

Marce of North America Newsletter

June 2021



Marcé
of North America

Promoting Perinatal Mental Health



THE FORGOTTEN PARENT: FATHER'S MENTAL HEALTH DURING PERIPARTUM

In Celebration of International Fathers Mental Health Day in June, MONA presents an informative webinar on Fathers Mental Health during the Peripartum Period. The event will feature our moderator and MONA President, Crystal Clark MD. Our expert panel consists of David Levine MD, Daniel Singley PhD, and Sheehan Fisher PhD.

This 90 minute webinar takes place on Tuesday June 22nd from 4:30pm-6:00pm CST and is complimentary for current MONA members and \$25.00 for Non Members . Members will be emailed an event code for a complimentary ticket.

RESERVE YOUR SPOT!

"The Forgotten Parent": Fathers Mental Health during Peripartum



Daniel Singley PhD

Dr. Singley is a San Diego-based board certified psychologist and Director of [The Center for Men's Excellence](#). His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He will be presenting on the research and therapeutic approach.



Sheehan Fisher PhD

Dr. Sheehan Fisher is an Assistant Professor and clinical psychologist at Northwestern University, Feinberg School of Medicine. His research career focuses on the effects of perinatal and subsequent parental mental health on infant/child health outcomes, with a specialization in the emerging field of father mental health. Dr Fisher will be presenting on policy and cultural views.



David Levine MD, FAAP

David Levine is a board-certified pediatrician working for Atlantic Medical Group in NJ. After suffering from postpartum depression after the births of his two children, he became a speaker and advocate for father's mental health. Dr Levine will be presenting on lived experienced PPD as a parent as well as advocacy for more research and public knowledge of the mental health of non-birth parents.



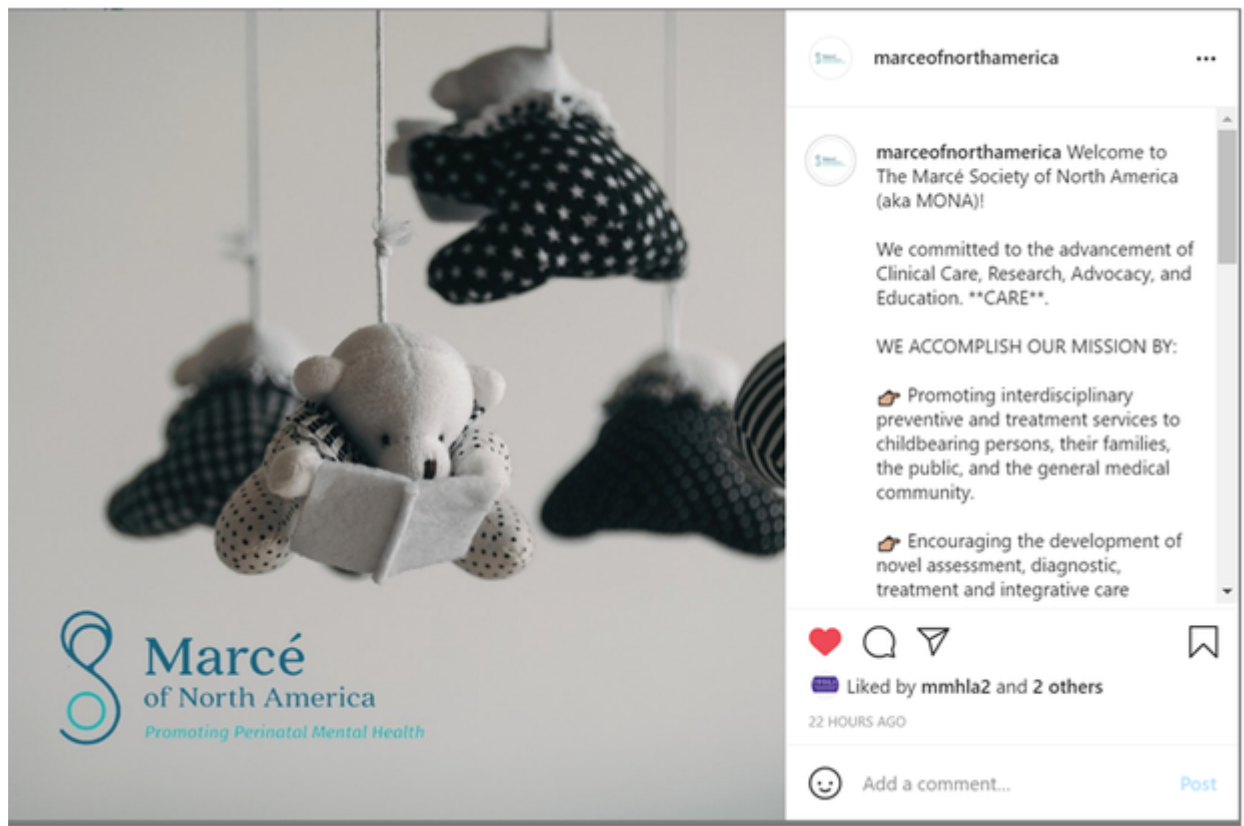
MARCE OF NORTH AMERICA (MONA) SOCIAL MEDIA UPDATES!

MONA leadership has been working on building our social media presence and we are excited to share that we recently launched an Instagram page (@marceofnorthamerica) and updated our Facebook account with new posts and content, please connect with us here:

<https://www.facebook.com/marcenortham>

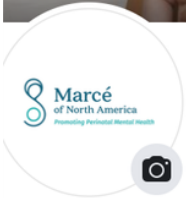
Please visit the page, follow us, and stay tuned for updates on the conference, organization announcements, resources, and much more on perinatal and parental mental health.

MONA INSTAGRAM ACCOUNT INFORMATION



MONA FACEBOOK ACCOUNT INFORMATION

<https://www.facebook.com/marcenortham>



Marce of North America

@marcenortham · Charity Organization

Edit Follow



BOD ELECTION IS NOW OPEN FOR VOTING!

Marce of North America is committed to their leadership representing the perinatal persons and their families that we are committed to the clinical care, advocacy, research and treatment of. With that goal in mind, we seek to diversify our board to include more representation of minorities, gender diversity, Obstetricians, career and field diversity, and increase the pipeline for early career professionals.

VOTING IS NOW OPEN for the 2022 Board Positions including President-Elect, Treasurer, Secretary and (2) Board of Directors Positions, Voting will be open June 1st -30th at the link below for current Marce of North America members only.

[**CLICK HERE TO CAST YOUR VOTE**](#)

VOTING IS NOW OPEN for the 2022 Board Positions including President-Elect, Treasurer, Secretary and (2) Board of Directors Positions, Voting will be open June 1st -30th



Introducing the MONA member of the Month – Barbara Parry , MD

We are expanding our monthly newsletter to feature our members. This month we are learning more a current member and MONA Board of Director, Barbara Parry.

If you would like to nominate yourself or a fellow member for the Member of the Month, contact Deepika.goyal@sjsu.edu for more information!

We also would enjoy hearing your ideas for the newsletter or any other aspect of our Marcé of North America organization! Please send your ideas to Deepika.goyal@sjsu.edu

MEMBER OF THE MONTH QUESTIONS

1. What is your current professional role?

Professor of Psychiatry, Research Director, Women's Mood Clinic

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

While a research fellow at the NIH, I had a patient with postpartum depression who I wanted to admit to the unit, but she did not want to come into the hospital without her child with her. I tried to seek approval to allow her child to be admitted with her to the unit, but to no avail, and was labelled a "troublemaker" (good trouble I think) in the process. When James Alexander Hamilton wrote the NIH asking if there was anyone there interested in postpartum depression to attend the first international Marce' meeting in the US (in Berkeley, CA), the letter was sent to me. I corresponded with Dr. Hamilton, and attended this inspiring meeting!

3. What is your current research involvement?

PI on studies examining the role of circadian rhythm disturbances in premenstrual, peripartum and menopausal depression, conducting melatonin, sleep and light investigations.

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

Before: "warm-up period": cup of tea, devotional and newspaper headline reading, exercises, shower; work that requires thinking (i.e., grant and manuscript writing and reviews, teaching, seminars) in the am; clinical, administrative activities requiring more interpersonal interactions in the afternoon; "wind-down": exercise, reading, piano in the evening.

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

Observing circadian rhythm disturbances specific to premenstrual vs. pregnancy vs. postpartum vs menopausal depression that are corrected by critically-timed sleep and light interventions, and which correlate with mood and sleep improvement.

6. What's one of the most important things you've learned from a mentor or role model? Following your passion (from the Latin passio, meaning to suffer), thus what you are willing to suffer for.

7. What are your favorite things to do outside of work?
reading poetry and stories, playing the piano, walking in nature, swimming, biking, sailing, skiing, spending time with family and friends, listening to music

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

Book: 75 Masterpieces of Great Art, Literature, Music, Film by Terry Glaspey; TV: Masterpiece Theater Classics; Podcast: Malcolm Guite Spells in the Library; Movie: Far From the Madding Crowd (Thomas Hardy)

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WELCOME TO OUR NEW APRIL & MAY MONA MEMBERS

Trainees:

LaToya Frolov , MD, MPH

New York Presbyterian-Columbia and Weill Cornell

Claire Hazlett

Berkeley City College

Kristin Koberstein

University of Rochester Medical Center

Anna Matthews RN

University of North Carolina Chapel Hill

Diana Nakad-Rodriguez MD

Atrium Health

Nicole Scott MD

UT Dell Medical School

Navy Spiecker

Drexel University

Ifeanyi Walson DO

East Carolina University/Vidant Medical Center

Elizabeth Whitman MD

Loyola University Medical Center

Professionals:

Kimberly D'Anna-Hernandez PhD

Marquette University

Osarumen Doghor MD

Baylor College of Medicine

Constance Guille MD

Medical University of South Carolina

Alexis Hammond MD, PhD

Hopkins SOM

Dana Raml MD

University of Nebraska Medical Center

Cecille Ruther MD

Portland VA Medical Center

Alexandra Sacks MD

Columbia Center for Psychoanalytic Training and Research

Kate Salama MD

Brigham and Women's Hospital

Erica Medina Serdan

Instituto Nacional de Psiquiatría Ramón de la Fuente Muñiz

Elyse Springer MA-CLP, LMFT, PMH-C
Marriage and Family Therapist

Sarah Stern PMHNP
Women and Infants Hospital

Rubiahna Vaughn MD, MPH
Montefiore Medical Center

ABSTRACTS NOTIFICATION UPDATE

Thank you to all that submitted abstracts! Notifications for accepted abstracts will be sent out in mid June.

Our fall conference will take place *Virtually* on Thursday October 21st-Sunday October 24th! The conference is entitled *Parental Mental Health During Changing Times*.



Recruiting a perinatal psychiatrist in Pittsburgh, PA!

We are presently recruiting a psychiatrist to work with us at Women's Behavioral Health at Allegheny Health Network in Pittsburgh, PA. Current needs include outpatient psychiatry and consult psychiatry, as well as the potential for engagement with our Mother-Baby Intensive Outpatient Program. Our team primarily provides treatment for perinatal mood and anxiety disorders, but we also provide care for a variety of other issues including but not limited to PMDD, breast cancer, infertility and fetal loss. If you are interested in learning more about this position, please contact Dr. Sarah Homitsky, the Women's Behavioral Health Medical Director, at Sarah.Homitsky@ahn.org or at 412-491-0905. See link below for additional information about our program: <https://www.ahn.org/services/womens-health/behavioral-health/alexis-joy-dachille-center-for-perinatal-mental-health.html>

Mental Health First Aid USA: Doctoral Student Grants Program

Good afternoon Mental Health Section Members,

I am excited to share that Mental Health First Aid USA just launched a Doctoral Student Grants Program! The grants will provide 4 doctoral students with a one-time award of \$5,000 to conduct research on the impact of MHFA programs in the US.

Here are some important dates:

- **May 21, 2021:** The application will launch on May 21, 2021 and will remain open until **June 18, 2021**.
- **June 21-25, 2021:** Applications will be reviewed by our selection committee.
- **June 28-July 2, 2021:** Final applicants will be invited for an interview.
- **July 9, 2021:** Awardees will be announced.

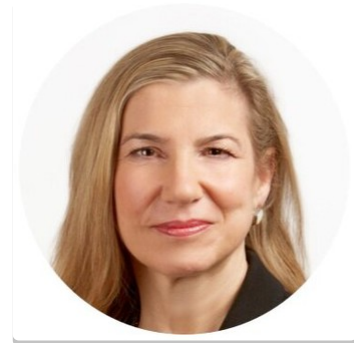
Check out our [webpage](#) for the application link and additional information regarding the grants. If you know a doctoral student that may be interested, please share this information with them!



Has Covid Remade Psychotherapy for Good? - The New York Times

Please see the NYT's article on teletherapy which also includes comments from our very own Catherine Monk PhD.

<https://www.nytimes.com/2021/05/21/nyregion/covid-teletherapy-psychiatry.html?action=click&module=Editors%20Picks&pgtype=Homepage>





Where:

Both online and in-person classes are available.

When:

One meeting, on a Saturday
9:00 am - Noon
See upcoming dates & sign up at
www.MenExcel.com

Cost:

\$75 per dad



Basic Training for New Dads: Expectant Dad's Class

A relaxed and information-packed class for expectant dads that provides **practical information** and a **boost of confidence** about the transition from "dude to dad."

Topics Include:

- Diapering
 - Swaddling
 - Soothing
 - Burping
- 
- Changing relationship dynamics and tips to manage common issues like self-care and work/life balance while keeping the connection strong with your partner and your baby.

"The class gave me useful information in a fun, relaxed atmosphere. I recommend it for all new dads."

Tom, Software Engineer and father of twin girls.



Basic Training for New Dads Flyer 2021-01-13.pdf

[Download](#)

4.7 MB

Touchstone Institute

LIVE SUMMER SESSION JUST ADDED: PERINATAL-FOCUSED ADVANCED EMDR TRAINING!

Join Dr. Mara Tesler Stein and perinatal (trauma) specialists around the world for this live-streamed training.

The Advanced Practice of EMDR for Perinatal & Infant Mental Health
June 28-30, 2021

This EMDRIA-approved training builds upon the skills taught in Foundational/Basic EMDR training, integrating the AIP lens with the Three Core Tasks framework. It is designed to address the specific needs of clinicians working with clients in the perinatal period.

You will learn not just what to do but how to conceptualize a wide range of perinatal mental health issues, raising the level of care you provide to families. As an added benefit, you will spend three days connecting with and learning from other passionate EMDR-trained perinatal specialists from across the country. (18 CEs offered for psychologists, social workers, and counselors).

<https://icm.thinkific.com/.../the-advanced-practice-of...>

Completion of at least EMDR Foundational/Basic Training Part I is a prerequisite for this training.

(<https://icm.thinkific.com/.../emdr-therapy-training...>)

If these dates don't work for you, please consider the Self-Paced Advanced Practice of EMDR for Perinatal & Infant Mental Health, also offered by Dr. Mara Tesler Stein through the Institute for Creative Mindfulness.

(<https://icm.thinkific.com/.../the-advanced-practice-of...>)

Have questions? Email us at info@touchstoneinstitute.org.

Mara Tesler Stein, Psy.D., PMH-C

Clinical Psychologist

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LEGAL AND ETHICAL DILEMMAS IN PERINATAL MENTAL HEALTH

This webinar series will take place on **June 3rd, 10th and 17th from 6 pm to 8 pm each day** and includes up to 6 Law & Ethics continuing education credits.

The field of perinatal mental health may present clinicians with unique legal and ethical dilemmas, with an abundance of grey areas to traverse. Concerns about parent, infant and child safety are keenly present for providers supporting families on their reproductive journey. Additionally, ethical dilemmas may arise as clinicians navigate providing equitable care with cultural humility while meeting legal and ethical standards of licensure governing boards.

This 3-part continuing education workshop series pairs legal and clinical voices in conversation to help us problem solve these complex and ever-evolving challenges. Topics include: promoting safe boundaries, child abuse and neglect reporting, managing high risk cases and practicing risk management, and implicit bias. Please join us for what is sure to be an informative, interactive and practice transforming series!

Tickets are available for \$40 per day or \$100 for all three days. See the attached brochure for more information and speaker bios. Registration is open [here](#).

For questions please contact [Erin Sricharoon](#) at erin@maternalmentalhealthnow.org

This project is sponsored by the California Health Care Foundation.

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ERIN SRICHAROON *she/her/hers*

Events & Communications Coordinator | Maternal Mental Health NOW

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w: www.maternalmentalhealthnow.org

Conference Corner! 2021 MONA VIRTUAL CONFERENCE: Parental Mental Health During Changing Times

SAVE THE DATE

MARCÉ OF NORTH AMERICA (MONA)
2021 **VIRTUAL** CONFERENCE

OCTOBER 21-24, 2021



**Conference Registration Link will be mailed this week with
EARLY BIRD RATES !**

Early Bird Rates:

\$225.00 MONA Members

\$275.00 Non Members

\$100.00 Trainees/Students

Look out for a special announcement on the Listserv this week with registration information!

CLICK HERE TO RENEW YOUR MONA MEMBERSHIP FOR 2021!!


MEMBERSHIPS ARE ANNUAL FROM JANUARY 1st 2021 to December 31st 2021





Marcé of North America

 @Marcenortham

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

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