

Marce of North America Newsletter

August 2021



Marcé
of North America

Promoting Perinatal Mental Health





**Karlene
Cunningham PhD**

Diversity, Equity, and
Inclusion Advisor

*Board
of
Directors*

**Congratulations
to our newly
elected special
officers!**



**Adrienne Griffin,
MPP**

Community Representative

Thank you to all of our candidates!

We feel so proud to have this level of talent and field expertise amongst our candidates and want to thank you for your interest in the board.

**2021 MONA VIRTUAL CONFERENCE: Parental Mental Health
During Changing Times**

[**CLICK HERE TO REGISTER FOR THE CONFERENCE**](#)

EARLY BIRD RATES UNTIL 8/20

**Conference Registration EARLY BIRD REGISTRATION OPEN
UNTIL 8/20! Two weeks remain!!**

Early Bird Rates available until August 20th:

\$225.00 MONA Members

\$275.00 Non Members

\$100.00 Trainees/Students

MONA Conference Keynote Speakers



Motherhood and Madness
Catherine Cho



Advocating for the Postpartum Mom: A Turning Point for Change
Susan Feingold, PSY.D, PHM-C



LGBTQ and Adoptive Parents: Mental Health Needs and Experiences Across the Transition to Parenthood
Abbie Goldberg, PhD



Structural Racism, Implicit Bias, and the Disparities in Mental Health Generally and Specifically Related to Maternal Health
Ruth Shim, MD, MPH



Peer-Delivered Cognitive Behavioral Therapy for Postpartum Depression: Impact on Mothers and Infants

Hilary Brown, PhD, MSc
Daisy Singla, PhD, C.Psych
Ryan Van Lieshout, MD, PhD, FRCPC

AND



Lessons From COVID-19: The Future of Healthcare in the United States
Leana Wen, MD



Introducing the MONA member of the Month – Mary Kimmel MD

We are expanding our monthly newsletter to feature our members. This month we are learning more a current member and MONA Board of Director, Mary Kimmel MD

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

MEMBER OF THE MONTH QUESTIONS

1. What is your current professional role?

I am an Assistant Professor in psychiatry at the University of North Carolina at Chapel Hill. I am the Co-Director of UNC's Perinatal Psychiatry Program and I am Medical Director of NC MATTERS.


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

While working in healthcare management consulting, women's health was beginning to receive more attention. I was excited by learning that understanding biology of different individuals could create more personalized medicine (and not all individuals are 60kg men). However, for me specifically working with individuals during the perinatal period became my focus to follow after medical school. I chose obstetrics before I did my psychiatry rotation. My supervisors during my psychiatry rotation encouraged me to look more into postpartum depression. Over time and with learning more about the underlying biology of the perinatal period, it would become apparent that perinatal mental health is central to families and communities; and access to mental health care for families during a critical time enables clinicians to integrate personalized stories, medical needs, and patient goals to improve care for families and communities.

3. What is your current research involvement?

I am studying heart rate variability as a measure of stress responses and as a measure of vagal tone as part of the microbiota-gut-brain axis. The gut microbiome allows us to better understand all the organisms that live in our intestines which reflect our environments, our diets; increasing research indicates they communicate with our brains impacting the development of anxiety, mood disorders and how we handle stressors.

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



I get up and make the bed. Depending on the season the order changes but includes grabbing coffee, going for a jog. Somewhere in there depending on my boys schedules I wake them up, eat breakfast with them. My typical work day varies on what day of the week it is. Some days I have clinic, other days research and writing time, yet other days meetings and covering the NC MATTERS consultation line. After work I have dinner with all the boys (husband and two sons). If I am writing a grant my husband looks after the boys so I can do more writing. In the spring and fall we stand outside on the street and talk with our neighbors while the kids play. We then read to the boys and get them to bed. Afterwards my husband and I usually do a little more work and then my husband and I watch something together or just catch up about the day..

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

Trying to integrate biologic knowledge into the care we provide individuals—whether helping someone understand why they may be feeling how they are feeling (and learning to be compassionate to themselves and understand the complex and amazing interplay of different things they are navigating) or trying to think about how to take stories from patients and use that to think of my next research question.

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

It is a marathon so pace yourself and realize you don't need to sprint everyday.

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

Art projects with my family, take photos while jogging, visit new places. This past year I couldn't travel so I explored trails and streets I hadn't been on before while jogging.

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

It is hard to pick one. A book I enjoyed that I read recently was the "The Book Woman of Troublesome Creek". I had not been one to listen to podcasts but now I have found listening to them while I run is really enjoyable—a few favorites are Fresh Air, Unladylike, Sawbones. My husband and I have really been enjoying the TV show "Alone".

We are thrilled to announce the publication of Women's Mood Disorders: A Clinician's Guide to Perinatal Psychiatry this month published through Springer. This has been a labor of love by our colleagues in Women's Mood Disorders at the University of North Carolina at Chapel Hill and we are so pleased with the final result. The handbook was modeled after the MGH handbook for C/L psychiatry and the Harriet Lane handbook for Peds. The handbook provides background on the history of perinatal psychiatry, as well as discusses future directions in the field. Gold standard recommendations for the treatment of PMADs are outlined, including evidence-based psychotherapies, as well as risk-benefit analysis of psychotropic medication use in pregnancy and lactation. Common presentations of PMADs are reviewed and special considerations in pregnancy, including teenage pregnancies, hyperemesis gravidum, eating disorders, substance abuse disorders, as well as infertility, miscarriage and loss are all highlighted. Finally, we will outline the importance of collaborative care in providing gold standard treatment of perinatal women and review documentation and legal considerations. This handbook will help educate and train future psychiatrists and OBGYNs in feeling confident and comfortable assessing and treating pregnant women who suffer from PMADs. Copies can be ordered through Springer's website at <https://www.springer.com/gp/book/9783030714963>.



WELCOME TO OUR NEW MAY & JUNE MONA MEMBERS

New Trainees Members:

Meredith Fenton

Northwestern University

LaToya Frolov , MD, MPH

New York Presbyterian-Columbia and Weill Cornell

Jennifer Jewell MSPH

Colorado School of Public Health

Kristin Koberstein

University of Rochester Medical Center

Taber Lightbourne MD, MHS

University of Pennsylvania

Anna Matthews RN

University of North Carolina Chapel Hill

New Professional Members:

Rebecca Casey APRN

Dartmouth Hitchcock Medical Center

Kimberly D'Anna-Hernandez PhD

Marquette University

Allison Deutch MD

NYU Langone Health

Kevin Gruenberg PsyD

Love, Dad: Support for Fathers and Families

Constance Guille MD

Medical University of South Carolina

Beatriz Ibarra

Hospital Universitario Dr. Jose Eleuterio Gonzalez (Mexico)

Andie Insoft MSW

Newtown Wellesley Hospital

Patricia Kinser PhD, WHNP-BC, RN, FAAN

Virginia Commonwealth University School of Nursing

Aurora Rivendale MD

University of Cincinnati

Alexandra Sacks MD

Columbia Center for Psychoanalytic Training and Research

Rubiahna Vaughn MD, MPH

Montefiore Medical Center



**POSTDOCTORAL RESEARCH FELLOW: Icahn School of
Medicine at Mount Sinai**

The Women's Mental Health Program at the Icahn School of Medicine at Mount Sinai in New York City is seeking a postdoctoral research fellow. Areas of study will include diagnosis and management of perinatal mood disorders, the use of psychotropic medication in pregnancy, and fetal and neonatal effects of maternal mental illnesses and treatments. The ideal candidate will have a Ph.D. in an area of neuroscience, epidemiology, statistics, or psychology; training in statistical analysis; and an interest in women's health. Please contact program director Dr. Veerle Bergink at Veerle.bergink@mssm.edu if interested.

Northwestern Perinatal Clinical Psychology Training Program

I would like to announce that we are recruiting for the Northwestern University *Perinatal and Women's Mental Health Instructor-Level Clinical Psychology Scholar* training program. We still have a position left starting this summer of 2021 and are starting to recruit for next summer of 2022.

Attached is a description of the program. The clinical psychology program is connected with the psychiatry perinatal fellowship, which provides a unique training experience. Applicants must be licensed to practice in the state of Illinois by the start of the program. Please share with anyone who may be eligible and interested and download the flyer below

Best,

Sheehan

Sheehan D. Fisher, Ph.D.

Assistant Professor

Northwestern University, Feinberg School of Medicine

Department of Psychiatry & Behavioral Sciences

Asher Center, 676 N. St. Clair, Suite 1000

sheehan.fisher@northwestern.edu



Women's Mental Health Scholar Flyer- Clinical Psychology
2021.pdf

Download

144.2 KB



AWMH: Call for Papers on Fathers

I was invited by the Archives of Women's Mental Health (AWMH) to be a guest editor to create a special issue on fathers. The special issue calls for research that highlights the father's impact on maternal mental health and the father's role in her support system to promote mental wellness. Below is the description of the call for papers and this is the AWMH link:

<https://www.springer.com/journal/737/updates/19225032>. The deadline for submissions is November 1st, 2021.

Title: Fathers as Assets to Support Maternal Mental Health and Family Wellbeing

Scope: Women are at risk for new onset or worsening mental illness during the perinatal period. Research on the risks for perinatal mental illness has largely focused on the mother's experiences and interventions to support maternal mental health have primarily focused on the mother's role to improve her own health. However, the burden of ensuring mother's wellness should be shared with their partner and other members of her social support system. Fathers can be potentially an asset to support maternal mental health. In addition, fathers' mental health and behaviors can have an additive impact on maternal mental health and family health. Reconceptualizing maternal perinatal mental illness as a family event that the family system is responsible to support places less pressure on the mother who is already functionally impaired.

In this special issue, researchers in the fields of psychiatry, psychology, obstetrics and gynecology, social work, and pediatrics who include fathers in their perinatal research are invited to submit manuscripts that address the following topics:

- Fathers' utility in supporting maternal mental health by reducing family and environmental stress
- Fathers' role in supporting maternal mental health treatment
- Fathers' unique contribution to the health of the perinatal interparental relationship
- Contribution of fathers' experiences and behaviors to the risk of maternal mental illness
- Fathers' engagement in egalitarian roles in the family that positively impact family health

Submissions of original research, clinical trials, systematic reviews, and brief reports are welcome.

Best,

Sheehan

Sheehan D. Fisher, Ph.D.

Assistant Professor

Northwestern University, Feinberg School of Medicine

Department of Psychiatry & Behavioral Sciences

Asher Center, 676 N. St. Clair, Suite 1000

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MEMBERS IN THE MEDIA



Associations between religiosity and perinatal anxiety symptoms among women of Mexican descent

Research Paper:

Kayla M Osman, Sandraluz Lara-Cinisomo, Kimberly D'Anna-Hernandez

<https://www.sciencedirect.com/science/article/pii/S0165032721006522?via%3Dihub>

Kayla Osman (she/her) is a second year PhD student in the Family Studies and Human Development program at the University of Arizona. As a graduate student, she currently works with Dr. Katharine Zeiders to study the way in which social and cultural factors impact the health and well-being of Latinx youth and families. Her research interests include investigating how racism and colorism impact well-being and identity processes among Latinx youth through an interdisciplinary and intersectional lens. She hopes to one day secure a tenure track faculty position so that her mentorship, teaching, and research can address the most pressing societal issues at hand and amplify the voices of those from minoritized and excluded backgrounds.



Associations between religiosity and perinatal anxiety symptoms among women of Mexican descent_Osman, Lara-Cinisomo & D'Anna-Hernandez.pdf

 Download

1.3 MB



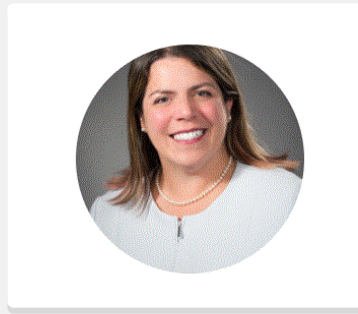
A New Postpartum Depression Drug Could Lead to a Revolution in Treating Women's Mental Health Issues

Time Article July 2021

https://time.com/6079940/zuranolone-postpartum-depression/?utm_source=CUIMC+WMR+Group&utm_campaign=7c8949089a-EMAIL_CAMPAIGN_2019_06_20_03_30_COPY_01&utm_medium=email&utm_term=0_94b258956c-7c8949089a-166172810



**Catherine Monk
PhD**



**Kristina M.
Deligiannidis MD**



**Lauren Osborne
MD**



Members in the Media: Eynav Accortt, Ph.D.

 @dr_accortt

We would like to congratulate MONA Member Eynav Accortt on the Hickman research award from PSI!

She is featured here in a recent article in the LA Times:

<https://www.latimes.com/california/story/2021-07-02/why-postpartum-depression-anxiety-rose-during-covid>

Twitter and IG Handle: @dr_accortt



Members in the Media : Kristina Deligiannidis MD

1. Deligiannidis KM, Meltzer-Brody S, Gunduz-Bruce H, Doherty J, Jonas J, Li S, Sankoh AJ, Silber C, Werneburg B, Kaness SJ, Lasser R. Effect of SAGE-217 vs. placebo in postpartum depression: a randomized clinical trial. *JAMA Psychiatry*, published online June 30, 2021; <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2781385>; PMID: pending
2. Schoretsanitis G, Westin AA, Stingl JC, Deligiannidis KM, Paulzen M, Spingset O. (2021) Antidepressant transfer into amniotic fluid, umbilical cord blood and breastmilk: a systematic review and combined analysis. *Progress in Neuropsychopharmacology and Biological Psychiatry*, 107:110228, PMID:33358964; PMCID: pending.
3. Hare MM, Kroll-Desrosiers AR, Deligiannidis KM. (2021) Peripartum depression: does risk versus diagnostic status impact mother-infant bonding and perceived social support? *Depression and Anxiety*, 38(4):390-399. PMID: 33615587; PMCID: pending.

Kristina M. Deligiannidis, M.D.

Director, Women's Behavioral Health, Zucker Hillside Hospital, Northwell Health

Associate Professor of Psychiatry and Obstetrics & Gynecology, Zucker School of Medicine at Hofstra/Northwell

Associate Professor, Feinstein Institutes for Medical Research

Member of the Katz Institute for Women's Health

Glen Oaks, NY 11004

CLICK HERE TO RENEW YOUR MONA MEMBERSHIP FOR 2021!!

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



Marcé 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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