



## Defense Health Agency, J-7, Continuing Education Program Office

### Beyond the Baby Blues – An Introduction to Perinatal Mental Health and Its Impact on Mission Readiness

Live, November 13, 2025, Fort Bragg, NC

#### Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, social workers, and psychologists. A certificate of attendance is available for other attendees.

#### Beyond the Baby Blues – An Introduction to Perinatal Mental Health and Its Impact on Mission Readiness (1.0 clock hour)

1300 – 1400 (ET)

#### Learning Objectives:

1. Identify who is part of the perinatal population.
2. Review perinatal mood and anxiety disorders.
3. Understand the risk of untreated perinatal mood and anxiety disorders.
4. Discuss additional risk factors for the military population.
5. Examine the role of medication in treating the perinatal population.
6. Select appropriate assessments to screen for a perinatal mood and anxiety disorder.
7. Utilize different modalities to treat perinatal mood and anxiety disorders

#### Faculty:

Victoria Mans, LCSW. Presenter has no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

All relevant financial relationships have been resolved.

#### Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

#### Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this live course, for a maximum of 1.0 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Nurses (ANCC)

DHA, J-7, CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education live course, for a maximum of 1.0 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

## Physician Associates/Physician Assistants (AAPA) – Live



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

## Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 general continuing education credits.

## Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 1.0 credit for attending this activity.

## ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*<sup>™</sup>. ACCME Non-Physician CME Credit providers may receive a maximum of 1.0 hour for completing this course.

## Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

## Commercial Support:

No commercial support was provided for this activity.

## Participation Costs:

There is no cost to participate in this activity.

## CE/CME Inquiries:

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil).

## How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 27 November 2025 at 1159 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).