

2025

Perinatal & Early Childhood Mental Health ECHO

FREE EDUCATION

This program is for providers who want to improve the mental health care for their patients. Led by Dr Vibhay Raykar (Infant and Child Psychiatrist) and Dr Raju Lakshmana (Perinatal Psychiatrist) and facilitated by GV Health perinatal and child mental health specialists, the program is designed to expand the capacity to care for mental health in the Goulburn Valley region. One hour sessions include a brief education session by a specialist in the field, followed by a case presentation and discussion.

Using real-time, interactive video, providers:

- Learn new approaches and skills
- Participate in-depth clinical case consultation
- Receive feedback and recommendations

What is Project ECHO®?

Extension of Community Healthcare Organisations (ECHO) is an “all teach, all learn” approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

WHEN: Monthly online sessions held on the 3rd Tuesday of each month from 12.30-1.30pm via Zoom
WHO: Any health or welfare provider
COST: Free

Register: lisa.pearson@gvhealth.org.au

18-Feb-25	Ethics and Infant Mental Health	Dr Izaak Lim, Clinical Academic Psychiatrist, Monash Health
18-Mar-25	Genetic Counselling in Perinatal Psychiatry	Dr Joanne Isbister - Smith, Genetic Counsellor, Monash Perinatal and Women’s Mental Health Program, Monash Health, Clayton, Victoria
15-Apr-25	ADHD Stimulant Use in Pregnancy & General Tips for Psychotropic Planning in Pregnancy	Ms April Van Der Zwan, Senior Pharmacist, Alfred Mental and Addiction Health, Alfred Pharmacy Department
20-May-25	Anti-psychotic Depots for Pregnant Mums and Early Post Delivery	Professor Jayashiri Kulkarni, Director, HER Centre Australia, Monash University
17-Jun-25	Support for Dads - SMS4dads & SMS4DeadlyDads	Associate Professor Richard Fletcher PhD, Principal Investigator, SMS4dadsFathers and Families Research Program, School of Health Sciences College of Health, Medicine and Wellbeing, The University of Newcastle
19-Aug-25	Neurodevelopmental Aspects of ADHD - Why Psychosocial Interventions?	Dr Tejas Golhar, Child and Adolescent Psychiatrist, CAMHS, GV Health
16-Sep-25	Psychosocial Aspects of Prenatal Diagnosis	Ms Pieta Shakes, Lecturer in the Master of Nursing, James Cook University
21-Oct-25	Newborn Behavioural Observation in Perinatal Practice	Ms Madeleine Gardiner, Perinatal Mental Health Clinical Nurse Consultant - Tasmania Health
18-Nov-25	Being a Neurodivergent Parent	TBA
16-Dec-25	Informed Decisions: Understanding Sexual Health and Reproductive Options	Ms Kate Moroney, Nurse Practitioner, Women's Health, GV Health



New attendees welcome at any time – regular attendance not required. For more information visit GV Health website.