

# Marce' of North America Newsletter

OCTOBER 2023



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

MARCÉ OF NORTH AMERICA [MONA] 2023 CONFERENCE

*Emerging from the Pandemic:*  
**EQUITY AND INNOVATION IN  
PERINATAL MENTAL HEALTH**

**OCTOBER 25-28, 2023 | WESTIN HOTEL, ALEXANDRIA, VA**



*Save the date!*



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

## REGISTER FOR THE FALL 2023 CONFERENCE

The conference will be offering HYBRID options with registration for In Person and Virtual available. Members receive a 20% discount on conference registration. Please email [Marce@meetingachievements.com](mailto:Marce@meetingachievements.com) if you need your membership code.

### CHECK OUT OUR KEYNOTE LINEUP & PRE-CONFERENCE WORKSHOPS BELOW!

Please see the featured keynote speakers of our fall conference including their talk titles. You can view the entire conference agenda [here](#).

Please see the list of Pre Conference Workshops on **Wednesday, October 25th, 2023** [here](#).

# MONA CONFERENCE 2023

## KEYNOTE SPEAKERS



**ANTONIA BIGGS, PhD**

"Forecasting the impact of the Supreme Court's decision to overturn Roe v Wade on the wellbeing of pregnant people and their families"



**DANI DUMITRIU, MD, PhD**

"The COVID19 generation: effects of maternal SARS-CoV-2 infection and the pandemic environment on infants born during the pandemic"



**SHEEHAN FISHER, PhD**

"Perinatal Mental Health of Non-Birthing Parents: An Inclusive Discussion"



**CAMILLE HOFFMAN, MD, MSCS**

"Prenatal Choline: A Simple Intervention to Improve Multigenerational Mental Health"



**KAREN MARTINEZ, MD, MCS**

"The state of perinatal mental health in Puerto Rico and other Spanish-speaking countries"



**TAMARA LEWIS-JOHNSON, MPH, MBA**

"NIMH Priorities in Maternal Mental Health Research"



**ABIGAIL ORTIZ, MD, MSc, FRCPC**

"Wearables and Machine Learning: A New Dawn in Maternal Mental Health Research"



**JENNIFER RICHARDS, PhD, MPH**

"Developing a Doula Program for Perinatal Health for Indigenous Women"



**STEPHANIE SPENCER, BSN, RN, BA, LCCE, CLC**

"Urban Baby Beginnings: A Community Based Intervention"

# MONA PRE-CONFERENCE 2023

## MORNING WORKSHOPS

### 9AM-12PM ET

20% off for  
MONA  
Members

#### **NCRP: How to teach Reproductive Psychiatry**

ROOM: BELL

Using the NCRP, learn specific techniques to engage diverse populations of learners (trainees in both mental health and OB fields, practicing clinicians in both fields, clinicians from other fields). Topics covered will include use of NCRP case conferences and media modules in the classroom; using knowledge about different audiences to adapt materials appropriately; key communication techniques for engaging non-specialists in our field; creating virtual didactic series; and "training the trainer."

**FEATURING** Lauren Osborne, Lucy Hutner, Lindsay Standeven, Priya Gopalan, Neha Hudepohl, Lisa Catapano, Julia Frew

#### **Update and Psychopharmacology for Pregnant and Postpartum People**

ROOM: BANNEKER

The workshop consists of a review of pharmacology principles by obstetrical pharmacologist Dr. Cate Stika, a review of the current literature and data from the Obstetric-Fetal Pharmacology Center conducted by this team. Drs. Wisner and Clark will review antidepressant, anti-seizure medications relevant to psychiatric disorders, anti-anxiety drugs and stimulants. Recent trans-governmental initiatives relative to advancing pharmacology in pregnancy will be briefly described to frame the future of the field.

**FEATURING** Katherine Wisner, Crystal Clark, Catherine Stika

#### **Getting Your Grant Off on the Right Foot**

ROOM: EDISON A

Join reproductive psychiatry researchers from both the US and Canada to learn how to write strong "Specific Aims" (for the US) and "First Page" (for Canada). Participants in this workshop will pre-submit first drafts which will be discussed both individually and with the workshop group with an aim to improve grant funding success. Leaders include: Jennifer Payne, Simone Vigod, Krista Huybrechts and Cindy-Lee Dennis.

**FEATURING** Jennifer Payne, Simone Vigod, Krista Huybrechts and Cindy-Lee Dennis

Objectives:

- Identify best practices of drafting an introduction to a grant application.
- Learn key information to include in an introduction to a grant application.

# **MONA PRE-CONFERENCE 2023**

## **MORNING WORKSHOPS CONTINUED**

### **9AM-12PM ET**

#### **Advocacy and Lobbying for Perinatal Mental Health**

20% off for  
MONA  
Members

ROOM: EDISON C

Everyone involved with perinatal mental health is a potential advocate, i.e. someone who publicly supports or recommends a particular cause, program, or policy. Advocates should be prepared to speak about relevant, critical, and timely issues with key collaborators, constituents, and interested and affected persons such as community members, government officials, the media, Boards of Directors, and potential funders and partners. This 3-hour interactive workshop will provide an overview of and make a distinction between advocacy and lobbying, including guidance on how participants can engage in advocacy and/or lobbying efforts and specific examples of how to become engaged in advocacy at the local, state, or federal level. Participants will be provided a 20-page Advocacy Toolkit, which includes specific examples of advocacy tools, in preparation for this workshop.

**FEATURING** Adrienne Griffen, Harita Raja

#### Topics Included:

- Advocacy and lobbying: Definitions and differences
- Examples of advocacy opportunities
- Advocacy successes at the state and federal levels
- Advocacy Toolkits
- Learning how to tell your story
- Advocacy in action: putting it all together

# MONA PRE-CONFERENCE 2023

## AFTERNOON WORKSHOPS

1PM-4PM ET

20% off for  
MONA  
Members

### **The Other Postpartum: Pregnancy Loss and Mental Illness**

ROOM: CURIE

Miscarriage impacts up to 25% of all pregnancies and stillbirth impacts between 1-2% of pregnancies. Women, parents, and families experience psychological struggles ranging from grief to severe illness. Many clinicians in mental health care do not feel equipped to handle pregnancy loss patients. This course will cover the epidemiology, clinical course, loss specific interventions, and treatment guidelines for mental health and pregnancy loss. **FEATURING** Julia Riddle, Victoria Wilkins, Andrea Insoft, LaMone Downey-Leonard

Objectives:

- Understand the prevalence and causes of pregnancy loss
- Conceptualize the process of grief following loss as well as the risks for mental illness
- Learn best management and treatment strategies for this unique population

### **The Perinatal Collaborative Care Model**

ROOM: BELL

The collaborative care model (CCM) is an evidence-based, gold standard approach to integrating mental health care into primary care settings. Efficacy and effectiveness data support that the CCM not only improves mental health outcomes, but it mitigates disparities in screening and treatment for perinatal mental health conditions. Despite these data, few sites utilize the perinatal CCM. Barriers cited include limited knowledge of the model, its efficacy and effectiveness, and gaps in resources needed for implementation. This half-day workshop aims to fill these gaps and generate a pragmatic scaffold upon which clinicians can begin to build a CCM tailored to their site's resources and needs.

**FEATURING** Emily Miller, Lauren Osborne, Amanda Yeaton-Massey

Objectives:

- Define integrated health models of care including collaborative care
- Review the evidence supporting the CCM with a focus on the perinatal context
- Discuss practical approaches toward developing a CCM including available resources to support implementation and sustainability
- Explore CCM innovations to optimize perinatal health

### **Why are we leaving people out? Ways language excludes those most in need (DEI)**

ROOM: EDISON A

This workshop will explore the use of language and visual communication as a barrier to inclusive practice in perinatal mental health. Using a reproductive justice lens, we will introduce areas where language use is most salient for building a sense of belonging. We will also review the way mental models around perinatal health, parenting, and family building shapes who we are as a profession, what we research, and how we practice.

**FEATURING** Sheehan Fisher, Karlene Cunningham, Krupa Trivedi

# MONA PRE-CONFERENCE 2023

## AFTERNOON WORKSHOPS CONTINUED

### 1PM-4PM ET

20% off for  
MONA  
Members

#### From Intrusive Thoughts to Perinatal OCD

ROOM: BANNEKER

In this workshop, we will review the current state of research and clinical expertise surrounding perinatal OCD. Topics will include assessment and diagnosis (including differential diagnosis from other perinatal mental health conditions), evidence-based treatments, and implications of misdiagnosis and/or implementing treatment without an evidence base. We will engage workshop participants in case conferences, giving participants the opportunities to diagnose, assess, and develop treatment care plans. We will provide core competencies and practice recommendations for various professions who work with perinatal OCD, spanning those in medical and mental health fields. We also will utilize some time to discuss future directions for research and advocacy. Participants will be able to identify the span from intrusive thoughts to OCD in the perinatal period and perform differential diagnosis from other perinatal mental health conditions, including perinatal psychosis, and consider the presence of co-morbidities such as depression. Perinatal OCD will be compared to other forms of OCD in other populations and in relation to other times in life. Participants will learn appropriate assessment/screening tools, treatment modalities (psychopharmacological and psychological), and referral sources for individuals with perinatal OCD. Participants will identify ways to decrease the potential psychological harm caused by missed diagnoses and inappropriate interventions - such as separation from infants, avoidance, law enforcement, hospitalization, and psychotherapeutic interventions without evidence base - identifying ways MONA and the IOCDF can lead future research and advocacy. **FEATURING** Mary Kimmel, Megan Barthle-Herrera

#### Developing Advanced Psychiatric Women's and Reproductive Mental Health Training Programs (Fellowships)

ROOM: EDISON C

This workshop will overview current women's and reproductive mental health psychiatric fellowships and advanced residency training programs. During the workshop, participants will learn how to create a longitudinal experience for trainees that will prepare them to provide specialized care to individuals throughout the reproductive life cycle. The workshop will focus on discussing components of an advanced training program including funding, curriculum development, supervision, site placement, and administrative structure. The workshop will be led by Elizabeth Fitelson, MD program director and founder of the Columbia University Women's and Reproductive Mental Health (WARMth) fellowship. **FEATURING** Elizabeth Fitelson, Nicole Pacheco

#### Objectives:

- Understand common structures of current advanced psychiatric training in women's and reproductive mental health
- Discuss methods of selecting and assessing clinical sites for trainee education
- Identify core educational objectives for advanced training programs
- Discuss various forms of funding for advanced training programs

# MONA PRE-CONFERENCE 2023

## FULL DAY WORKSHOP

### 9AM-4PM ET

20% off for  
MONA  
Members

#### **Beyond Perinatal: NASPOG Presents Updates on the Rest of Women's Mental Health**

ROOM: EDISON B

This workshop, organized by the North American Society for Psychosocial Obstetrics and Gynecology (NASPOG), aims to provide updates on a broad range of topics within Women's Mental Health occurring outside of the perinatal period.

Participants will gain up-to-date and evidence-based information to guide the care of women experiencing premenstrual dysphoric disorder, and mental health concerns related to perimenopause and polycystic ovarian syndrome. Expert speakers will provide updates on sexual health, LGBT+ healthcare and contraception as they pertain to mental health and well-being. The workshop will be interactive with time devoted to questions and lively discussion.

**FEATURING** Sarah Nagle-Yang, Janeane Anderson, Neill Epperson, Fiona Fonseca, Andrew Novick, Tolulope Odebunmi, Lindsay Standeven, Melissa Goslawski

#### Objectives:

- Describe common mental health concerns which occur in perimenopause as well as evidence-based treatment options.
- Identify differential diagnoses and broad treatment options for persons presenting with mood complaints occurring during the menstrual cycle.
- Acquire practical knowledge and skills in the evaluation of sexual health within oncology care.
- Gain insight into practices which support an inclusive and welcoming healthcare culture for LGBT+ persons, particularly within obstetric or gynecologic settings.

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## Conference Social Event: Cherry Blossom Dinner Cruise - DEADLINE TO REGISTER IS OCTOBER 5TH

Friday, October 27th, 2023

Boarding is 6pm, Cruise time is 6:30pm-9:30pm

Enjoy an evening cruise on the Potomac River aboard the Cherry Blossom. The Cherry Blossom is an authentic re-creation of a 19th Century Riverboat, as well as one of only 6 coast guard certified working sternwheelers in the country. A three hour open bar is included (Beer, wine, and soda) as well as a dinner of heavy hors d'oeuvres). Her two interior salons are heated and air-conditioned for year-round comfort. The open-air third deck offers a spectacular view of Old Town Alexandria and the Washington, D.C. skyline.



**Downtown Alexandria**



**Westin Alexandria, VA**



**Potomac River**

### REGISTER FOR HOTEL ROOMS FOR CONFERENCE

There is a room block at the Westin Alexandria Old Town for the conference dates. That room block has been filled for the night of the 24th. There is an additional room block at the Hyatt Centric Old Town Alexandria. Book before 10/3/23!

## SPONSORSHIPS & EXHIBITORS

We are looking for sponsors and exhibitors to participate in our exhibit hall at the 2023 fall conference. Please see more information on the attached prospectus regarding these opportunities for applicable companies and non profits organizations. If you have any questions, please contact

[Marce@meetingachievements.com](mailto:Marce@meetingachievements.com)



MONA Prospectus 2023.pdf

[Download](#)

1.2 MB



**IMPORTANT  
ANNOUNCEMENT**



The International  
Marcé Society  
for Perinatal Mental Health

**The International  
Marcé Society  
Conference 2024.  
La Fira, Barcelona.**

**4—8  
SEP.  
2024**



## **Check out the faculty positions and job postings below**

We are sorry! It looks like we did not receive any job postings this month.

## **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)

## **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**

 @Marcenortham

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

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