

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

OCTOBER 2020



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

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## **WELCOME NEW SEPTEMBER MONA MEMBERS!**

Please view our member spotlight section below for many exciting achievements to recognize!

### **Welcome to our Newest Members!!**

#### Trainees

**Leizle Lapping-Carr PhD, Northwestern University, Fineberg School of Medicine**

**Catalina Montiel B.S, Northwestern University**

**Sarah Moyer RN, Virginia Commonwealth University**

**Lauren Quick-Graham MSW, LCSW, North Carolina State University**

**Mary Schickich MD, University of Washington**

**Kathryn Stephens MD**

**Archana Vidyasankar**

#### Professional

**Gloria Aguilar Diaz**

**Zobeida Diaz, MD, MS**


**Cheryl Dodds**

Fleda Mask Jackson, PhD  
Margo Nathan, MD  
Anne Ruminjo, MD, MPH  
Veronica Zantop MD  
Maria Teresa Zavala Bonachea



## **WORLD MENTAL HEALTH DAY: OCTOBER 10th**

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

 [who.int/campaigns/world-men...](https://www.who.int/campaigns/world-mental-health-day)



## MEMBER OF THE MONTH: JOY BURKHARD

### Joy Burkhard

**What is your current professional role?** I am the founder and executive director of nine years at 2020 Mom. In July 2020, I left another professional role working for Cigna, a fortune 50 health insurance company, I spent 24 years at Cigna focusing on quality improvement and guiding the company around implementation of state laws. Cigna is where I gained knowledge of the complex U.S. health delivery system and passion to close gaps in maternal mental health care.

**What drew you to the field of Perinatal Mental Health?** I always say my worlds collided (I am guessing many of my fellow MONA members have had similar 'world collisions'). Besides working in healthcare and having my first baby, the year prior I lost my little brother to suicide. I knew he was struggling and I couldn't figure out how to help him.

**What is your current research involvement?** I'm not a researcher but I support many PCORI projects and have several research interests, a few of which include: (1) biomarkers and medical tests (blood tests, swabs, etc.) to detect potential for mental health disorders (think of what this would do to reduce stigma) (2) whether the baby blues can happen during pregnancy (we have heard women report symptoms but no research has been conducted), (3) the rising alcohol use rate among mothers (4) employer based interventions (think reducing stress by supporting mothers with practical support, reducing material cost share, free child care, etc.).

**What does a typical work day look like for you - including before and after work?** Besides working full time for 2020 Mom, I'm home schooling two kids, a 6th and 7th grader. My 12-year-old son has ADD and 'just right' OCD so my mornings consist of sitting 6 ft away from him with one ear/eye listening to his teachers and watching him, and the other set on 2020 Mom emails, project plans and webinars.

**What are you most excited about in your current work?** The heart of 2020 Mom's work and aim has been around implementation; moving research into practice, and identifying promising practices that have the potential to be scaled. We have convened stakeholders, written white papers, provided awards for promising models, and written and secured policy change. We were recently awarded a grant for the CoLaboratory which will allow us to convene more leaders in public health, ready organizations to lead state policy change, and clinicians in health systems poised to implement change. We are eager to invite many of you to join this effort.

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

The topic that is top-of-mind for me right now is health equity and race. Like so many people and organizations, I am and our organization is, looking at what our role can and should be in

addressing health inequities. Someone wise once told me that understanding racism is a continuum and no one is really ever at the end. That has stuck with me. Another statement about race that I found profound is that racism like birth trauma is in the eye of the beholder.

**What are your favorite things to do outside of work?** I have a large bucket list of things to do around my house including clean my closet and organize my desk (which is a long build in vanity in my bathroom believe it or not!). Besides those things that really would bring me much satisfaction to complete, my idea of a relaxing day would be to read magazines poolside without interruption from my kids begging me to get in the pool.

**What is the most interesting book, podcast, TV series, or movie you've encountered in the past year?** I'm reading several books right now, one is a business book I read years ago, *From Good to Great*. My twin sister reminded me that now is a great time for 2020 Mom to go deep around our "hedgehog concept" getting crystal clear on what we can do better than anyone else in the world, and going deep in that lane. That's what we will be doing in the latter part of 2020 and into 2021.

**Final thoughts.** Some people also ask whether we will be changing our name post 2020. We will still be called "Twenty-twenty Mom" but our logo will be changed to 20/20 Mom to illustrate vision for and a focus on moms.

[2020mom.org/](https://2020mom.org/)



## MEMBERSHIP CORNER



# SAVE THE DATE

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

**OCTOBER 21-24, 2021**

*Changes to Perinatal Mental Health*  
**A REFLECTION OF 2020**



#marce2020



### Biennial Meeting

Innovations in Research,  
Policy and Clinical Care

October 5-8, 2020

Iowa City, Iowa,  
United States



**CLICK HERE TO SEE THE MARCE2020 VIRTUAL  
CONFERENCE LINEUP**



## International Marce Society for Perinatal Mental Health Conference

THE MARCE International Conference coverage to highlight MONA Speakers including –Samantha Meltzer-Brody , Crystal Clark, Jennifer Payne , Deborah Rich and Emily Miller

**Registration for the online edition of Marce 2020 is now open!**

### **OCTOBER 5: PRECONFERENCE**

#### **SYNCHRONOUS SESSIONS**

Preconference workshops will take place live online at a variety of times to better accommodate international attendees. These will be capped at 30 participants to encourage interaction and participation over video link.

### **OCTOBER 6 & 7: CONFERENCE**

#### **SYNCHRONOUS SESSIONS**


Workshops, case conferences, and other interactive formats will be delivered live online at a variety of times to better accommodate international attendees. These sessions will be capped at 30 participants to encourage interaction and participation over video link.

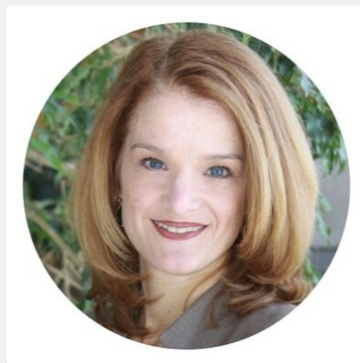
#### **ASYNCHRONOUS SESSIONS**

Pre-recorded plenary and oral presentations will be released online for you to view at your convenience. Each plenary presentation (as well as the collection of related oral presentations) will be paired with a scheduled 24-hour moderated discussion board, so that all attendees may participate during their own business hours.

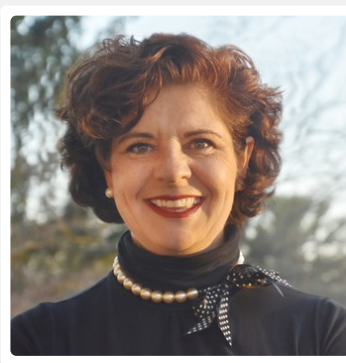
Posters will become brief (2-3 minutes) prerecorded video presentations, grouped thematically, and included with the associated moderated discussion board.

 Virtual

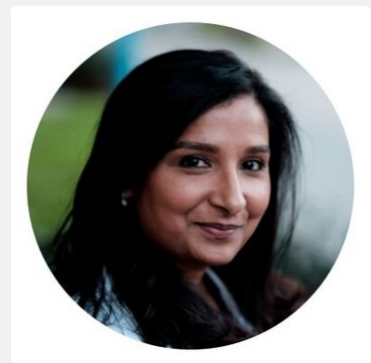
 [marce2020.com/registration](https://marce2020.com/registration)



**NANCY BYATT ,  
DO, MS, MBA,  
FAPM**



**Adrienne Griffen ,  
MPP/Executive  
Director**



**Deepika Goyal  
Ph.D, RN, FNP-C**

# MULTICULTURAL MATERNAL MENTAL HEALTH CONFERENCE: October 22-24th

## The Conference

Shades of You, Shades of Me, is a Maternal Mental Health awareness campaign that seeks to build a community of support for women of diverse cultural backgrounds. It is our honor to host the 2020 Multicultural Maternal Mental Health Conference in recognition of Maternal Mental Health Awareness Month.

Several MONA members (**Deepika Goyal, Adrienne Griffen, & Nancy Byatt**), are speaking in the [Multicultural Maternal Mental Health Conference](#), organized by Shonita Roach, founder of Shades of You, Shades of Me and Felica Turner-Walton. See the [lineup](#) of all speakers and plan to [register](#) soon



## POST-DOCTORAL FELLOWSHIP Opportunity in Women's Mental Health at Lifeline4Moms/UMass Medical School

<https://www.ummsjobs.com/job/5536/>



L4M fellowship\_2020-09-21.pdf

[Download](#)

78.5 KB

## National Curriculum in Reproductive Psychiatry and the MONA Education Committee are establishing a trainee fellowship program

National Curriculum in Reproductive Psychiatry and the MONA Education Committee are establishing a trainee fellowship program. Trainees (who can be residents or fellows) will have the opportunity to work on curriculum materials and continuing medical education tests for this national resource. A full description of the program (which includes the link to apply) is attached below.

<http://www.ncrptraining.org>

[https://jhmi.co1.qualtrics.com/jfe/form/SV\\_bHGEUCH34UXGTot](https://jhmi.co1.qualtrics.com/jfe/form/SV_bHGEUCH34UXGTot)





National Curriculum in Reproductive Psychiatry Trainee Fellowship 9-9-2020.pdf

Download

124.6 KB

## **Inpatient perinatal psychiatrist position to lead the Women's Unit in Queens, NY**

Please see the attached 2 documents regarding an opening for a FT perinatal psychiatrist (Unit Chief) to lead our 22-bed Women's Unit at Zucker Hillside Hospital, located in Queens, NY, just east of Manhattan. Our Women's Unit is part of our comprehensive WBH/Perinatal Psychiatry Program which includes an ambulatory center, research center, residency training program and an accredited CL Psychiatry-WBH track Fellowship program



Inpatient Perinatal Psychiatrist Recruitment in NY 092320.pdf

Download

163.2 KB



Perinatal Inpatient Brochure FINAL DEC 2019.pdf

Download

397.0 KB

## **Women's Mental Health Fellowship at the University of Washington, Seattle.**

WOMEN's Mental Health Fellowship Apply Now

<https://www.mcmh.uw.edu/copy-of-training-and-workforce-deve>







## **MEMBERS IN THE MEDIA: PERRI SHAW BORISH, MSS, LCSW, BCD**

Pregnancy and Newborn Magazine (August 2020) Retrieved July 29 2020

<https://pubs.royle.com/publication/?i=667767&pre=1>

Why So Many Parents Feel Absolutely Numb Right Now (2020)  
Retrieved July 18, 2020.

[https://www.huffpost.com/entry/its-not-just-you-parents-are-numb-right-now\\_l\\_5f0d0207c5b63b8fc10d8bd6](https://www.huffpost.com/entry/its-not-just-you-parents-are-numb-right-now_l_5f0d0207c5b63b8fc10d8bd6)

Not Sure How To Explain Coronavirus To Your Kids? Here's An Expert's Advice

(2020). Retrieved March 16, 2020,

<https://www.essence.com/lifestyle/health-wellness/how-to-talk-to-your-kids-about-coronavirus/>


WHAT I WISH WOMEN AND THEIR SUPPORT SYSTEMS KNEW ABOUT MISCARRIAGE (2020)

Retrieved May 2020.

<https://thehealthnexus.org/what-i-wish-women-and-their-support-systems-knew-about-miscarriage/>

Storytelling, relational inquiry, and truth-listening (2020) Retrieved March 2020,

<https://www.methodspace.com/storytelling-relational-inquiry-and-truth-listening>

 wholeheartmaternalmentalheal...



## **Research Recommendations on the Effects of Postpartum Depression and Pain on Infant Care and Development**

Sandraluz Lara-Cinisomo, PhD

[Journal of Obstetric, Gynecologic & Neonatal Nursing](#)  
[Volume 49, Issue 5](#), September 2020, Pages 416-422

<https://www.sciencedirect.com/science/article/pii/S0884217520300836?dgcid=author>

\*Anyone clicking on this link before October 28, 2020 will be taken directly to the final version of your article on ScienceDirect, which they are welcome to read or download



## Webinars for Perinatal Mental Health

We have two new awards from PCORI to address perinatal mental health. The first upcoming project is titled "Engaging Stakeholders in Perinatal Depression Research in the Context of COVID-19" and the main deliverable will be a patient-centered outcomes research webinar series held on 3 Thursdays this year - 10/29, 11/5, 11/12 at 4 p.m. EST. The second upcoming project is titled "Convening PCOR/CER Stakeholders to Address Issues in Rural Perinatal Health" and the main deliverable will be a two day virtual conference held on April 23-24, 2021.

<https://www.perinatalconnect.org/>

<https://www.pcori.org/research-results/2020/convening-pcorcer-stakeholders-address-issues-rural-perinatal-health>

[https://www.public-health.uiowa.edu/news-items/university-of-iowa-team-receives-100000-engagement-award-to-host-conference-on-rural-maternal-mental-health/#:~:text=A%20University%20of%20Iowa%20team,Outcomes%20Research%20Institute%20\(PCORI\).](https://www.public-health.uiowa.edu/news-items/university-of-iowa-team-receives-100000-engagement-award-to-host-conference-on-rural-maternal-mental-health/#:~:text=A%20University%20of%20Iowa%20team,Outcomes%20Research%20Institute%20(PCORI).)

 [perinatalconnect.org/](https://www.perinatalconnect.org/)



**Save the Date**

**Perinatal Depression Research Engagement Webinar Series**

Oct 29, Nov 5 & 12  
Thursdays • 3pm

 **Perinatal Connect**







## Marce of North America

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

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