Care In Action: Assessment, Referral, and Professional Resilience in Perinatal Practice

Reimbursement Packet for Employer Submission

Event Content Overview

Event Name: Care In Action: Assessment, Referral, and Professional Resilience in Perinatal Practice
Date: March 4, 2027
Time: 9:00 AM – 4:00 PM
Location: Hilton Garden Inn Natomas Airport, Sacramento, CA
Continuing Education Credits: 6 Contact Hours
Hosted by: The Dancy Perinatal Institute (an educational initiative of Dancy Perinatal Inc.)

Event Description:
Care In Action is a full-day, in-person continuing education training for birth and perinatal professionals. The program integrates clinical education with professional resilience, equipping participants to better assess and support perinatal mental health while sustaining their own wellbeing.

This training addresses two critical needs in the perinatal field:

1. Improving clinical skills for recognizing and responding to perinatal mood and anxiety disorders, trauma, grief, and co-occurring conditions.

2. Supporting provider mental health and reducing burnout among those who work in high-stress, emotionally demanding care settings.

Learning Objectives

Participants will be able to:

1. Identify perinatal mood and anxiety disorders, trauma responses, and grief-related distress using trauma-informed, evidence-based approaches.

2. Apply practical assessment and referral strategies consistent with scope of practice and current legislative expectations.

3. Implement targeted interventions addressing perinatal anxiety, grief and loss, eating disorders and body dysmorphia, and substance use disorders.

4. Recognize and mitigate the effects of secondary trauma and compassion fatigue in professional settings.

5. Integrate evidence-supported resilience strategies to sustain long-term engagement in perinatal care.

Agenda Highlights

- **Opening Keynote:** Understanding the current perinatal mental health crisis and the professional cost of care

- **Core Training:** Conducting trauma-informed assessments that are both clinically effective and within professional scope

- **Workshop Series:**

    - *Supporting Partners In Clinical Birth Space*

- *Perinatal Grief and Loss- Trauma Informed Support*
- *Postpartum Psychosis- Identifying, Screening, Referring In Crisis*
- *Anxiety in Pregnancy- Prevalence, Presentation, Diagnosis and Referral*
- *Escalation of Psychiatric Crisis- Real World Tools and Recommendations*

- **Experiential Learning:** Processing secondary trauma and promoting emotional sustainability
- **Closing Session:** Building a culture of care and collaboration across disciplines

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Additional Information for Employers

- This training qualifies for continuing education credit for multiple disciplines.
- Krysta Dancy-Cabeal is a continuing education provider approved by the California Board of Registered Nursing, Provider # CEP17110. This course is approved for 6 contact hours.
- A formal receipt and CE certificate will be provided upon completion of the training for “Premiere” or “VIP” ticketholders

Sample Reimbursement Letter

To Whom It May Concern:

I am requesting approval for reimbursement or professional development funding to attend *Care In Action: Assessment, Referral, and Professional Resilience in Perinatal Practice*, a full-day continuing education event on March 4, 2027, hosted by The Dancy Perinatal Institute.

This program provides 6 CEUs and is specifically designed for birth and perinatal professionals, including nurses, midwives, social workers, therapists, doulas, and related providers. The training addresses two key priorities in perinatal care: enhancing mental health competency in patient assessment and supporting provider resilience.

Participation in this event will:

- Strengthen my ability to recognize and respond to perinatal mental health conditions, including anxiety, grief, eating disorders, body dysmorphia, and substance use disorders.
- Improve patient outcomes through evidence-based assessment and referral practices.
- Support my professional sustainability by teaching strategies to mitigate burnout and secondary trauma.

A detailed receipt of registration cost and CE verification will be provided for documentation.

I believe participation in this training will directly enhance my ability to serve families within our organization and align with our goals of providing safe, compassionate, and comprehensive care.

Thank you for your consideration.

Sincerely,
[Your Name]
[Your Title / Credentials]
[Date]