

# Marce' of North America Newsletter

August 2022



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

## MONA EDUCATION COMMITTEE: SEEKING VOLUNTEERS

The MONA Education Committee is seeking volunteers to serve on two subcommittees, one on educational scholarship and another on advocacy and subspecialty recognition. Interested members should email [reprotaskforce@gmail.com](mailto:reprotaskforce@gmail.com) and indicate which group they are interested in.



**WELCOME TO OUR NEW MEMBERS for 2022!**

TRAINEE MEMBERS:

Kathryn Abell, DO

Women's Mental Health Fellow  
Northwestern

**Nahlah Aljuaid, MD**

Resident  
WVU

**Shelby Alsup PhD**

PhD Clinical Psychology Student  
Pacific University

**Molly Arnold**

Clinical Psychology Student  
University of Rochester

**Elisabeth Bernhardt RN, BSN**

Registered Nurse/Graduate Candidate  
University of North Carolina-Chapel Hill

**Timothy Burkhalter**

Doctoral candidate  
University of South Carolina Columbia

**Zola Chihombori Quao**

Resident physician  
University of California, Davis

**Megan Cleary, DO, MA**

Psychiatry Resident, PGY2  
The University of Kansas

**Katherine Crist , MD**

Resident  
Boston Medical Center

**Colleen Doyle, PhD**

Postdoctoral Fellow  
University of Minnesota

**Oluwatoni Eletu B.Sc., BMBS, FRCPSC**

Perinatal Psychiatry Fellow  
Women's College Hospital

**Zoe Frankel, MD**

Fellow  
NYU Langone School of Medicine

**Sarah Haugen**

Viterbo University

**Annie Hart, MD**

Perinatal Psychiatry Fellow  
The Motherhood Center

**Mariann Howland**

Doctoral student  
Institute of Child Development  
University of Minnesota

**Elizabeth Hur, MD**

Fellow  
LAC+USC Medical Center

**Elena Jordan, MD**

Resident psychiatrist  
USC

**Jacquelyn Knapp, MD**

Psychiatry resident  
Oregon Health & Science University

**Jennifer Laflamme, DO**

Resident psychiatrist  
Advocate Lutheran General Hospital

**Patricia Eshleman Latimer, MD**

Resident Physician  
University of Cincinnati/UCMC Psychiatry Residency

**Andrea McFerren, DO**

Psychiatry Resident  
Pine Rest Christian Mental Health Services

**Alejandra Muñoz, MD**

Resident Psychiatrist  
Pine Rest Christian Mental Health Services/Michigan State University

**Nona Nichols MD**

Consultation-Liaison Psychiatry Fellow  
University of Pittsburg Medical Center

**Kieran O'Donnell**

Assistant Professor  
Yale

**Tolu Odebunmi MD, PhD**

Resident physician  
University of Minnesota

**Madison Pomerantz, MD**  
Psychiatry resident  
Brown University/Butler Hospital

**Karina Sanders**  
Psychiatry resident  
University of Arkansas for Medical Sciences

**Chloe Sharp MD**  
Psychiatry Resident  
Brown University

**Megan Shedd MD, MPH**  
Psychiatry Resident  
The University of New Mexico

**Lauren Shuffrey PhD**  
Associate Research Scientist  
Columbia University Medical Center

**Marissa Sbrilli**  
PhD student in Clinical-Community Psychology PhD program  
University of Illinois, Champagne Urbana

**Mara Sigalos-Rivera MD**  
Psychiatry resident  
University of Southern California

**Allison Sparpana**  
Clinical Research Coordinator  
Nathan Kline Institute for Psychiatric Research  
University of Michigan

**J. Stewart, PhD**  
Postdoctoral Fellow of Primary Care Research in Medicine  
Weill Cornell Medicine

**Neisha Voight MD**  
Psychiatry Resident - PGY-4  
Columbia University Irving Medical Center  
New York State Psychiatric Institute

**Vanessa Vandergaag**  
Masters of Counseling student  
Athabasca University

**Alison Workman PMHNP-BC**  
Perinatal Psychiatric Nurse Practitioner  
The MotherHood Center

**Alexandra Yoon, MD**  
Psychiatry resident  
George Washington University

**Martha Zimmermann, PhD**  
Postdoctoral Associate  
University of Massachusetts Chan Medical School

**PROFESSIONAL MEMBERS:**

**Tracy Alldred, MD**  
Psychiatrist  
Joseph Brant Hospital  
Ontario, CAN

**Adam Angel LCSW-C**  
Clinical Social Worker

**Veerle Bergink, MD, PhD**  
Professor in Psychiatry  
Icahn School of Medicine at Mount Sinai

**Erin Berinz PhD**  
Associate Professor  
University of Illinois at Chicago

**Pam Barnes-Palty, PsyD**  
Psychologist  
Phoenix, AZ

**Nina Ballone MD**  
Psychiatrist  
Inova Fairfax Hospital

**Lucy Bayer-Zwirello, MD**  
Medical Doctor, Specialty Maternal Fetal Medicine  
St Elizabeth Medical Center  
Associate Prof Tufts U. School of Medicine

**Barbara Byers MD, MPH**  
Psychiatrist  
Capital Mental Health

**Wendy Davis PhD, PMH-C**  
Executive Director, PSI  
Postpartum Support International

**Nirmaljit Dhami, MD, DFAPA**

President and founder , Medical director  
Bay Area maternal mental health and el camino health

**Maria Elswick MD**

OB/GYN physician  
Kaiser Permanente

**Priya Gopalan MD, FACLP**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine/UPMC

**Dylan Kathol, MD**

Psychiatrist  
North Side Psychiatry

**Rushaniya Khairova MD, PhD**

Assistant Professor of Psychiatry  
Saint Louis University, School of Medicine

**Robin Gibler MA LPC**

Mental Health Counselor  
Aiyana Counseling LLC

**Megan Deichen Hansen MSW, PhD**

Research Faculty  
Florida State University

**Julie Hergenrather PhD**

Psychologist  
Geisinger Health

**M. Camille Hoffman MD, MSc**

Associate Professor , Maternal Fetal Medicine  
University of Colorado School of Medicine

**Kathryn Hughes, LCSW**

LCSW/ Social Work Faculty  
Pacific Oaks College

**Nicole Lassiter DNP, CNM, MSN, RN, CNE**

Assistant Professor  
Frontier Nursing University

**Laura Mayer, MD**

Reproductive Psychiatrist  
Brown University

**Tracy Moran Vozar, PhD**

Clinical Associate Professor, Director P-5 MH Specialty  
University of Denver

**Megan Mueller, MD**

Psychiatrist

Central Arkansas Veterans Health System

**Kristine Norris, DO**

Psychiatrist

Tucson Outpatient Psychiatry

**Tim Oberlander, MD**

Physician

University of British Columbia

**Heather O'Brien PsyD**

Psychologist

Swedish Healthcare

**Abigail Per Lee MA, MFT**

Marriage and Family Therapist

Private Practice

**Ariana Prieto Licón**

Clinical Psychologist

Instituto de Estudios Superiores Y Formacion Humana

Chihuahua Mexico

**Christel Romo**

Perinatal psychology

Universidad Anahuac

Mexico City

**Julie Rosinski**

Clinical Social Worker

**Danielle Schuman-Olivier PMHNP, CNM**

Mental Health Nurse Practitioner/Psychotherapist

Mt. Auburn Hospital

**Alpa Shah, MD**

Psychiatrist, Director Perinatal Mental Health Clinic

Marshfield Clinic Health System

**Malina Spirito Psy.D., M.Ed., PMH-C**

Director of Psychology Services for Center for Women's Emotional Wellness/Psychologist

ChristianaCare

**Laura Bradley Thrasher**

Psychologist

Pisgah Institute




**Jessica Vernon, MD**

OB/GYN  
NYU Langone

**Elizabeth Werner, PhD**

Assistant Professor  
Columbia University Irving Medical Center







## **MEMBER OF THE MONTH: Tolu Odebunmi MBBS, MPH**

Tolu Odebunmi, MBBS, MPH

### **Questions for MONA Member of the Month**

**1. What is your current professional role?**

I am a fourth year and Chief resident in psychiatry at the University of Minnesota. I am also a NCRP fellow.

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

I got interested in perinatal mental health during my Public Health master's program in Maternal and Child health and I also worked as a research coordinator on a study protocol examining cognition in the perinatal population. In residency, I have particularly enjoyed working with this population and I am passionate about teaching learners about this field.

**3. What is your current research involvement?**

I am involved in medical education research and scholarship. I do a lot of work in curriculum development and program evaluation. I am currently creating an online module to teach medical students about implicit bias in psychiatry.

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

I spend the mornings meditating and sometimes I work out. I pre-chart on my patients and get to my rotation site. I usually see patients and depending on the day, attend some administrative meetings for my chief role in the afternoon. I get home and catch up with family or friends. I meal prep on the weekends so I don't spend a lot of time getting dinner ready. Most of my evenings are spent winding down in front of a movie or listening to a podcast. Other evenings, I might go for a walk.

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

Everything I do now feels like my residency dream job, and I am excited about the growth I can already begin to see in me. I am also excited about being an advocate for residents in my program and navigating challenging parts of residency with them. As I start my NCRP fellowship year, I am excited to be a part of fostering innovation in the NCRP curriculum.

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

One of the most important things that I have learned is to always be myself in every part of my work and not try to fit a mold created by another person.

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

My favorite thing is to watch a movie or show. Other things I do outside of work is go food-tasting, long-walks, and I am trying to get back to a past hobby of reading fiction.

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

I really enjoyed watching Hustle, Only Murders in the Building and Star Trek: Discovery.



The International  
Marcé Society  
for Perinatal Mental Health

## 2022 MARCE' INTERNATIONAL

### International Marce Society - 2022 Election Results

Dear all,

I'm delighted to tell you to let you know that **Lavinia Lumu** is has been voted as president elect which will start from the end of the conference is in September 2022.

Crystal Clark has been elected to the board and the following: Anne-Laure Sutter-Dallay, Liz McDonald, and Sharon Dekel have been co-opted onto the board.

Best Wishes,  
Louise Howard



The International  
Marcé Society  
for Perinatal Mental Health

The International Marcé Society **Conference**  
**19th-23rd September 2022** London • UK  
<https://bit.ly/Marce2022>



### LONDON 2022 International Marce Society Conference

*Special reduced registration rates are available for **current Marcé members only**: To receive the discount, you must enter code **Aprt2x** during the registration process.*

If you have questions about the registration process or other details specific to the conference, please contact [events@hg3.co.uk](mailto:events@hg3.co.uk)

## Ian Jones 2022 Conference Video



## August Paper of the Month

### Breastfeeding and Peripartum Mental Health

**Authors: Briana Tillman, DO, IBCLC, PGY-3; Robin Bershader, MD**

The peripartum period involves numerous factors that impact maternal mental health. Physical and physiological changes, sociocultural pressures, and family role transitions impact women's emotional state during this period, and the intersection between these factors and breastfeeding choices and outcomes represents an important dimension of reproductive psychiatry. This review highlights key takeaways related to breastfeeding and maternal mental health to support providers caring for this population.

From the first interaction with an expectant mother, the language used to discuss infant feeding choices has the potential to impact her emotional state. Framing these choices in terms of harm vs benefit, protection vs risk carries moral weight and judgment. Emphasizing negative attributions like danger and harm in choosing formula can contribute to maternal guilt and potential rejection of breastfeeding support (Woolard, 2018). However, a still-famous essay in the breastfeeding support community reported that suggesting breastfeeding is "best" or "perfect" actually undermines infant health by suggesting that formula feeding is the default; describing the risks and harms of artificial feeding are purported to be more effective at encouraging breastfeeding (Wiessinger, 1996). While the debate rages on, clinicians should be mindful of their language choices when dealing with this sensitive population.

In addition to the impact of language and other sociocultural pressures like infant feeding advertising campaigns, women's own expectations regarding their breastfeeding experience can be a stressor. One study of middle- and higher-income women found that unmet breastfeeding expectations led to increased postpartum depression symptoms at two months (Gregory, 2015). Additionally, negative breastfeeding experiences such as pain, low self-efficacy, and difficulty are associated with depressive symptoms, but a systematic review of the literature also found a converse relationship (Dias, 2015). That is, postpartum depression is associated with early cessation of breastfeeding, and maternal anxiety with shorter breastfeeding duration. Synergistic support of maternal breastfeeding goals in

conjunction with appropriate mental health services such as therapy and pharmacologic treatment is ideal.

Finally, physiologic factors like hormonal changes and sleep quality play a dramatic role in maternal mental health. The act of breastfeeding interacts with the hypothalamic–pituitary–adrenal axis and leads to decreased blood pressure, lower basal stress hormones, and a blunted response to physical and psychosocial stressors. Oxytocin, the hormone that stimulates milk ejection and is crucial to social relationships and feelings of well-being, has also been found to interact with dopamine and impact mood (Cox et al, 2015). An improper oxytocin reflex and/or lower levels of oxytocin may be implicated in postpartum mood disorders (Deif 2021). A nuanced assessment of lactation challenges is again important in supporting breastfeeding mothers experiencing mood symptoms.

The relationship between breastfeeding (and other infant feeding choices) and maternal mental health is complex. Recognizing the impact of language, cultural pressures, successes and challenges in meeting breastfeeding expectations, and physiological factors is important for mental health providers engaging with the peripartum population. Additionally, working in tandem with lactation support personnel to adequately support and diagnose breastfeeding challenges will contribute to improved outcomes.

This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities.

#### **SOURCES CITED:**

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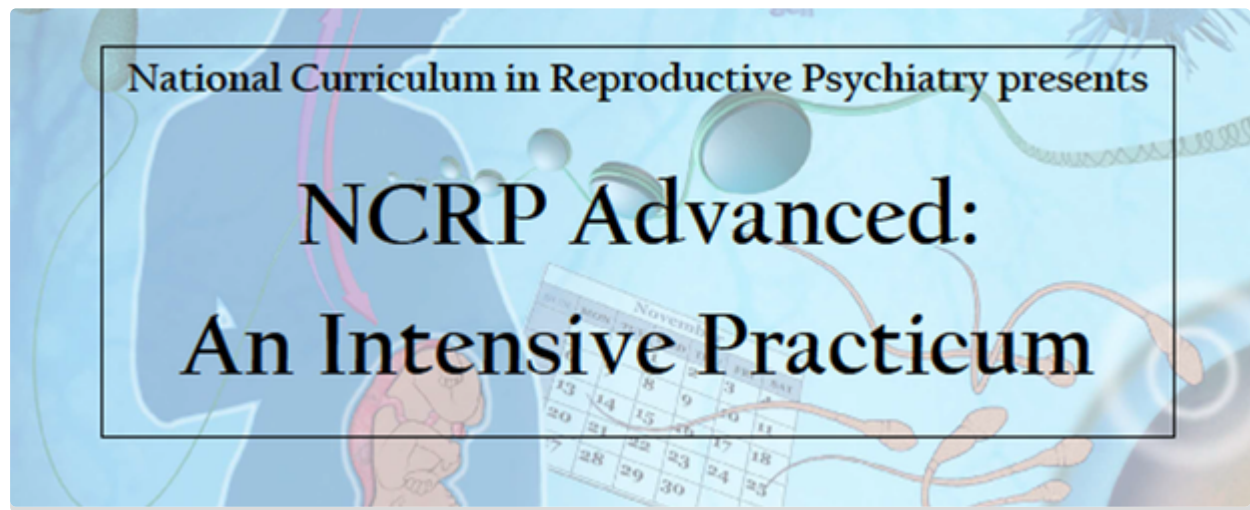
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Deif R, Burch EM, Azar J, et al. Dysphoric Milk Ejection Reflex: The Psychoneurobiology of the Breastfeeding Experience. *Front Glob Women's Health*. 2021;2:669826. Published 2021 Oct 29. doi:10.3389/fgwh.2021.669826



NATIONAL CURRICULUM IN  
REPRODUCTIVE  
PSYCHIATRY



## NCRP Advanced REGISTRATION LIVE! October 7th-9th - CMEs Available

We are excited to announce that the [registration website](#) for the NCRP Advanced IN PERSON Practicum is now **LIVE!!**

Flyer attached and link below:

<https://web.cvent.com/event/30fd81fa-d790-4a0b-ac86-d5fdc972aac2/summary>

Please let me know if you have any issues with the link. Hope to see you in Pittsburgh!



NCRP Advanced Flyer - 8-2-22.pdf

[Download](#)  
457.4 KB



## Psychiatric Mental Health Nurse Practitioner or Physician Assistant

We are actively seeking a **Psychiatric Mental Health Nurse Practitioner or Physician Assistant** (full-time) to join our thriving **Perinatal Mental Health center, The Center for Women's Emotional Wellness, at ChristianaCare**, located in Newark, Delaware.

Please share this job posting far and wide to any potential candidates.

**NP/PA, Center for Women's Emotional Wellness**

[Job Details](#)

ChristianaCare's Center for Women's Emotional Wellness (CWEW) is a nationally recognized mental health program dedicated to the identification and treatment of perinatal mood and anxiety disorders. We are currently looking for a NP or PA to work with our multi-disciplinary team which include psychologists, licensed clinical social workers, psychiatrists, psychiatric mental health nurse practitioners, and psychology/clinical social work trainees. CWEW offers reproductive psychiatric consultation and medication management, evidence-based psychotherapy, and support & therapy groups for women in the perinatal period. We also offer compassionate care for families coping with pregnancy or neonatal loss, as well as reproductive challenges. CWEW clinicians provide supervision and training and present on a national level regarding PMADS and our unique service model.

*This position will contribute to the overall clinical operation of the behavioral health department and the daily care of the perinatal patient population in Center for Women's Emotional Wellness. To function as a member of a clinical team through collaboration, providing consultation, assessment, treatment, and behavioral health education*

- Performs thorough psychiatric assessments and determines accurate diagnoses
- Demonstrates reproductive psychiatry knowledge and skills, necessary to provide patient care for pregnant and postpartum individuals, along with those seeking preconception psychiatric consultation
- Engages a trauma-informed and culturally-humble lens to foster safe, support, and inclusive patient care
- Coordinates care with all team members within the office and participates in multidisciplinary patient-centric care planning meetings
- Collaborates with outside patient care team members, such as inpatient and outpatient psychiatric programs, specialists, medical providers both within Behavioral Health and Women's Health
- Utilizes teaching/learning principles coupled with an expert clinical knowledge base in reproductive psychiatry to provide education to patients and their families

#### EDUCATION AND EXPERIENCE REQUIREMENTS:

- Master's Degree in Nursing or graduate from an accredited Physician Assistants program with NCCPA certification
- APRN or PA Licensure or license eligible for State of Delaware
- Psychiatric Mental Health Nurse Practitioner preferred
- Minimum of three years' experience working in a behavioral health setting preferred

#### EEO Posting Statement

*Christiana Care Health System is an equal opportunity employer, firmly committed to prohibiting discrimination, whose staff is reflective of its community, and considers qualified applicants for open positions without regard to race, color, sex, religion, national origin, sexual orientation, genetic information, gender identity or expression, age, veteran status, disability, pregnancy, citizenship status, or any other characteristic protected under applicable federal, state, or local law.*

Please feel free to contact me directly with any questions!

Malina Spirito, Psy.D., M.Ed., PMH-C (she/her)

Director of Psychology Services-Center for Women's Emotional Wellness

Licensed Psychologist

302.733.1589 (direct extension)

302.733.6662 (patient line/admin support)

# Medical Director Women's Psychiatry & Behavioral Health – Pittsburgh, PA

## Physician Recruitment

The **Allegheny Health Network (AHN), Behavioral Health Institute** is seeking a Medical Director for its Women's Behavioral Health program. Join and lead a multidisciplinary team offering a dynamic array of services: individual outpatient treatment for perinatal mood and anxiety disorders, a mother-baby intensive outpatient program, a mothers of color group, consult-liaison psychiatry, infant and toddler programming, and associated research and grant-funded program development. Assist in program development and implementation of new policies and procedures, while collaborating with Institute leadership to implement operational changes to improve patient quality and safety. Be part of a vertically-integrated fiscal and clinical delivery system that is revolutionizing behavioral health service models, providing evidence-based treatments, and measurement-based care.

CV's and direct inquiries can be sent to:

Rachel Atchison – Manager Physician Recruitment

[Rachel.Atchison@ahn.org](mailto:Rachel.Atchison@ahn.org), 412-335-0644



MD Director Womens Pittsburg.pdf

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148.1 KB



## **HIRING: Postdoctoral Fellow, Osborne Lab**

The Psychoneuroimmunology of Pregnancy and Postpartum (PIPPI) Laboratory focuses on clinical and translational studies of the biological mechanisms of affective and anxiety disorders at times of reproductive transition, with a special focus on the immune system. Our lab investigates changes in immune functioning across pregnancy and postpartum and how those changes may be associated with the development or exacerbation of psychiatric illness. We focus on analysis of peripheral cytokines, flow cytometry to examine immune cell counts, stimulation of cells to measure cytokine response, and extracellular vesicle communication. We also work on related systems, including the metabolism of neuroactive steroids and their relationship to GABA-A receptor configuration, as well as maternal physiological measures such as heart rate variability and skin conductance. All of our research is conducted in humans and we work in close collaboration with several basic science labs and with colleagues in neuroimaging. We are looking for a talented postdoctoral scientist to take on an active leadership role in the growth of our laboratory, particularly in the area of conducting immune analyses.

There will be extensive opportunities for career development including mentoring and leading research projects, presenting original research at meetings and national/international level conferences, publications, and writing grant applications. The lab is located in the E Building of 1300 York Avenue in the Department of Obstetrics & Gynecology at Weill Cornell Medicine in New York City, NY.

**Job Requirements:** We are looking for motivated scientists to join our fast-paced and growing team. Candidates should have the ability to work independently as well as in a collaborative research team. The candidate is expected to have strong written and verbal communication skills, an ability to establish clear goals and organize and prioritize work, and the ability and willingness to work with a diverse team of clinicians and scientists, including postdocs, students, and technicians.

**Required Experience:** Ph.D. with expertise in immunology, molecular biology, or neuroscience. Experience in techniques related to immunology such as flow cytometry, imaging, molecular biology and animal models of inflammation, multiplex cytokine analysis, cell stimulation, basic immunology techniques (ELISA, cytokine detection by ELISAs and multiplex), qPCR, are desirable. Strong statistical skills and skills in interpretation and analysis of data are crucial.

Exceptional candidates who have these skills and a master's degree with appropriate experience may also be eligible.



Please send a cover letter, CV, and the name of 3 references to:

[lmo2003@med.cornell.edu](mailto:lmo2003@med.cornell.edu)

## **Women's Wellness & Counseling Service (WWC) at the University of Iowa Hospitals**

Dear MONA Colleagues,

The Women's Wellness & Counseling Service (WWC) at the University of Iowa Hospitals & Clinics in Iowa City, Iowa, is seeking a part-time (0.4 FTE) Advanced Registered Nurse Practitioner who will provide both medication management and counseling services via telehealth-only care. You must reside in (or be able to move to) the state of Iowa to be eligible for this position. The WWC is the only comprehensive perinatal mental health clinic in the state of Iowa, and is located in a major academic medical center. We are a vibrant group of care providers who care deeply about maternal mental health; please consider joining our team! Follow this link (<https://jobs.uiowa.edu/content/temp/view.php?job=128193>) for a more detailed job description and application instructions. You may also message me directly with questions.

Thank you,

Stacey A. Pawlak, PhD  
Clinical Assistant Professor and Director  
Women's Wellness & Counseling Service  
Department of Psychiatry  
University of Iowa Hospitals & Clinics  
Iowa City, IA  
[stacey-pawlak@uiowa.edu](mailto:stacey-pawlak@uiowa.edu)

## **Opening for a Full-time Psychologist (at any rank) at the University of Chicago**

**We are hiring!**

Apply to join our amazing team of mental health professionals supporting the Departments of Obstetrics and Gynecology & Psychiatry and Behavioral Neuroscience at the **University of Chicago**.

[Click here to apply:](#)

[Clinical Psychologist in the Obstetrics and Gynecology Mental Health Program](#)

We encourage applicants with interests or expertise in any of the following areas:

Reproductive Endocrinology and Infertility  
Menopause/Phase of Life  
Lifestyle Medicine  
Perinatal Mood and Anxiety Disorders  
Sexual Dysfunction

Please reach out with any questions about the position.

Candice Norcott, Ph.D.  
**Assistant Professor**  
Department of Psychiatry and Behavioral Neuroscience  
**Director of GME Wellness**  
University of Chicago  
773-834-1092 (office)  
[cnorcott@bsd.uchicago.edu](mailto:cnorcott@bsd.uchicago.edu)



## **New published study titled "Partner relationship quality, social support and maternal stress during pregnancy and the first COVID-19 lockdown"**

I'm excited to share a recently published article titled "Partner relationship quality, social support and maternal stress during pregnancy and the first COVID-19 lockdown." The study was conducted in Spain and co-authored by Julia C. Daugherty, Natalia Bueso-Izquierdo, Sandraluz Lara-Cinisomo, Alvaro Lozano-Ruiz, and Rafael A. Caparros-Gonzalez.

Here's a link to the limited free article:

<https://www.tandfonline.com/eprint/VHTQ9PTCTGKZKEDPW6QZ/full?target=10.1080/0167482X.2022.2101446>.

Cheers!  
Sandraluz



# UNIVERSITY OF WASHINGTON WOMEN'S MENTAL HEALTH FELLOWSHIP

We are delighted to announce that we are now accepting applications for our 2023-2024 University of Washington Women's Mental Health Fellowship! This is a 12-month clinical fellowship that takes advantage of our department's expertise in perinatal and reproductive psychiatry, consultation-liaison psychiatry, and collaborative/integrated care. For more information, please see the attached flyer and our website:

[Women's Mental Health Fellowship | MaternalMentalHealth \(uw.edu\)](#)

Our department also offers a two-year NIH-funded health services research fellowship and one of the possible areas of focus is perinatal psychiatry health services research. Our website (above) includes more information and a link to this research fellowship website.

Deborah S. Cowley, M.D.

Professor Emeritus

Medical Director, Perinatal Psychiatry Consultation Line (PAL for Moms)

Program Director, Women's Mental Health Fellowship

Department of Psychiatry and Behavioral Sciences, Box 356560

University of Washington Medical Center

1959 NE Pacific Street

Seattle, WA 98195-6560

## Recruiting participants for postpartum pain and depression study

Hello everyone!

We are conducting a qualitative study of postpartum individuals who experienced or currently experience stress, sadness/depressive symptoms, and pain in the postpartum period. I am writing to ask if you would kindly share the attached recruitment flyer with members of your organization and prospective participants. The flyer includes information about the study, inclusion criteria, our contact information, and a link plus QR for the eligibility screener.

For any questions about the study, anyone can reach us at the following email or phone number:

Email: [seppi-study@illinois.edu](mailto:seppi-study@illinois.edu)

Phone: 217-244-9363

You can also email me [laracini@illinois.edu](mailto:laracini@illinois.edu).

\*Please note that we are also seeking IRB approval to include Spanish speakers!

Thank you!

Sandraluz



SEPPPIFlyer\_FINAL IRB APPROVED.pdf

[Download](#)

5.4 MB



## 2023 Conference Announcement: LIVE IN ALEXANDRIA VA

The MONA Board of Directors is excited to announce the following 2023 Conference details:

Theme:

**“Emerging from the Pandemic: Equity and Innovation in Perinatal Mental Health”**

**Venue: Westin Hotel, Alexandria, VA**

**Dates: October 25-28, 2023**



**Downtown  
Alexandria**



**Westin  
Alexandria, VA**



**Potomac River**

## 2022 Membership Renewals

The 2022 Marce' of North America (MONA) Membership categories are now available here at <https://marcenortham.com/renew> and includes a Silver Level International Marcé Society membership. All previous memberships have expired as of January 15th unless you purchased a two year membership last year. We give a grace period until March with regards to renewing and listserv and newsletter access.

You can find out the status of your membership by logging in at <https://marcenortham.com/> or emailing [marce@meetingachievements.com](mailto:marce@meetingachievements.com)

There are one and two year membership options available for our members in the US, Canada, and Mexico! **The two year memberships include a 10 percent discount!**

### **BENEFITS OF MONA MEMBERSHIP**

- Discount on the MONA conference
- Free access to MONA webinars
- Listserv Access (including expert discussion on clinical challenges, posts about new programs and research studies and employment opportunities)
- Access to the online membership portal (including webinar videos, papers of the month, and other exclusive info)
- Access to special interest groups <https://marcesociety.com/special-interest-groups/>
- Monthly Newsletter with privileges to share announcements
- Silver Level Membership to The International Marcé Society - all members of MONA

automatically become Silver Level members of the global organization.

- The cost to upgrade to “MONA Diamond” is \$150 USD and the cost to upgrade to “MONA Gold” is \$100 USD.
- **GOLD** –includes a complimentary one year subscription to the AWMH
- **DIAMOND** –includes a complimentary one year subscription to the *Archives of Women’s Mental Health* (AWMH), the official journal of the International Marcé Society, and recognition as a Diamond member in the Marcé newsletters and at the Biennial Congress
- The International Marcé Society consists of a general International group, as well as Regional Groups which act as branches of the Society. Regional Groups provide the opportunity for members to collaborate, share information, and build relationships with colleagues who are closer geographically or who share a common language. MONA is the Regional Group of the International Marcé representing North America (the USA, Canada, and Mexico). To learn more about other Regional Groups of the Society, please visit <https://marcesociety.com/regional-groups/regional-group-map/>

**Please Contact Megan Mack for International Marcé Society membership upgrades:**

[mmack@parthenonmgmt.com](mailto:mmack@parthenonmgmt.com)

**RENEW YOUR 2022 MEMBERSHIP HERE**

Memberships are based on a calendar year! If you have any questions about your membership status please email [marce@meetingachievements.com](mailto:marce@meetingachievements.com)

## **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)

General information about the mailing list is at:

[http://lsrv.marcesociety.com/mailman/listinfo/discussion\\_lsrv.marcesociety.com](http://lsrv.marcesociety.com/mailman/listinfo/discussion_lsrv.marcesociety.com)

If you ever want to unsubscribe or change your options (eg, switch to or from digest mode, change your password, etc.), visit your subscription page at:

[http://lsrv.marcesociety.com/mailman/options/discussion\\_lsrv.marcesociety.com/heatherldegortari%40gmail.com](http://lsrv.marcesociety.com/mailman/options/discussion_lsrv.marcesociety.com/heatherldegortari%40gmail.com)



**SAVE THE DATE!**

**JUNIOR INVESTIGATOR DAY**

Nuturing Young Investigators in Reproductive Mental Health  
SCIENCE | REPRODUCTIVE MENTAL HEALTH | MOMS & BABIES

**FRIDAY, FEBRUARY 10, 2023**  
VIRTUAL FORMAT

**TARGET AUDIENCE:**  
Below Assistant Professor,  
10-years out from terminal degree,  
including residency and fellowship

**APPLY WITH ABSTRACT SUBMISSION:**  
**OPENING FALL 2022**

 **Marcé**  
of North America  
Promoting Perinatal Mental Health

The poster features a photograph of a woman holding a baby on the left. On the right, there is a circular graphic with the letters 'M' and 'A' and the words 'FORMING CONCEPT', 'DRAFT', and 'WORKING CONCEPT' around it.

## **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!



Please send all content by Monday, August 29th for the September Newsletter



## Marce of North America

 @Marcenortham

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

 marce@meetingachievements...  219.465.1115

 marcenortham.com

