

Marce' of North America Newsletter

JANUARY 2022: HAPPY NEW YEAR!



Marcé
of North America

Promoting Perinatal Mental Health

Welcome Note from Dr. Jennifer Payne

Dear Members- I am honored and excited to be the new President of MONA for the next two years. I'm looking forward to planning an awesome conference two years from now but am hoping to engage members in an ongoing conversation about perinatal mental health, clinical care and research between now and then. Please send me your thoughts and suggestions and look for upcoming events that you can participate in. This is your society- make it outstanding!

Please see the link for our new leadership team bios: <https://marcenortham.com/leadership>



MEMBER OF THE MONTH: MONA President Jennifer Payne , MD

1. What is your current professional role?

I AM PROFESSOR AND VICE CHAIR OF RESEARCH AT THE UNIVERSITY OF VIRGINIA IN CHARLOTTESVILLE, VA. I AM ALSO THE DIRECTOR OF THE REPRODUCTIVE PSYCHIATRY RESEARCH PROGRAM THAT WE ARE STARTING TO GET UP AND RUNNING

2. What drew you to the field of Perinatal Mental Health?

I ACTUALLY BECAME INTERESTED IN POSTPARTUM DEPRESSION SCIENTIFICALLY WHEN I REALIZED THAT THE POSTPARTUM TIME-PERIOD IS THE ONLY TIME THAT YOU CAN PREDICT WHEN SOMEONE MIGHT GET DEPRESSED AND SO TRYING TO UNDERSTAND THE BIOLOGICAL BASIS FOR PPD MIGHT BE EASIER THAN DEPRESSION THAT OCCURS OUTSIDE OF POSTPARTUM. I ALSO LOVE WORKING WITH WOMEN AND SEEING THEIR KIDS!

3. What is your current research involvement?

I HAVE TWO NIH FUNDED STUDIES RIGHT NOW BOTH DEALING WITH PREGNANCY AND POSTPARTUM. I AM BUILDING THE REPRODUCTIVE PSYCHIATRY RESEARCH PROGRAM AT UVA AND AM HOPING TO HAVE MORE STUDIES FUNDED SOON. I AM ALSO OVERSEEING DEVELOPING RESEARCH PROGRAMS AND OPPORTUNITIES FOR THE DEPARTMENT.

4. What does a typical work day look like for you-including before and after work?

I GET UP EARLY AND TRY TO DO YOGA MOST DAYS. I CAFFEINATE MY HUSBAND AROUND 730. MY CAT FOLLOWS ME AROUND MOST OF THE MORNING UNTIL EITHER I LEAVE THE HOUSE OR I HIT MY OFFICE. WORKDAYS VARY BUT MOST INVOLVE A LOT OF MEETINGS, EMAIL AND WRITING! IN THE EVENING MY HUSBAND AND I RELAX, WATCH TV AND COOK DINNER TOGETHER.

5. What are you most excited about in your current work?

THE CHANCE TO GET TO BUILD A RESEARCH AND MENTORSHIP PROGRAM FOR THE DEPARTMENT. I'M ALSO VERY EXCITED ABOUT SOME OF THE RESEARCH FINDINGS WE ARE GETTING!

6. What's one of the most important things you've learned from a mentor or role model?

HIRE PEOPLE TO HELP YOU AT WORK AND AT HOME

7. What are your favorite things to do outside of work?

I READ A LOT, DO YOGA, WALK, AND EXPLORE RESTAURANTS WITH MY HUSBAND. I'M HOPEFUL WE'LL BE ABLE TO TRAVEL AGAIN SOON!

8. What is the most interesting book, podcast, TV series, or movie you've encountered in the past year?

THE BEST BOOK I READ WAS THE INVISIBLE LIFE OF ADDIE LARUE- IT'S WONDERFUL!

2022 Membership Renewals

The 2022 Marce' of North America (MONA) Membership categories are now available here at <https://marcenortham.com/renew> and includes a Silver Level International Marcé Society membership. All previous memberships have expired as of January 1st unless you purchased a two year membership last year. You can find out the status of your membership by logging in at <https://marcenortham.com/> or emailing marce@meetingachievements.com There are one and two year membership options available for our members in the US, Canada, and Mexico! The two year memberships include a 10 percent discount!

BENEFITS OF MONA MEMBERSHIP

- Discount on the MONA conference
- Free access to MONA webinars
- Listserv Access (including expert discussion on clinical challenges, posts about new programs and research studies and employment opportunities)
- Access to the online membership portal (including webinar videos, papers of the month, and other exclusive info)
- Access to special interest groups <https://marcesociety.com/special-interest-groups/>
- Monthly Newsletter with privileges to share announcements
- Silver Level Membership to The International Marcé Society - all members of MONA automatically become Silver Level members of the global organization.
 - The cost to upgrade to "MONA Diamond" is \$150 USD and the cost to upgrade to "MONA Gold" is \$100 USD.
 - **GOLD** –includes a complimentary one year subscription to the AWMH
 - **DIAMOND** –includes a complimentary one year subscription to the *Archives of Women's Mental Health* (AWMH), the official journal of the International Marcé Society, and recognition as a Diamond member in the Marcé newsletters and at the Biennial Congress
- The International Marcé Society consists of a general International group, as well as Regional Groups which act as branches of the Society. Regional Groups provide the opportunity for members to collaborate, share information, and build relationships with colleagues who are closer geographically or who share a common language. MONA is the Regional Group of the International Marcé representing North America (the USA, Canada, and Mexico). To learn more about other Regional Groups of the Society, please visit <https://marcesociety.com/regional-groups/regional-group-map/>

Please Contact Megan Mack for International Marcé Society membership upgrades:
mmack@parthenonmgmt.com

RENEW YOUR 2022 MEMBERSHIP HERE

if you have any questions about your membership status please email
marce@meetingachievements.com



The International
Marcé Society
for Perinatal Mental Health

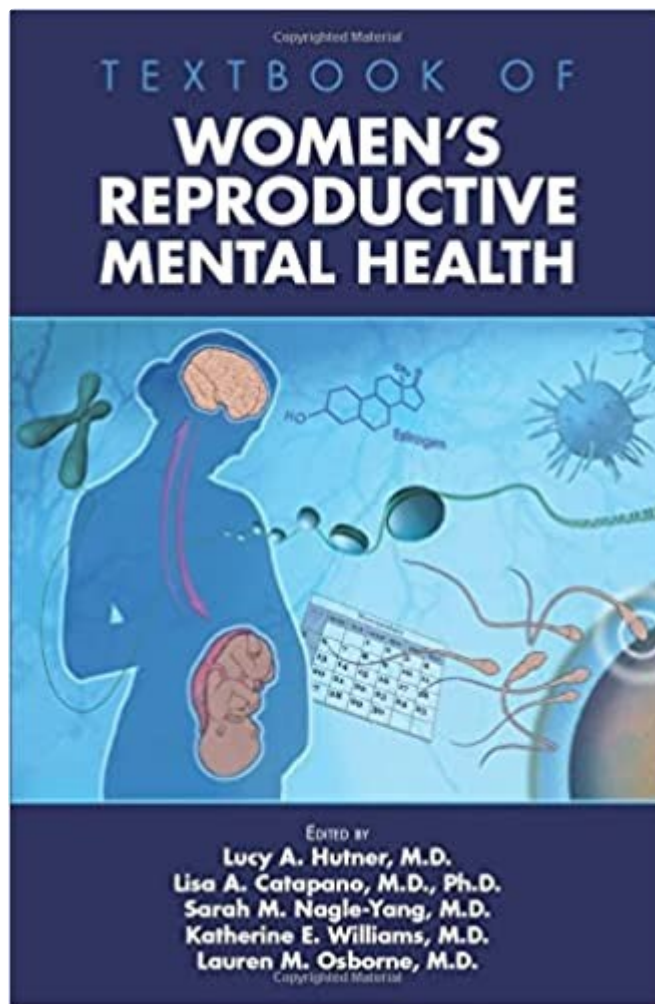
MARCE INTERNATIONAL: SPECIAL INTEREST GROUPS

As members of the International Marcé Society, all MONA members are eligible to participate in Special Interest Groups. Current groups are:

- [Fathers](#)
- [Pregnancy Loss and Newborn Death](#)
- [Prevention of Perinatal Mental Health Disorders](#)
- [Reproductive Mental Health Forensics](#)

We are also beginning a SIG about LGBTQ issues and will provide updates in early 2022.

We've received lots of great feedback that the SIGs are a very meaningful way to connect with our international perinatal mental health community. If you would like to contact the Chairs of the SIGs, please email the International Marcé Society Executive Office at lmiller@parthenonmgmt.com



Textbook of Women's Reproductive Mental Health

Hello colleagues,

We are delighted to let you know about a new comprehensive medical textbook in reproductive psychiatry, the *Textbook of Women's Reproductive Mental Health*, which has now been published by the American Psychiatric Association. At nearly 800 pages, with 80 authors and over 30 institutions represented, it is most comprehensive text for understanding, diagnosing, and supporting the unique mental health needs of women and others who undergo female reproductive transitions during their entire reproductive life cycle. We are so thrilled that this project is now complete and out in the world.

As you may know, this textbook grew out of the National Curriculum in Reproductive Psychiatry (NCRP; www.ncrptraining.org), which is officially part of the the Education Committee of MONA. Thanks to MONA for its ongoing support!

The book comes as both a print edition and an ebook. It is currently available for [sale](#) at the American Psychiatric Association publishing website and is also available from retailers such as Amazon.

We hope you have as much fun reading it as much as we had writing it!

All best,

Lucy Hutner MD

Lisa Catapano, MD, PhD

Sarah Nagle-Yang, MD

Katherine Williams, MD



Reproductive Psychiatry Interest Group

 @Repro_psych

Hello all! I'm Amanda Koire (PGY2 in Psychiatry at Brigham and Women's Hospital) and I have enjoyed being a part of MONA for the past year.

Reid Mergler, a PGY3 from Tufts who is also a MONA member, and I have started a national interest group of residents and trainees interested in women's mental health that so far has >200 members. Our plan for 2022 is to host monthly speakers and journal clubs on topics including PMDD, perinatal psych medication management, postpartum psychosis, menopausal transition, and careers in reproductive psychiatry.

This group is full of amazing and knowledgeable specialists— if you are willing to give a lecture or be a panelist on any of these topics (or others!) to a large audience of excited trainees, please let us know!

Faculty link: <https://forms.gle/1NnP4zrRr9PXWHZS8>

If you're a trainee in this group, please let us know if you'd be interested in hearing more about our events/joining the group!

Trainee link: <https://forms.gle/9tKt3TEHKwxE2ifA9>

Follow us on twitter here @Repro_psych !

Sincerely,

Amanda Koire, M.D., Ph.D.

Psychiatry, PGY-2

Brigham and Women's Hospital

x39960



January 2022 Paper of the Month

MONA PAPER OF THE MONTH

Overview by: Samantha Matuella, MD, PGY-4 Psychiatry Resident, MedStar Georgetown University Psychiatry Department, Washington, D.C.

Risk And Resilience Factors Influencing Postpartum Depression and Mother-Infant Bonding During COVID-19

Sara L. Kornfield, Lauren K. White, Rebecca Waller, Wanjiku Njoroge, Ran Barzilay, Barbara H. Chaiyachati, Megan M. Himes, Yuheiry Rodriguez, Valerie Riis, Keri Simonette, Michal A. Elovitz, and Raquel E. Gur (2021) *Health Affairs (Project Hope)* 40(10):1566-1574.

Introduction: Postpartum depression (PPD) is common and has short-term and long-term effects on the mental health of mothers, infants, and the mother-infant dyad. Research has focused on identifying risk factors for PPD; however, this data relies heavily on retrospective self-report with limited prospective data and there has not been an emphasis on how acute stressors during pregnancy impact maternal mental health and the dyad. Furthermore, there is limited data on resilience factors that may counter risks for PPD and may be areas for intervention. The COVID-19 pandemic has been a nearly universal acute stressor for pregnant women offering an opportunity to examine both risk and protective factors for PPD prospectively in a diverse cohort of pregnant women in the early phases of the pandemic.

Methods: 833 perinatal women seen in 9 prenatal clinics in Philadelphia, PA were surveyed electronically a 2 time points – once during their pregnancy (mean gestational time 25.27 weeks) and once postpartum (mean of 11.83 weeks postpartum). Risk factors assessed included prenatal anxiety (GAD-7), prenatal depression (PHQ-2), acute general pandemic-related stressors (6 questions), COVID-19 pregnancy-related worries (4 questions), and adverse childhood experiences (ACE Questionnaire). A 21-item Brief Risk and Resilience Battery was used to assess five categories of prenatal resilience factors, including self-reliance, emotional regulation, supportive close relationships, nonhostile close relationships, and neighborhood safety. PPD was assessed via the Edinburgh Postnatal Depression Scale (EPDS) with a clinical cutoff of 10 or higher out of 27, given the exclusion of item 10 given challenges monitoring self-harm real-time via online scales. Mother-infant bonding was assessed via the Postpartum Bonding Questionnaire (PBQ) with a clinical cutoff of 12 or higher for possible impaired bonding. Logistic regression models were applied to risk and protective factors, individually and collectively, to assess their unique effect on postpartum depression and mother-infant bonding. Several covariates were accounted for, including demographic data, survey timing, and delivery-related data. Bonferroni correction was used to

mitigate multiple comparisons. Results were considered statistically significant at $p \leq 0.01$.

Results: When assessed individually, all five risk factors increased and four of the five resiliency factors decreased the risk of a positive PPD screen. Impaired mother-infant bonding was found to be at increased risk with three risk factors and at decreased risk with four protective factors. However, entering the factors into the model simultaneously led to more unique prediction effects. Simultaneous analysis found that

prenatal depression, prenatal anxiety, and adverse childhood events each significantly increased a women's risk of a positive PPD screen, with a 1-unit increased corresponding to a 12%, 31%, and 18% respective increased risk. In addition, high levels of COVID-19 pregnancy-related worries only increased risk for PPD if these occurred in the third trimester. For resiliency factors, only emotion regulation was found to significantly decrease PPD screening risk at 11%. While prenatal depression was the only unique predictor of impaired mother-infant bonding, it was strongly associated at 43%. Decreased mother-infant bonding was associated with increased self-reliance and nonhostile close relationships, at 18% and 13% respectively.

Discussion/Conclusions: Examining the risk and resilience factors in the prospective cohort of pregnant women at the beginning of the COVID-19 pandemic illuminated key areas of intervention for maternal mental health in the context of acute stress. This study supports the view that greater attention to prenatal screening and treatment could be protective against PPD and maternal-infant bonding. Acute stressors surrounding delivery, as demonstrated by worries about COVID-19 in the third trimester, could also be areas of intervention for prevention of PPD. Importantly, these findings also demonstrate the need to focus on resiliency enhancement in perinatal treatment, with an emphasis on emotion regulation, self-reliance, and lack of hostility in relationships. Taken together, local and federal policies that support screening, prevention, and treatment of prenatal mood and anxiety symptoms could not only improve mothers' mental health, but also reduce negative effects on infants, including adverse childhood outcomes that in themselves increase the risk of the PPD cycle continuing.

Limitations/Comments: As recognized by the authors, this study relied on self-report data, and no diagnostic screens were included. The PHQ-2 is 'a very limited assessment of prenatal depression. Furthermore, COVID-19 as an example of an acute stressor, particularly without at pre-pandemic comparison group, is difficult to generalize to other acute stressors. Importantly, logistical regression models, even if covariates and multiple comparisons are used, need to select outcomes of interest with cut-off scales that cannot take the full breadth of symptoms into account. That said, this may be the most practical method available in the complex task of risk and resilience assessment, as long as caution is taken to not assume correlation is the same as causation.



risk & resilience factors.pdf

Download

114.3 KB



**Icahn
School of
Medicine at
Mount
Sinai**

Icahn School of Medicine Postdoctoral Research Fellow

Please see the attached file more information on this position.

Thalia K. Robakis, M.D., Ph.D.

Associate Clinical Professor of Psychiatry

Women's Mental Health Program

Icahn School of Medicine at Mount Sinai

<https://www.mountsinai.org/care/behavioral-health/services/womens-mental-health>



MountSinaiPostdocAd_1.4.2022.pdf

Download

127.3 KB

Sackler Infant Psychiatry Fellowship

We are currently in the process of recruiting for The Sackler Infant Psychiatry Fellowship for July 2022. Please see the attached flyer and if you would like to discuss more, please do not hesitate to reach out to me. Please pass along to anyone else who might be interested.

Soudabeh Givrad

Perinatal, Infant, and Adult Psychiatrist

Assistant Professor in Clinical Psychiatry

Weill Cornell Medical College



Beth Israel Deaconess
Medical Center



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

Women's Mental Health @ Beth Israel Deaconess Medical Center Boston

WOMEN'S MENTAL HEALTH POSITION

This is a part time position in the ambulatory setting which involves joining an expanding women's mental health service. The service focuses on women in the peripartum period, but addresses aspects of women's mental health throughout the lifecycle. Responsibilities include clinical care and teaching as well as contributing to program development and scholarly work. This position may be combined with other opportunities on our ambulatory service, providing psychiatric evaluations and ongoing treatment in our general psychiatry clinic located within the medical center, or on our consultation-liaison service, providing consultation, teaching, and supervision on our inpatient medical-surgical floors and in our Emergency Department.

Beth Israel Deaconess Medical Center in Boston, is a 650+ bed tertiary care teaching hospital of Harvard Medical School. The Department of Psychiatry is a major teaching site for Harvard Medical School and the BIDMC Harvard Psychiatry Residency Training Program, and the position includes opportunities for teaching medical students and residents and for faculty development. The candidate will be eligible for a Harvard Medical School appointment at the rank of instructor, assistant, or associate professor, commensurate with the level of accomplishment and dependent upon fulfilling teaching requirements.

Applications are made online at www.hmfphysicians.org/careers. Please respond to requisition #210408. We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, gender identity, sexual orientation, pregnancy and pregnancy-related conditions or any other characteristic protected by law.

Postdoctoral Scholarship position open in Perinatal Mental Health

The University of Chicago has an opening for a one (1) year, full-time postdoctoral scholar in Perinatal Mental Health beginning July 1st, 2022. The postdoctoral scholar will be under the supervision of Dr. Candice Norcott in the Department of Psychiatry and Behavioral Neuroscience in the Biological Sciences Division of the University of Chicago.

The Department of Psychiatry and Behavioral Neuroscience is in the thriving and vibrant community of Hyde Park and partners with the community to explore and develop innovative behavioral health interventions for individuals living on the South Side of Chicago. The postdoctoral scholarship position involves working closely with the Department of Obstetrics and Gynecology, conducting clinical research and developing expertise in delivering and evaluation interventions aimed at improving perinatal mental health.



Postdoc Position in Perinatal Mental Health.pdf

[Download](#)

166.1 KB

A graphic featuring two black spotlights at the top, each with a yellow beam of light shining down towards the text. The text 'MEMBER SPOTLIGHT' is centered between the beams.

MEMBER SPOTLIGHT

MEMBERS IN THE MEDIA





Dr. Cara Angelotta Forensic Psychiatry Specialist

Please find information below on the topic of complete pregnancy denial involving a testimony from Dr. Cara Angelotta. This link explains the case: <https://www.usnews.com/news/us/articles/2021-12-02/south-dakota-woman-sentenced-in-1981-death-of-infant-son>.

A local news source wrote an article about the testimony about pregnancy denial . <https://www.keloland.com/keloland-com-original/what-is-complete-pregnancy-denial/>. The testimony video is linked below for the full audio.

Cara Angelotta MD
Assistant Professor of Psychiatry
Program Director, Forensic Psychiatry Fellowship
Psychiatry Clerkship Director
Northwestern University, Feinberg School of Medicine



[🔗 What is Complete ...](#)

www.keloland.com



RESEARCH STUDY OPPORTUNITY

In collaboration with colleagues at SUNY Downstate, our team at Lifeline for Moms is pleased to share an opportunity for obstetric caregivers to participate in a PCORI-funded research study.

The study aims to understand the barriers and facilitators to identifying, assessing, and treating perinatal mood and anxiety disorders amidst the pandemic and ongoing health inequities. We are seeking obstetric physicians (attendings, fellows, and residents), midwives, nurse practitioners, physician assistants, and doulas to participate in this study. The specific focus is understanding what obstetric caregivers perceive as barriers and facilitators to mental health care in the context of the pandemic and health inequities.

Study participation involves completion of both a semi-structured interview and brief survey by telephone that will take approximately one hour. A \$40 gift card is provided to participants in gratitude for their time.

If you are interested in participating in the study, please click this link: [Evaluating Lifeline for Moms \(ELM\) study](#). Please also forward this opportunity to others.

Thank you!

Best,

Nancy

Nancy Byatt, DO, MS, MBA, FACLP (she, her, hers)

Executive Director, Lifeline for Families Center & Lifeline for Moms Program

Professor of Psychiatry, Obstetrics & Gynecology and Population & Quantitative Health Sciences

Medical Director, MCPAP for Moms

Lifeline for Families Center

Department of Psychiatry

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twitter: @nancybyatt

Visit Lifeline for Moms on the web at www.umassmed.edu/lifeline4moms/

[Visit MCPAP for Moms on the web at www.mcpapformoms.org](http://www.mcpapformoms.org)

MMHLA Newsletters Sign Up

MMHLA NEWSLETTERS. Here is a [LINK](#) to MMHLA's most recent newsletter about Maternal Mental Health: Black Women and Birthing People. At the end of the newsletter is an opportunity to sign up -- I invite you to do join. I promise not to fill your inboxes: MMHLA sends a monthly newsletter and periodic special newsletters such as this one.

Thank you!

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Adrienne Griffen

Executive Director, Maternal Mental Health Leadership Alliance

agriffen@mmhla.org | 571-643-2738 | www.mmhla.org

CALL OUT FOR INFORMATION: SOCIAL MEDIA ENGAGEMENT

MONA seeks to increase engagement with our membership on social media. We would like to start by highlighting the research that many of you are doing to impact parental mental health as well as connect MONA members with similar research interests.

If you are doing research and open to engaging with MONA including being tagged on posts and sharing your work, please provide us your name, IG handle, and any active research projects in the link below.

Thanks to all who are already following and engaging with us on social media! Also, if you're not involved in research and want to share your IG handle, please do!



 **MONA Members I...**

docs.google.com

MONA LISTSERV

Hello Members!

As a reminder you are encouraged to use the MONA Listserv for professional advice, referrals, trainings, announcements and important topics that you would like to share with the Marce of North America Community. You must be a member to post on the Listserv with your email registered. Once you send something to the listserv it is always held for review and approve before it is posted. Please Email MONA@simplelists.com to send a message to the Listserv.



Perinatal OCD Intensive Outpatient Program

The Perinatal OCD Intensive Outpatient Program serves pregnant and postpartum adults with obsessive-compulsive disorder (OCD), health anxiety, social anxiety, panic disorder, and phobias (intense, specific fears).

Treatment consists of exposure and response prevention (ERP), which is based on cognitive-behavior therapy (CBT), delivered in a group format.

The Women and Infants Hospital of Rhode Island is offering Individual, family, and group sessions. For more information on this targeted perinatal OCD program see the contact information below.

Women & Infants Hospital of Rhode Island

Center for Women's Behavioral Health

101 Dudley St.

Providence, RI 02905

P: (401) 453-7955

Email: BHDHdesk@wihri.org

Fax: (401) 276-7873

NASPOG CONFERENCE: April 22-24th, 2022

CALL FOR ABSTRACTS (See Image Below)

<https://naspog.org/Biennial-Meeting>

Registration link <https://naspog.org/Registration-2022>

2022 Biennial Meeting

No Woman Forgotten: Science and Equitable Health Care for Women across the Life Span

April 22-24, 2022

University of Michigan in Ann Arbor, Michigan

The mission of NASPOG is to promote the study and clinical application of the neurobiological and psychosocial aspects of women's health and well-being across the life span. NASPOG conducts a biennial meeting as a forum for scientific and clinical discussion with oral presentations, poster sessions, symposia, roundtable discussions and invited speakers. NASPOG's members comprise a wide range of professionals and trainees from obstetrics and gynecology, psychiatry, psychology, behavioral science, public policy, sociology, nursing, social work, public health, and law.

This year's conference, *No Woman Forgotten: Science and Equitable Health Care for Women across the Life Span*, will be held in-person at the University of Michigan in Ann Arbor MI. The meeting offers an opportunity for practitioners and scientists working in the field of women's reproductive health to come together to exchange their scientific and applied work and share a forum for discussion on how in today's world—challenged by parallel pandemics of COVID-19, racism, gender-based violence and mental health crisis—we can most effectively support women across the life cycle in wellbeing and equitable access to care.

REGISTER NOW NASPOG Biennial Meeting

*No Woman Forgotten: Science and Equitable
Health Care for Women across the Life Span*

Abstract submissions due
December 12, 2021!

April 22-24, 2022

📍 University of Michigan, Ann Arbor, MI

2022 MARCE' INTERNATIONAL CONFERENCE SAVE THE DATE

Ian Jones 2022 Conference Video



Save the date! International Marcé Society
2022 Conference - London
19th - 21st September 2022



The International
Marcé Society
for Perinatal Mental Health

DO YOU HAVE SOMETHING TO SHARE?



Please email job postings, fellowships, awards, publications, members in the media, advocacy news, etc to Marce@meetingachievements.com for future newsletters, we would LOVE to hear from you!
Please send all content by Friday, January 28th for the February 2022 newsletter!




Marce of North America

 @Marcenortham

The Marcé Society of North America is committed to the advancement of Clinical Care, Research, Advocacy, and Education.

 marce@meetingachievements...  219.465.1115

 marcenortham.com

