

Marce' of North America Newsletter

SEPTEMBER 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

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

*COFFEE, BEVERAGES AND SNACKS INCLUDED

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 L. Wisner, MD MS, Crystal T. Clark, MD MSc, Catherine S. Stika, MD

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

*COFFEE, BEVERAGES AND SNACKS INCLUDED

Advocacy and Lobbying for Perinatal Mental Health

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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, Katrina Velasquez

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

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

Diversity, Equity, and Inclusion

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, PhD, Karlene Cunningham, PhD, Krupa Trivedi

*COFFEE, BEVERAGES AND SNACKS INCLUDED

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, MD, Megan Barthele-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, MD, Nicole Pacheco, MD

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

*COFFEE, BEVERAGES AND SNACKS INCLUDED

MONA PRE-CONFERENCE 2023

FULL DAY WORKSHOP

9AM-4PM ET

*BREAKFAST, LUNCH, SNACKS & BEVERAGES INCLUDED

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, MD, Janeane Anderson PhD MPH, Neill Epperson MD, Fiona Fonesca MD, Andrew Novick MD, PhD, Tolulope Odebunmi MD, Lindsay Standeven MD, Lulu Zhao MD

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.

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 if you need your membership code.

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 if you need your membership code.



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



MONA Prospectus 2023.pdf

[Download](#)

1.2 MB

LATE-BREAKING ABSTRACT SUBMISSION UPDATE

DEADLINE WAS August 1. Abstract Notifications will be sent out September 1! If you have any questions please email Marce @meetingachievements.com

The International Marcé Society
for Perinatal Mental Health

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

**4—8
SEP.
2024**





MEMBER OF THE MONTH : AMRITHA BHAT, MBBS, MD, MPH

Member of the Month: Amritha Bhat, MBBS, MD, MPH

1. What is your current professional role?

I am an Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington in Seattle, WA. I direct the Perinatal mental health and substance use disorder Education Research and Clinical Consultation (PERC) center.

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

The interdisciplinary collaborations and the often complex treatment decision process drew me to the field. The ability to support people during one of the most important milestones of their lives, and the potential for intergenerational impact keeps me motivated.

3. What is your current research involvement?

My research projects are based on improving access to high quality perinatal mental health treatments through integrated care, dyadic care and collaboration with community based supports. I am also involved in evaluation of perinatal mental health education and consultation efforts.

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

I start my day early, spending quality time with my cats and a cup of coffee, and get some grant or manuscript writing in before the bustle of the day begins. Then depending on the day, my workday consists of a mix of seeing patients, providing consultation, meetings with mentees, mentors and colleagues, and providing interdisciplinary and trainee education in perinatal mental health. After work I hang out with my husband and teen daughters, try to get some physical activity in, and team tag with my husband on dinner and dishes.

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

I am most excited about my projects that are exploring collaborations between health care and community based perinatal supports, and projects that focus on implementing evidence based treatments in diverse clinical settings.

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

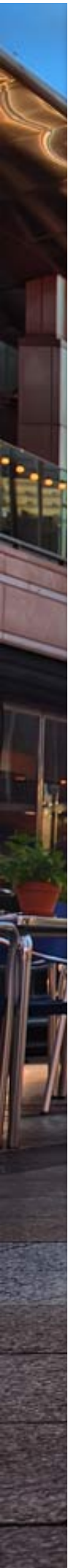
I am lucky to have had wonderful mentors and have learned from them to explore every opportunity that is interesting, but to pause before taking on a new project to make sure I am not spreading myself too thin!

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

I like to read, potter around in the garden, and go for long walks preferably with family or friends

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

I loved "Lessons in Chemistry" a novel set in the 1960s – it tackles the serious issues of sexism, relationships and empowerment, but does so with humor!





MONA PAPER OF THE MONTH: NATASHA MASSOUDI, MD, MPH

AUGUST MONA PAPER OF THE MONTH

Review written by: Natasha Massoudi, MD, MPH
PGY3 Resident Physician, Psychiatry

Article: Larsen SV et al. *Depression Associated With Hormonal Contraceptive Use as a Risk Indicator for Postpartum Depression.*

JAMA Psychiatry. 2023 July; 80(7). DOI:

[10.1001/jamapsychiatry.2023.0807](https://doi.org/10.1001/jamapsychiatry.2023.0807)

The Problem: Women are nearly twice as likely as men to be diagnosed with depression. Limited evidence exists to support whether depressive episodes across the reproductive life span share similar etiology or whether they are linked. Specifically, there is limited data on the relationship between hormonal sensitivity with initiation of hormonal contraception and later development of postpartum depression (PPD).

The Study: Its goal was to understand if prior hormonal contraception-associated depression (defined as within 6 months of exposure) is associated with a higher risk of PPD compared with prior depression not associated with hormonal contraceptive use. This was a population based cohort study on health care data from Danish national registers via Danish eHealth Authority. All women born after 1978 who delivered a child between 1996 and 2017 were included (n=269,354, after exclusion criteria n=188,648). The primary study outcome was PPD, which was defined as filling a prescription for an antidepressant or having a discharge diagnosis of depression within 6 months after first childbirth. Confounders were controlled for and crude and adjusted odds ratios were calculated.

The Findings: Of the included study population, 1.3% (or, n=2457) developed PPD. First-time mothers (3.0%) had a history of hormonal contraception-associated depression, 9.8% had no history of such, and 87.2% had no history of depression. Women with a history of hormonal contraception associated depression had risker risk of PPD versus women with a non-hormonal contraception associated depression (crude OR 1.42 [95% CI: 1.24-1.64] and adjusted OR 1.35 [95% CI: 1.17-1.56]). These findings suggest there is an existence of a hormone-sensitive subgroup of women. Although, the reality is that the biological mechanisms of genetic predisposition and patterns of gene expression during pregnancy, notably estrogen receptor signaling, are not yet well understood. These findings offer new evidence into association between depressive episodes across hormonal transitions.

Comments: Certainly, this study contributes to the limited evidence of the subgroup of women who experience hormonal contraception associated depression and susceptibility to PPD. It offers insight into


hormonal transitions induced by exogenous hormones and calls for enhanced clinical risk stratification and prediction models for PPD.



Studying Perinatal Mental Health with Dr. Jennifer Payne

Episode 2

Listen to this month's Studying Perinatal Well-being interview with Dr. Payne, the Vice Chair of Research in the Psychiatry Department and Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia. Dr. Payne established the Reproductive Psychiatry Research Program at the University of Virginia. Dr. Payne is the current MONA and Marcé Society for Perinatal Mental Health president. In this month's episode, Dr. Payne shares cutting-edge findings on epigenetic biomarkers for postpartum depression. She also discusses plans for the 2023 Marcé of North America biennial conference and the 2024 International Marcé Society for Perinatal Mental Health biennial conference in Spain.

 marcenortham.com/mona-pod...



Check out the faculty positions and job postings below

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





National Maternal Mental Health Hotline (NMMHH) Informational Webinar for Community Based Organizations

Dear Partners in Maternal Health,

The Health Resources and Services Administration (HRSA) launched the [National Maternal Mental Health Hotline](#) on Mother's Day, May 8, 2022. The NMMHH team is pleased to invite you to an informational webinar on Tuesday, September 26, 2023, at 1:00 PM EST to hear how members of the community can benefit from this 24/7, free confidential service, and what can be expected when contacting the Hotline.

The National Maternal Mental Health Hotline provides free, confidential, 24/7 emotional support, resources, and referrals to pregnant and postpartum individuals facing mental health challenges, and their loved ones.

Please register today, by clicking the link below:

NMMHH Informational Webinar for Community Based Organizations

https://form.jotform.com/Hotline_hotline/national-mmhhotline

Date: Tuesday, September 26, 2023

Time: 1:00 PM EDT - 1:45 PM EDT/ 10:00 AM CDT - 10:45 AM CDT

✉ hotline@postpartum.net



Pregnancy Resource Suggestion - Driving While Pregnant

While it is generally safe to drive while pregnant, there are instances when pregnant women should be more cautious. Women who are expecting sometimes feel nauseated and fatigued or find it difficult to maneuver a vehicle. When these challenges affect driving, it can create hazardous situations for the mother and other drivers on the road. Cooper Hurley Injury Lawyers share important details you should know about driving while pregnant.

Click [HERE](#) to read the article.

🌐 cooperhurley.com/driving-while...

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

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 approved 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 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

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!




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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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