

2025 Avera Perinatal TeleECHO- Mama Needs a Minute: Maternal Mental Health

08/01/2025 at 08:00 AM to 08/01/2028 at 05:00 PM

Enduring Material

Purpose:

This Avera Perinatal TeleECHO session is a recorded session on maternal mental health. The session discusses the management of mental health during and after pregnancy, what to do with a positive screen, and best practices for assessing and monitoring the use of medications.

Objectives:

- 1 Discuss the management of maternal mental health during and after pregnancy.
- 2 Discuss best practices in assessing mental health during and after pregnancy and what to do with a positive screen.
- 3 Discuss best practices in safely assessing and monitoring the use of medications for mental illness during and after pregnancy.

Target Audience:

Physician, Nurse - RN, Student, Counselor / Therapist, Nurse - Nurse Practitioner, PhD, Nurse -LPN/LVN

For successful completion:

- Watch video
- Complete post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)



IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 0.75 IPCE credit(s) for learning and change.

Medicine CME: Avera designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting

ABS credit.

Nurse CE: Avera designates this activity for a maximum of 0.75 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER

Attendance can be texted up to 24 hours after the activity



Additional Information:

Feedback person for this educational activity is:

Enduring Material available from 08/01/2025 to 08/01/2028

- This course content was reviewed on 8/12/2025
- Health Resources and Services Administration (HRSA-22-115, PI: McKay)

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kimberlee McKay, MD	Content Expert - Committee Member, Faculty	Nothing to disclose
Brenda Kallemeyn, MD, Physician	Content Expert - Committee Member	Other: Investor-CEGA Innovations
MOLLY BERG, NP	Faculty	Nothing to disclose
Juanita Ruiters	Committee Planning Member	Nothing to disclose
Lacey McCormack, Ph D, Researcher	Committee Planning Member	Nothing to disclose
Catherine Luvaas, MEd, Training Coordinator/Research	Lead Planner	Nothing to disclose
Aaron Bergman, Ph D, Clinical Psychologist	Faculty	Nothing to disclose

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