

Marce of North America Newsletter

April 2021



Marcé
of North America

Promoting Perinatal Mental Health



BLACK MATERNAL MENTAL HEALTH WEEK: April 11-17th

The fourth annual national Black Maternal Health Week (BMHW) campaign, founded and led by the Black Mamas Matter Alliance, will be a week of awareness, activism, and community building intended to:

- Deepen the national conversation about Black maternal health in the US;
- Amplify community-driven policy, research, and care solutions;
- Center the voices of Black Mamas, women, families, and stakeholders;

- Provide a national platform for Black-led entities and efforts on maternal health, birth and reproductive justice; and
- Enhance community organizing on Black maternal health.

Black Maternal Health Week takes place every year from April 11 –17. The month of April is recognized in the United States as National Minority Health Month – a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities. Additionally, we are joining dozens of global organizations who are fighting to end maternal mortality globally in advocating that the United Nations recognize April 11th as the International Day for Maternal Health and Rights.





Introducing the MONA member of the Month – Lucia Cheng

We are expanding our monthly newsletter to feature our members. This month we are learning more about MONA member, Lucia Cheng. 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

What is your current professional role?

Perinatal Tele-psychiatrist and Owner/CEO of Phoenix Progressive Psychiatric Services

What drew you to the field of Perinatal Mental Health?

I have loved obstetrics since I was in medical school, so when life led me to Psychiatry, I saw Perinatal Psychiatry as a way to merge my two passions in medicine.

What is your current research involvement?

I'm not in academia so am not involved in any research at this time. I do work as a medical consultant for companies who are developing EMR systems.

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

Mornings start off with getting my daughter ready for remote 1st grade classes, then I'm generally sequestered in my home office seeing patients until the afternoon. I try to end my work day around the time my daughter finished school so I can spend the afternoon and evenings with her, my husband, dog, and cat. We are a big video gaming family so most of our evening free time revolves around video games together.

What are you most excited about in your current work?

I started my private practice in 2018 after surviving burnout working for a major healthcare network in CA. What excites me most is being able to practice medicine the way I feel is best for my patients. Not having to be accountable to insurance companies nor administrators allows me to spend as much time with my perinatal patients as I want, which gives me time to really learn their stories and provide them the education they need to make the best health decisions for themselves and their families

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

To trust in myself and not be afraid to step outside conventional thinking. I was one of the earliest psychiatrists to get into telepsychiatry and it took a lot of self-confidence to not fold to the

negative feedback I received from some of my mainstream colleagues about that modality of practice.

What are your favorite things to do outside of work?

I'm an avid video gamer, something I share with my family. I also love playing complex board games, practicing Chinese martial arts, traveling, and enjoying a large assortment of caffeinated beverages.

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

The King's Avatar (currently on Netflix). It's a Chinese drama series about the competitive eSports world of a fictional MMORPG in China. (did I mention I'm an avid video gamer? Lol)



CALL FOR NOMINATIONS OPEN UNTIL APRIL 30th!!

MONA IS SEEKING NOMINATIONS FOR THE FOLLOWING POSITIONS!

MONA is opening a call for nominations for **2 Board Members, the President-Elect, the Treasurer, and the Secretary**. The Deadline for nomination submissions will be April 30th, 2021.

The following is required per our constitution:

Nominations for all elected Board Members must be supported by two members of the Society and confirmed in writing or by email by the nominee. Nominees will be required to submit a Curriculum Vitae, a statement of vision for their role in the Society and recent photograph.

The support from the members of the Society should be in writing - in the form of a letter (1-page is sufficient).

Please email all nominations and letters of Support to marce@meetingachievements.com by **Friday, April 30th!** Please see the attachment below for descriptions for each of the board member positions!



Call out for Nominations Document.docx

Download

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WELCOME TO OUR NEW FEBRUARY & MARCH MEMBERS!

Trainees:

Marilyn Ahun PhD (Canada)

Université de Montréal

Zoe Duberstein PhD

University of Rochester

Brandon Hage MD, MA

University of Pittsburgh Medical Center, Western Psychiatric Hospital

Olga Kilstein LCPC

Adler University

Stacey Klamon PhD

Family Health Centers of San Diego/

Laura Rodriguez Research Institute

Caroline Sanderson MD

University of Colorado School of Medicine

Morgan Staver BSN, RN

University of Nebraska Medical Center

Professionals:

Eynav Accortt PhD

Jennifer Barkin MS, PhD

Charlotte Farewell PhD

Rahel Giorghis MD (**Canada**)

Megan Graniello LMSW

Krista Huybrechts PhD

Lies van Bekkum Psy.D

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

PARENTAL MENTAL HEALTH DURING CHANGING TIMES

THURSDAY OCTOBER 21 - SUNDAY OCTOBER 24

CALL FOR ABSTRACTS:

Registered attendees are invited to submit abstracts for the poster presentation. DEADLINE FOR SUBMISSION: 11:00 PM CDT on April 15, 2021. Notifications for acceptance will be announced via e-mail.



CALL OUT FOR ABSTRACTS OPEN UNTIL APRIL 15th!

We are pleased to announce that the Call for Abstracts for the 2021 MONA Virtual Conference is open! Submissions due April 15th!

Our fall conference will take place *Virtually* on Thursday October 21st-Sunday October 24th and abstract submissions will be open until **April 15th!** The conference is entitled *Parental Mental Health During Changing Times*.

MONA welcomes all abstracts on parental mental health during and related to the perinatal period. This year we are especially interested in symposiums, oral presentations, and posters that reflect the ever-changing times we are living in. We are particularly interested in issues of access and diversity, changes in healthcare delivery, health equity, family structure, and inclusive recruitment and retention in research. Submissions about research, clinical care, education, and advocacy will be considered.

Both members and non-members can participate in the call for abstracts, but MONA members will benefit from a discount on the conference registration fees once that opens later this year.

SUBMIT YOUR ABSTRACT for MONA 2021 VIRTUAL CONFERENCE

see <https://marcenortham.com/2021-conference> for more details!



National Curriculum in Reproductive Psychiatry Trainee Fellowship

I'm pleased to announce that we are now soliciting applications for the second round of our trainee fellowship with the National Curriculum in Reproductive Psychiatry. This is an opportunity for psychiatry residents and fellows to participate part-time in the NCRP project, it is not a full-time postdoctoral fellowship. Our flyer with further information and an application is attached; applications are due April 15 for a July 1 start date. Happy to answer any questions!

Lauren M. Osborne, MD

Associate Professor of Psychiatry & Behavioral Sciences and of Gynecology & Obstetrics
Associate Director, Women's Mood Disorders Center
Fellowship Director, Advanced Specialty Training Program in Reproductive Psychiatry
The Johns Hopkins University School of Medicine
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🌐 ncrptraining.org/



NCRP Fellowship.pdf

↓ Download

121.9 KB

Research Postdoctoral fellowship in Brigham and Women's Hospital/Harvard Medical School

The Developmental Risk and Cultural Resilience Lab is seeking a postdoctoral fellow to take part in a Harvard Medical School research fellowship program (T32), with mentorship provided by the Director, Dr. Cindy Liu. The position would start between June – September 2021 and continue for 2 years.

(contingent on good standing in the first year). This is a 100% research position that would take place at Brigham and Women's Hospital in Boston: <https://www.drclab.com/>.

The ideal postdoc will have training in clinical research within the fields of psychology, mental health, and developmental science, and have an interest in disparities. The fellow will have access to data across a variety of different projects across the lifespan (perinatal, youth and college) as well as recent longitudinal studies taking place during the COVID-19 pandemic. They will work closely with Dr. Liu and her research team, as well as collaborators across the U.S. Responsibilities include data processing, analysis, and writing (manuscripts and grants), and the supervision of trainees. U.S. citizens, non-citizen U.S. nationals, or those lawfully admitted for permanent residence are eligible for T32 Institutional Training Programs.

Those interested should email Dr. Liu directly at chliu@bwh.harvard.edu to obtain more information about the application process.

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Cindy H. Liu, Ph.D

Director, Developmental Risk and Cultural Disparities Program (www.DRCRlab.com)

Assistant Professor, Departments of Pediatric Newborn Medicine & Psychiatry

Brigham and Women's Hospital, Harvard Medical School

Tynan Faculty Research Fellow

Connors Center for Women's Health and Gender Biology

221 Longwood Avenue, Boston, MA 02446

New WBH Psychology Post-doc Fellowship in Metro NY

Please see the attached PDF regarding a new Women's Behavioral Health Psychology Post-doctoral Fellowship position at the Zucker Hillside Hospital, Northwell Health, located in Queens, NY, just east of Manhattan.

The new psychology post-doctoral fellowship is embedded within our growing WBH Program which includes an ambulatory center, research center, 22-bed inpatient WBH Women's Unit, WBH psychology extern/intern training program, WBH PMHNP training program, psychiatry residency training program with WBH-specialty tracks and an accredited CL Psychiatry-WBH track Fellowship program.

Please contact Dr. Kalli Feldman, PhD (kfeldman1@northwell.edu) with inquiries, thank you!



Zucker Post Doctoral Fellowship.pdf

 [Download](#)

126.7 KB



MEMBER SPOTLIGHT



Federal Anxiety Screening Recommendations

<https://www.thelily.com/women-and-girls-over-13-can-now-be-screened-for-anxiety-as-part-of-a-routine-checkup/>

The Washington Post did an article on the new federal anxiety screening recommendations that went into effect this past year. It is so important to spread the word about these screenings which are covered by ACA and private insurance without a copay to any woman patient over the age of 13.

The screening can be done at the annual Well Woman Primary Care Visit or OB GYN check up along with depression screening if desired. We are making progress for women's mental health.

Sincerely,

Maureen Sayres Van Niel, M.D.

President and Assembly Rep, Women's Caucus, American Psychiatric Association

Chair, Minority and Underrepresented Committee, American Psychiatric Association

Member, Steering Committee, US Dept of HHS Women's Preventive Services Initiative 2016-19

Psychiatrist and private consultant

875 Massachusetts Avenue

Cambridge, Massachusetts 02139

617 969 8952



BASIC TRAINING FOR NEW DADS

Basic Training for New Dads class will be held later this month on Saturday, April 24th! Interested dads (including father figures, trans dads, and pretty much any male-identified parents-to-be) can register here:

<https://www.menexcel.com/parenting-classes-in-san-diego-for-dads/>

Check out my new book, Parental Mental Health: Factoring in Fathers <<https://www.factoringinfathers.com/>>

Daniel B. Singley, Ph.D. ABPP

Diplomate - American Board of Clinical Psychology



UPDATE AND NEWS OF MA LEGISLATION UPDATE

Susan Benjamin Feingold, PsyD, PMH-C

Licensed Clinical Psychologist, Perinatal Legal Advocate & Author

Susan Benjamin Feingold, PsyD and Associates, LLC

Author of: Advocating for Women With Postpartum Mental Illness: A Guide to Changing the Law and the National Climate (April 2020)



Update and news of MA Update Legislation.docx

[Download](#)

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Community Leaders Are Improving COVID-19 Vaccine Equity Gaps

[Crystal Clark, MD, MSc](#), President of Marcé of North America and associate professor of psychiatry of Northwestern University's Feinberg School of Medicine speaks about reaching BIPOC Communities.

<https://www.verywellhealth.com/increasing-covid-19-vaccine-access-bipoc-5115041>

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

e: erin@maternalmentalhealthnow.org p: 323.523.3375

w: www.maternalmentalhealthnow.org



**Lauren Osborne,
MD**



**Nicole Leistikow,
MD**



**Jennifer Payne,
MD**

Is Valproate Reasonable?

The first is a brief letter to the editor (link below and attached) in the Green Journal that outlines current best practice around the use of valproate in pregnancy and may be helpful as a primer on the topic:

Is Valproate Reasonable? Leistikow N, Smith MH, Payne JL, Osborne LM. Am J Psychiatry 2021.

<https://pubmed.ncbi.nlm.nih.gov/33384011/>

The second is a commentary in Clinical Psychiatry News about the need for recognition of Women's Mental Health as an official subspecialty. Link below and attached.

<https://www.mdedge.com/psychiatry/article/234828/depression/give-womens-mental-health-seat-health-care-table?sso=true>



VPA Letter.pdf

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Give Womens Mental Health a Seat at the Health Care Table.pdf

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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



Pre Conference Registration Link will be mailed out later this spring!

MONA 2021: Pre Conference Workshops

Wednesday, October 20, 2021

Workshop Times: 10am-1pm CST- & 2pm-5pm CST

Cost: \$75.00 Per Workshop

Bringing the National Curriculum in Reproductive Psychiatry to Life: From Content to Competency

Nicole Leistikow, MD
Sarah Nagle-Yang, MD
Lauren M. Osborne, MD
Lindsay Standeven, MD

Advocacy 101

Adrienne Griffen

Recruiting and retaining a heterogeneous perinatal sample including fathers

Cindy-Lee Dennis, PhD, FCAHS
Flavia Marini

Best Practices in Delivering virtual care

Lucia Cheng, MD
Alison Herman, MD
Deepika Goyal, PhD, MS, FNP-C

Perinatal Psychopharmacology: Physiological Considerations and Clinical Approaches for the Pregnant Patient

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

Mindfulness for the Perinatal Patient

Inger Burnett-Zeigler, PhD

The Nuts and Bolts of Writing an Effective NIH Specific Aim Page

Catherine Monk, PD

CLICK HERE TO RENEW YOUR MONA MEMBERSHIP FOR 2021!!

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




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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