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Things Are Happening!



Screening Symposium - Fall 2022

We will be hosting a screening-specific symposium in the Fall of 2022 from Portland, OR! This will be our chance to learn from one another in Perinatal Mental Health field.

Let's talk about all things screening, including but not limited to:

- Screening Tools
- Screening BIPOC
- Insurance reimbursement for screening
- Clinic screening procedures
- When, How, Why, & Who screens
- Screening Policies & Procedures
- Fathers/spouses/partners
- System-wide screening disparities
- System-wide healthcare systems
- PMADs as Public Health Crisis
- Non-traditional family structures
- LGBTQ+, Transgender birthing persons
- Material & Child Health Programs/WIC

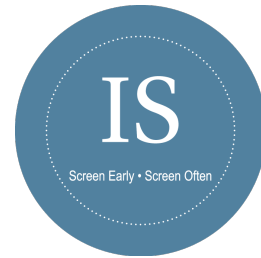
Clinical Presentation of PMADs
NICU
Adoptive and Surrogate Parents
Risk Factors
Miscarriage, still birth, gender disappointment
Screening face-to-face
Screening form on a clipboard

Curriculum - Digital Download

The purpose of this curriculum is to present a non-clinical view of postpartum depression and anxiety (PPD/A) that focuses on factors affecting a mother's experience after giving birth. One woman's personal experience as a case study, through the course of three pregnancies and births, will allow readers to better recognize contributing factors and piece together a plan of action in collaboration with existing perinatal professionals, using existing literature on the subject matter.

This is not intended to diagnose or treat any medical condition, it is the readers' responsibility to examine the information presented and discern how best to use it; learner autonomy is the preferred method of learning.

PowerPoint, 71 slides, digital download, case study, discussion questions/talking points, glossary of terms. Purchase [HERE](#) \$30.



Nominate Your Postpartum Shepherd

For me, my Shepherd was my maternal grandmother, Beatrice! This award is given in her honor.

The Postpartum Shepherd award is given annually to a person who has been nominated for protecting and guiding another through Perinatal Mood and Anxiety disorders (PMADs).

A Shepherd is a person who protects, guides, or watches over a person or group of people.

In 2017, the inaugural year, the award was distributed to three very deserving family members; John McFarland, Beatrice Jacobs, and Judy Litchfield. My husband, grandmother and mother respectively.

I would not be alive without the three of them.

The concept of being a Shepherd is as old as time and usually conjures up images of sheep and biblical stories. For me, in addition to those images, I see their faces tending to me, caring for me, and being an advocate for me as I suffered through three bouts of PMADs.

The amazing thing was, not one of them really knew the extent of my suffering and they certainly did not know that they were saving my life.

For you, this award given in honor of your postpartum shepherd, is your chance to tell those around you how they made a difference in your recovery.

Nominate someone today [HERE!](#)

Blog Posts

Some blog post titles:

Providers Need to Screen for PMADS

Screen the Soul Too

We Were Summoned

Why are They Asking me This?

I am Qualified

Miscarriage & Biowaste



Read them [HERE!](#)

Tele-Consulting Now Available

- ✓ Weekends Only, 24/7, by appointment, book on website
- ✓ Virtual, 40 minute Zoom appointments, \$40 with free follow up
- ✓ Let's talk about screening, ask questions, assess where you are, make a plan

www.ingramscreening.com

Tele-Consulting

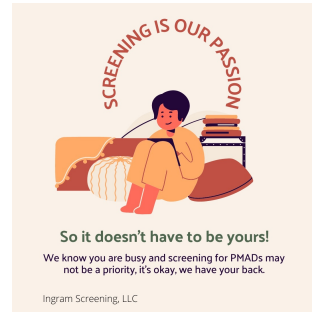
Do you have questions about screening? Schedule a time to chat [HERE](#). We can discuss your current screening situation (or lack thereof), discuss how to start a screening program, validate your screening questions, share resources, and follow up free of charge. Let's start the screening conversation!

40 minute appts | \$35

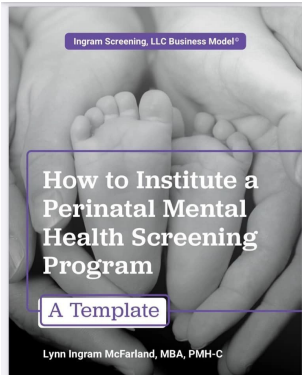
Business Quick Guide 2021

Free download of our Business Quick Guide, the Edinburgh Postnatal Depression Scale (EPDS) screening tool, and the Patient Health Questionnaire (PHQ-9).

The EPDS and PHQ-9 are assessment tools and not diagnostic. They can be self-administered.



You can find the downloads [HERE](#)



Last But Not Least

It is best practice to screen pregnant and new moms/birthing people and partners for Perinatal Depression and Anxiety. [PURCHASE](#) this business model template and build your screening program from the ground up!

People who use the Ingram Screening business model share:

- A passion for helping people during the perinatal period
- A commitment to providing full-spectrum care in their chosen field
- A thirst for knowledge of best practices and innovative ideas
- A willingness to learn new ways to help new families
- A dedication to recognize, identify, validate, treat, & prevent suffering in any form
- A critical thinking framework, a plan to ask questions, reason through them, and believe in the results
- A belief that every situation is unique and worthy of a deeper dive

Who is this for?

- Adoption Agencies
- Birthing Centers (non-hospital based)
- Chiropractors
- County Health Clinics
- Doulas - Pregnancy and Postpartum
- Emergency Room Staff
- Home Health Visitors
- Lactation Consultants/IBCLC
- Labor and Delivery Nurses
- Labor and Delivery Units (hospital-based)

Maternal & Child Health Programs
Midwives
Naturopathic Care
Obstetricians & Gynecologists (OBGYNs)
Obstetric & Gynecology Office Staff
Perinatologists
Pediatricians
Pediatric Office Staff
Primary Care Physicians/General Practitioners
Surrogacy Centers
Therapists
Women Infants & Children (WIC) Programs
AND MORE!

Thank you!

Lynn Ingram McFarland, MBA, PMH-C

Owner, Ingram Screening, LLC



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