

# ***Marce' of North America Newsletter***

MARCH 2024



## **Marcé** of North America

*Promoting Perinatal Mental Health*

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### ***MONA Podcast***

### ***Studying Perinatal Well-being (Offered in Spanish)***



**Xochitl Carlos Mendez**

[View Here](#)

Many community members invest in addressing the needs of perinatal communities. This month, Xochitl shared insightful suggestions for engaging Spanish-speaking and Latina/x perinatal women and Latinx communities in research and interventions. Xochitl also offers community members tips for engaging in research. This is also mentions of abuse in the episode. We offer the following Spanish-language resources:

- [La Línea de Ayuda Nacional Online de Abuso Sexual](#)
- [El Centro Nacional de Recursos sobre Violencia Sexual \(NSVRC\)](#)
- [Directorio de organizaciones](#)

Xochitl Carlos Mendez is the Alliance Spanish Cultural Program Manager of the Perinatal Mental Health Alliance for People of Color at Postpartum Support International (PSI). She is a dedicated leader who spearheads outreach efforts across Spanish-speaking countries and creates strategic alliances with global organizations and perinatal providers. With a background rooted in Mexico, Xochitl holds a BA in Special Education and an MA in Child Psychotherapy.

Possessing a strong background in advocacy and activism for the most vulnerable communities, Xochitl spearheaded numerous social projects and co-founded multiple non-profit organizations in Mexico, leading to honors and awards in human rights. Upon immigrating to the United States, her advocacy shifted towards the intersection of women, survivors of domestic violence, mental health, and the immigrant community. Following her journey into motherhood, where she experienced perinatal mood and anxiety disorders (PMAD), Xochitl shifted her efforts toward raising awareness, educating, and disseminating information about PMAD among professionals in the perinatal field and her surrounding community. Xochitl's goal is to establish a new reality where mothers grappling with PMAD have access to adequately trained and culturally sensitive professionals who will meet their needs and reduce suffering.

[LinkedIn](#)

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## **MONA Membership**

If you need any assistance joining, renewing, or checking on the status of your membership, please contact Marcé International at [info@marcesociety.com](mailto:info@marcesociety.com).



**The International  
Marcé Society**  
for Perinatal Mental Health

### **Registration | The International Marce Society for Perinatal Mental Health**

Joining a Regional Group vs. International Group The International Marcé Society for Perinatal Mental Health consists of a central International organization and individual Regional Groups which act as branches of the Society. The Society supports and encourages Regional Groups so that colleagues who are closer geographically or who share a common language can collaborate, communicate, and build relationships.

[marcesociety.com](https://marcesociety.com)



# The International Marcé Society for Perinatal Mental Health

## Renew your Membership | The International Marce Society for Perinatal Mental Health

Your Membership Makes a Difference The Society welcomes members from across the globe with the aim to grow and sustain the international perinatal mental health community to promote research and high quality clinical care around the world. We invite you to renew your membership at the level that best reflects your needs.

🔗 [marcesociety.com](http://marcesociety.com)

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## Member of the Month



Adam Lewkowitz, MD, MPH

Assistant Professor of Maternal-Fetal Medicine, Department of Obstetrics and Gynecology, Women & Infants Hospital / Alpert Medical School of Brown University

### 1. What is your current professional role?

I am an Assistant Professor in the Division of Maternal-Fetal Medicine and Department of OBGYN at Warren Alpert Medical School of Brown University / Women & Infants Hospital of Rhode Island. I am also the Associate MFM Fellowship Program Director.

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

One of the reasons I fell in love with OB in medical school was childbirth, which is a profound moment in our patients' lives. But I quickly realized intern year that, while this lifechanging moment is often joyous, for many patients, pregnancy or birth is traumatic. My interest in Perinatal Mental Health started in postpartum clinics when I realized the skills I was learning in OB residency were insufficient to fully care for my patients. This interest has only deepened as my training and now career have progressed. Now, I'm thrilled to be learning weekly via the NCRP Fellows Didactic Series!

### 3. What is your current research involvement?

Most of my research efforts are supported by a K23, which supports my adaptation the Mothers & Babies Program (a cognitive behavioral therapy curriculum shown to prevent postpartum depression for low-income English- or Spanish-speaking participants) into a novel smartphone application. I am also trying to create novel programs to better incorporate non-birthing partners into perinatal care and perinatal mental health care, with the goal of improving our patients' mental health by teaching their partners how to be more engaged/supportive with parenting.



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

I am a stereotypical middle-aged parent whose typical day is borderline monotonous, but also full of joy. My mornings are spent in a flurry of getting our three kids dressed, fed, and out the door. Then I am either working on research or seeing patients. My clinical time varies each day but is either the ultrasound unit, the inpatient service and labor/delivery, or an the outpatient clinic. After work, some days I become Uber Dad driving kids to/from school/activities while other days I just come home. Usually after dinner, we all play some sort of family board or card game, which is often the highlight of my day. Then, after kids go to sleep, I either catch up with my wife or work next to her while she grades or prepares for classes (she's a 6th grade humanities teacher).

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

It really feels as though the obstetric community is undergoing a metamorphosis in which we realize that our goal is not just to care about fetuses and uteruses but all aspects of our patients, including their mental health and perceived birthing experience. We have a long way to go, but it's wonderful to see how engaged OBGYN residents and MFM fellows are about our patients' mental health while we are treating their medical conditions.

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

One of my earliest mentors in medical school told me to create a "happy folder" so I can store in one place all the emails that I've received that make me happy or proud of myself. Sometimes, the only reason I'm able to power through a difficult call shift or grant revision is by pausing to peruse my happy folder. One of my current mentors recently pointed out that, no matter our age, we are all like toddlers because all we want is to feel seen and validated by the people that we look up to. That resonated very strongly with me, so I now try to make sure that students, residents, and fellows who work with me know when they do something great, even if it's inconsequential.

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

I love reading, running, being outdoors. I also spend an embarrassing amount of time exploring dream vacations that will likely never happen due to time and cost limitations.

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

So many good books--Demon Copperhead (Barbara Kingsolver), The Devil in the White City (Erik Larson), Trust (Hernan Diaz), anything by N.K. Jemisin.

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## ***Faculty Positions & Job Postings***

**Integrated Psychiatry and Prenatal-Neonatal Brain Research**

The Postdoctoral Fellow in Psychiatry will engage in a novel hybrid program of perinatal psychiatry training (Dr. Wisner) integrated with a research training program (Dr. Limperopoulos). The NICHD-funded T32 grant, Clinical Research Training for the Prenatal-Neonatal Brain, is located in the Prenatal Pediatrics and Developing Brain Institutes at Children's National Hospital (<https://developingbrainresearchlaboratory.org/>), affiliated with George Washington University School of Medicine and Health Sciences. The goal of the program is to provide multidisciplinary research training in prenatal-neonatal neuroscience. The Fellow will gain an understanding of the developing prenatal-neonatal brain in healthy and high-risk pregnancies, with a focus the impact of stress, depressive and anxiety symptoms, and maternal mental illness on maternal-fetal health outcomes; expertise in advanced diagnostic techniques for the brain and placenta; and skills to develop independent research careers. The Fellow will provide consultation services for a DC-wide collaborative care team that serves a diverse group of patients and families. The responsibilities include diagnostic assessment and recommendations for treating perinatal psychiatric disorders to patients and community practitioners. The program is a 2-year fellowship with the option for a third year, available in mid-2024. The trainee must be a citizen of the United States. Competitive salary. For further information, contact Dr. Wisner ([KWisner@childrensnational.org](mailto:KWisner@childrensnational.org)).

### **The Women's Reproductive Behavioral Health Division in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina**

Hiring two full-time therapists.

[APPLY HERE](#)

### **The FSU College of Medicine, Dept. Of Behavioral Sciences and Social Medicine**

Seeking fellows for their Biopsychosocial Factors in Health Outcomes Across the Lifespan Fellowship Program.

[APPLY HERE](#)

#### **Clinical-Research Fellowship in Women's Mental Health Research.pdf**

Shirley A. Brown Clinical-Research Fellowship in Women's Mental Health, Women's College Hospital and the University of Toronto

[Download](#)

213.5 KB

#### **Clinical Psychology Associate Professor Professor West Virginia University.docx**

Eberly College of Arts and Sciences at West Virginia University invites applications for an Associate or Professor position in Clinical Psychology

[Download](#)

17.4 KB

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***Marce of North America (MONA) and Marce International 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. You will be added to the listserv after enrolling for membership. You will have to confirm via email and opt in.

Please Email [MONA@simplelists.com](mailto:MONA@simplelists.com) to send a message to the Marce of North America Listserv.

### International Marce Society Discussion List

To post to this list, send your message to:[discussion@lsrv.marcesociety.com](mailto:discussion@lsrv.marcesociety.com)

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## *Do you have something to share?*

Please email job postings, fellowships, awards, publications, members in the media , advocacy news, etc to [Marce@meetingachievements.com](mailto:Marce@meetingachievements.com) for future newsletters, we would LOVE to hear from you!



### **Marce of North America**

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

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**Tarah Hamby**

Tarah is using Smore to create beautiful newsletters