

## ARIZONA TELEMEDICINE PROGRAM WEBINAR SERIES

The practice and delivery of healthcare is changing with an emphasis on improving quality, safety, efficiency, & access to care. Telemedicine can help you achieve these goals! The Arizona Telemedicine Program and Southwest Telehealth Resource Center invite you to a free one-hour **CME** webinar on the implementation and practice of telemedicine. CME provided by The University of Arizona College of Medicine - Tucson

# MATERNAL MENTAL HEALTH AND WELLNESS

**TUESDAY, NOVEMBER 26, 2024**

**12:00 PM Arizona time (MST)**

**11:00 AM PST ~ 12:00 PM MST ~ 1:00 PM CST ~ 2:00 PM EST**

Join Arizona Telemedicine Program, Southwest Telehealth Resource Center and the American Indian Health-Area Health Education Center for a session focusing on maternal mental health and wellness struggles in Native American families. Learn how your skills and education can have a positive impact on these families and their communities.

### OUTCOME OBJECTIVES

- Recognize the signs of maternal mental health struggles.
- Understand stigma and fear related to maternal mental health and how this may present in Native American families.
- Identify skills and resources to reduce stress for new parents.
- Describe how your education can impact your community.

### CONTINUING MEDICAL EDUCATION

#### Accreditation Statement

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

### PRESENTER



**Sirène Lipschutz, LMSW**  
*Clinical Manager*  
**TERROS, INC**

Sirène-Rose Lipschutz, LMSW, works as a therapist for the Havasupai Tribe in Supai, AZ, is a Doctoral Candidate at Northern Arizona University, and provides trainings on topics including work/life balance and maternal (perinatal) mental health. Sirène's clinical specialties are maternal mental health, direct trauma, and generational trauma. Her doctoral work focuses on how urban Native families in Flagstaff AZ experience, define, and heal from stress and trauma. Most important, Sirène is mother to two little boys and lives at the edge of the forest outside of Flagstaff. She takes wellness seriously and loves to read, paint, bake bread, and get outside.

### REGISTRATION

[www.telemedicine.arizona.edu](http://www.telemedicine.arizona.edu)

**For more information, contact Melanie Esher, MAdm, at [mesher@telemedicine.arizona.edu](mailto:mesher@telemedicine.arizona.edu)**

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