easily connect to what they need, when they need it. If families need a connection to SERVICES like parenting groups, health care, or food assistance, call/text the Family Resource Navigator, Gaby Camarena, at 360-630-8352. If families need a connection to ITEMS like diapers, wipes, and cleaning supplies, call/text the Family Resource Center at 360-230-9129. See the Flyer [HERE](#)



HealthySteps is a unique program based in a pediatrician's office that helps families identify, understand and manage parenting challenges like feeding, behavior, sleep, development and adapting to life with a young child.

HealthySteps is being implemented in pediatric and family practices across the country including Skagit Pediatrics!

[Learn more](#)

Helpful Resources and More!

Early Relational Health in the Primary Care Office Visit: *Free virtual self-paced course* designed for pediatric medical providers. Learn about resources that are available for parents and caregivers to engage with their young children in ways that enhance brain development. Free CME available.

Promoting Maternal Mental Health During Pregnancy Virtual Workshop: May 16-19, 2022. 10am - 2pm each day. The workshop is eligible for 15 CEU's. Presented by [Parent-Child Relationship Programs at the Barnard Center University of Washington](#). (Check out their other offering!)

Family Voices in Early Relational Health: Read a report of their findings [here](#) or view [webinar](#)

The Partnership Access Line (PAL) supports primary care providers with questions about mental health care.

PAL for Moms - Free Perinatal Psychiatry Consult Line from University of Washington.

Free DC:0-5™ Clinical training - This is the internationally accepted system for developmentally appropriate assessment of young children's mental health. Free trainings are available for any professional whose role supports young children and families enrolled in Apple Health. Trainings in April and May now available.

Words Matter: How Language Used in Health Care Settings Can Impact the Quality of Pediatric Care

ADHD and Exercise: Studies show that even half an hour a day can help kids function better.

33rd Annual Boston International Trauma Conference: Psychological Trauma: Neuroscience, Embodiment and the Restoration of the Self. The event is May 18-21, 2022. In person and virtual.

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