

# ***Marce of North America Newsletter***

February 2021



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

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## **2021 ANNUAL MEMBERSHIP DUES RENEWAL INFORMATION!**

**MEMBERSHIP RENEWALS BEGAN JANUARY 1st and must be renewed by March 1st in order to stay active on the Listserv and Newsletters!**

Membership renewals began on January 1st, 2021 and all renewals must be received by March 1st, 2021 to maintain membership benefits. Also, please note that all MONA members will receive a discounted rate on this year's Virtual Conference which will take place October 21st - 24th.



## **PERKS OF MONA MEMBERSHIP**

- Listserv access (including expert discussion on clinical challenges, posts about new programs and research, and up to date information on conferences)
- Discount on the MONA conference
- Free access to MONA webinars
- Access to the online membership portal (including webinar videos, papers of the month, and other exclusive info)
- Access to special interest groups
- Monthly Newsletter with privileges to share announcements
- Silver Level Membership to Marce International - all members of MONA automatically become Silver Level members of the global organization

## **2021 Membership Annual Rates--January 1st 2021-December 31st 2021**

- U.S. - \$225 (U.S. Dollars) for professionals; \$100 for students, trainees, etc
- Canada - \$275 (Canadian Dollars); \$115 for students, trainees, etc
- Mexico - \$55 for professionals/1100 Pesos; \$30 for students/600 pesos

## **2021 & 2022 Membership Rate for Two Years**

\*This two year membership will ensure that you will not need to renew your MONA membership again until 2023 and you will receive a 10% discount as well.

- \$405 for U.S professionals; \$180 for U.S. students, trainees, etc.
- \$495 for Canada professionals; \$205 for students, trainees, etc.
- \$90 Mexico professionals/1800 Pesos ; \$50 for students/1000 Pesos

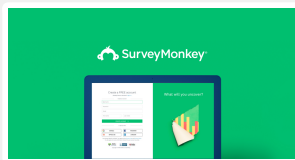
## CLICK HERE TO RENEW YOUR MONA MEMBERSHIP FOR 2021!

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



### **Please help us create the best content for our membership newsletters!**

Please answer a very short survey and let us know your suggestions for the member newsletter. We thank you for your participation!



 **Mona Member Ne...**

[www.surveymonkey.com](https://www.surveymonkey.com)

Web survey powered by SurveyMonkey.com. Create your own online survey now with SurveyMonkey's expert certified FREE templates.

# SAVE THE DATE

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

**OCTOBER 21-24, 2021**

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





## **FEBRUARY 2021 MONA MEMBER OF THE MONTH : Juan Pablo Aparicio MD, MBE**

### **MEMBER OF THE MONTH : Juan Pablo Aparicio MD, MBE**

1.) What is your current professional role?

I am a second year psychiatry resident at Northwestern Memorial Hospital

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

I completed 2 years of OBGYN residency prior to starting my psychiatry residency. During that time, I became increasingly interested in the role that psychiatric illness had in the way that women experienced pregnancy, labor, and motherhood. I am also very interested in the way that medical interventions around labor and delivery may impact future mental health

3.) What is your current research involvement?

Given my residency demands, my current research involvement is limited. I do hope that as residency progresses, I will be able to become more involved in research.

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

I typically will sleep right up to the point of having to leave my house for work. My workday is dictated by my current rotation, all which have been in the acute care setting. After returning home I will typically try to go for a walk in my neighborhood before dinner.

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

I am most excited for the amount of information that I am still learning in residency and the pace at which I am being exposed to new experiences and roles. The learning curve in residency can be overwhelming but it can also be very rewarding.

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

I have learned to try to mentor, teach or support those coming up with and after me. I had a senior mentor once tell me that the people she had mentored when she was at the peak of her career are now the people who are helping her continue to be relevant and involved in her field. Community building is amongst the most undervalued but impactful skill a person can have.

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

I enjoy spending time with my wife and friends, hiking, camping, and playing board games with free time.

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

The *Broken Earth Trilogy*, a science fiction series written by N.K. Jemisin. This book series explores fascinating and relevant themes of oppression, racism, and inherited trauma. Notably each book is a recipient of the Hugo Award (a prominent science fiction award), the first time that this has happened for a book series and it is also the first time a Hugo award was awarded to an African-American author. The author does a phenomenal job building her world and characters.



## **WELCOME TO OUR NEW December 2020/ JANUARY 2021 MEMBERS!**

### Trainees:

**Marilyn Ahun, PhD (Canada)**, Université de Montréal  
**Zoe Duberstein, PhD**, University of Rochester  
**Morgan Staver, PhD**, University of Nebraska Medical Center  
**Melanie Velez**, Texas Tech

### Professionals:

**Rubin Aujla, MD**  
**Abra Bates, MD**  
**Kristina D'Antonio, LCSW**  
**Gloria Giarratano, PhD, APRN**  
**Ai Kubo, MPH, PhD**  
**Kathryn Newton, DO, MPH**  
**Joann O'Leary, PhD, MPH, MS**  
**Shy Porter, PhD, LMFT**  
**Daisy Singla, PhD, CPsych (Canada)**  
**Jennifer Weeks, LPC**  
**Elisabeth Wright, MD, (Canada)**

**PAPER OF THE MONTH: Juan Aparicio MD, MBE**

## MONA PAPER OF THE MONTH

Overview by Juan Aparicio, MD, MBE. Psychiatry Resident, Northwestern University, Chicago, IL USA  
Ulbrich KA, Zumpf K, Ciolino JD, Shah M, Miller ES, Wisner KL, Acute Delivery Room Resuscitation of  
SSRI Exposed Neonates, The Journal of Pediatrics (2021), doi:

<https://doi.org/10.1016/j.jpeds.2021.01.006>.

The problem: Selective serotonin reuptake inhibitors (SSRI)s are commonly prescribed to pregnant women and a neurobehavioral syndrome consisting of respiratory distress, feeding difficulties, abnormal neonatal tone, and neurological abnormalities has been describes in neonates with intrauterine exposure to SSRIs. However, there has been insufficient study describing the severity of this syndrome and the requirements for respiratory support or NICU admission which affected neonates experience.

The Study: In this retrospective cohort study, Ulbrich et al study the association between intrauterine third trimester SSRI exposure and neonatal requirements for respiratory support as indicated by the standardized Neonatal Resuscitation Program (NRP). Secondary outcomes measures included: 1 and 5-minute Apgar score, birthweight, level respiratory support administered (supplemental oxygen administration, mask ventilation, and intubation), as well as NICU admission and hospital stay length. The data was collected via automated extraction of information directly from patient electronic health records from 5,696 mothers who delivered over a 6-month period in 2017-2018 in an urban tertiary care center in Chicago, Illinois. Documented prescribing of fluoxetine, sertraline, citalopram, escitalopram, fluvoxamine, or paroxetine in the third trimester were included in the exposure group. Premature deliveries, multiple gestation pregnancies and neonates with major congenital anomalies were excluded. Information including demographics, gestational age at delivery, maternal smoking status, and benzodiazepine exposure were also collected and utilized to develop covariate-adjusted odd ratios.

### The Findings:

Of the 5696 women who delivered during the 6 months under study, 4933 were included in analysis. 163 (3%) women had documented SSRI exposure in the third trimester. Full term neonates who were exposed to intrauterine SSRIs in the third trimester required respiratory support 12.9% of the time compared to 4.2% to those without documented exposure confiding a covariate-adjusted OR 4.04. Evaluation also demonstrated an increase in the rate of exposed neonates having 1- and 5-minute Apgars below 5 (Covariate adjusted OR 2.75 and 5.29 respectively). Exposed neonates were also more likely to be admitted to the NICU (12.3% vs 4.2%, Covariate Adjusted OR 2.19).

Of the neonates that did require respiratory support those that had been exposed to SSRIs were more likely receive supplemental oxygen, less likely to require mask ventilation, and less likely to require intubation for ventilation when compared to unexposed neonates. No meaningful difference was found in birthweight or baby length of stay.

### Comments:

The results of this study continue to add to the evidence base regarding the neurobehavioral syndrome often called neonatal adaptation syndrome. Consistent with prior studies, there appears to a statistically and clinically significant increased risk for neonates exposed to SSRIs in the third trimester to require respiratory assistance in the immediate postpartum period. This study provides meaningful information regarding what this may mean in the form of increase need for supplemental oxygenation and NICU admission while at the same time also providing some reassuring results in the form of finding no meaningful difference in birthweight or length of admission when compared to non-exposed neonates. This in addition to findings of decreased need for mask ventilation or intubation lend credence the seemingly transient nature of this syndrome. While this study does review some of

the proposed mechanisms for this increased need for respiratory support, it does not provide any novel information in this area. Like many retrospective studies it suffers from some limitation in the data that is collected and evaluated including being unable to determine the indication for SSRI, SSRI dosage, or disease severity.

This study concludes by proposing that SSRI exposure in the third trimester should be considered as a risk factor for respiratory complication at delivery, a proposal that is meaningfully supported by the data provided and which should be heavily considered by health systems and individual providers.



## Childrens National Hospital is hiring for a Perinatal Psychologist !

Children's National Hospital recently announced a transformational \$36 million investment from the A. James & Alice B. Clark Foundation – one of the largest in the hospital's history - to provide families with greater access to mental health care and community resources.

That great news gets even better. We're hiring! This position, a Perinatal Psychologist, will focus on developing, implementing and training perinatal community caregivers in the delivery of psychological interventions for expectant and postpartum women experiencing mental health difficulties.



Childrens National Job Posting.pdf

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138.7 KB



## Post Doctoral Fellowship Position in Womens Mental Health at Lifeline4Moms

Please find the opportunity for a Post-doctoral Fellowship Position in Women's Mental Health and Integrated Care at [Lifeline4Moms](#) / UMass Medical School. We are beginning to set up interviews and



welcome additional applications. <https://www.ummsjobs.com/job/5536/>



Lifeline for MOMS.pdf

[Download](#)

78.5 KB

## PSYCHIATRY FELLOWSHIP LISTING

An updated list of psychiatry fellowships focusing in reproductive help is now available! Published in November 2020, this directory has information about 16 fellowship programs (15 in the United States and 1 in Canada). This directory will be posted on various websites, including MONA, NASPOG, and MMHLA. Directory is also attached.



Fellowship Programs 2020 Final\_11.14.20.pdf

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290.2 KB



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

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137.5 KB

NORTHWESTERN Perinatal and Women's Mental Health Instructor-  
Level Clinical Psychology Scholar

## Perinatal Psychiatry Clinical Research Fellowship beginning July 2021!

We are excited to share that we are starting a new 12 month Perinatal Psychiatry Clinical-Research Fellowship for Psychiatrists that will begin this July 2021.

Please see the attachment for more information about this new opportunity with the UNC Center for Women's Mood Disorders.



UNC Fellowship.pdf

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195.6 KB

## FELLOWSHIP TRAINING IN WOMENS MENTAL HEALTH: BROWN UNIVERSITY

fellowship training in Women's Mental Health with a focus on perinatal mental health.



PhD Women's Mental Health fellowship 2021-2022.pdf

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127.5 KB

## DIVERSITY FELLOWSHIP OPPORTUNITY

Augustana College, Rock Island, IL: Our **Diversity Fellowship** program supports a doctoral candidate or recent doctoral graduate from an underrepresented group to engage in teaching and research in a liberal arts college environment and prepare for a tenure-track position.

This fellowship is open to all disciplines and begins in August of the 2021-2022 academic year, with possible renewal for an additional year upon mutual agreement. We invite applications from graduate students who will use the fellowship to complete their dissertation or early career scholars within two years of completing their terminal degree who will use the fellowship to hone teaching skills and advance their scholarly agenda.

Applicants must be a member of a group or population that has been historically underrepresented in faculty positions at Augustana College or in higher education, or otherwise contribute to diversity. This includes, but is not limited to, racial and ethnic diversity, sex and gender, LGBTQ+ individuals, individuals with disabilities, and individuals with other diverse backgrounds.

Total compensation in the first year is \$40,000 (to be split between research support and salary, at the discretion of the fellow); the fellowship also comes with benefit eligibility and a relocation allowance. In the first year, the fellow will teach three courses, preferably, one fall semester course, one intensive J-term course, and one spring semester course.

For more information about the position, benefits, and how to apply, visit:

<https://augustana.interviewexchange.com/jobofferdetails.jsp?JOBID=126592>

## KAISER PERMANENTE FELLOWSHIP POSTDOCTORAL FELLOW IN WOMENS MENTAL HEALTH

We are excited to share that we have an opening for a Postdoctoral Fellow in Women's Mental Health and Substance Use at Kaiser Permanente Northern California's Division of Research. We would appreciate it if you would share it with anyone that may be interested. Please reach out with any questions.



Kaiser Permanente Fellowship.docx

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# MEMBER SPOTLIGHT



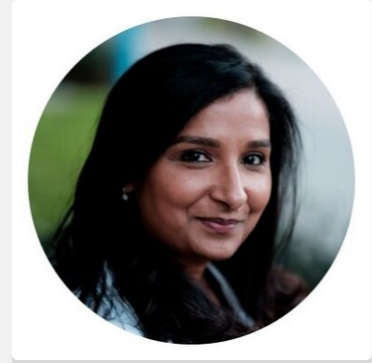
## Nancy Selix

Associate Professor,  
University of San Francisco  
<https://www.usfca.edu/faculty/nancy-selix>



## The American Journal of Maternal/Child Nursing

<https://journals.lww.com/mcnjournal/toc/publishahead>



## Deepika Goyal PhD, FNP

Professor of Nursing, San Jose State University  
Deepika is serving on the new advisory board for MMHLA.

<https://www.sjsu.edu/people/deepika.goyal/>



Deepika Goyal  
Impact\_of\_COVID\_19\_on\_Maternal\_Mental\_Health.99785.pdf

[Download](#)  
420.9 KB

## Partner Support of African American Mothers Study

Dr. Sheehan Fisher, Assistant Professor at Northwestern's Feinberg School of Medicine, is currently recruiting African-American mothers with prenatal depression and their partners for an NIMHD-funded RCT. Fathers are an underutilized resource to reduce the mother's environmental stress and assist in treating their depression. The African-American Social Support Effectiveness Treatment-Partners alleviating Perinatal Depression (ASSET-PPD) protocol targets the fathers' family engagement and support of the mothers' mental health treatment to reduce maternal stress. Therefore, the study requires minimal involvement of the mothers.

**Inclusion criteria:**

- Pregnant African-American mothers with male partners over the age of 18
- Parents need to be living together
- Availability to enroll in study during the 2nd trimester
- Mothers must be in treatment for depression with current symptoms

Please consider referring patients that meet the above criteria. We can provide flyers to distribute. If you would like to hear more about the study or have any questions, please contact Dr. Sheehan Fisher at [sheehan.fisher@northwestern.edu](mailto:sheehan.fisher@northwestern.edu).

## Partner Support of African-American Mothers Study

*Together, we  
can support  
her*



*Compensation  
will be  
provided*

You are invited to participate in a research study at Northwestern University that provides skills and training to fathers who have a partner with prenatal depression. The research study aims to give guidance on how fathers can optimize their support of their partner during this difficult time.

Training sessions will be virtual!

**Eligibility:**

- Pregnant African-American mother and male partner
- Partners live together
- Available to begin study in 2nd trimester
- Mother in treatment for depression with current symptoms
- Parents are 18 y/o or older





Contact Dr. Sheehan Fisher:  
[Sheehan.Fisher@northwestern.edu](mailto:Sheehan.Fisher@northwestern.edu)  
 732-693-9047



**Northwestern  
University**

IRB#STU00212595

## EMDR Therapy Training

Two types of EMDR therapy training are coming up!

First, for those with no prior EMDR exposure, the entry level training (Foundational or Basic Training):

My last scheduled EMDR Foundational training (for perinatal & infant mental health specialists) has only a handful of spots remaining. If you've been eying this training, don't delay -- I don't expect to have another one on the calendar until at least fall, 2021.

Part I: Jan 25-27, 2021

Part II: March 15-17, 2021

To register, and for more information about the training, click <https://icm.thinkific.com/bundles/emdr-therapy-online-training-for-perinatal-mental-health-specialists-january-march>

Second, [for those already EMDR trained](#):

[The Advanced Practice of EMDR for Perinatal & Infant Mental Health](#)

<https://icm.thinkific.com/courses/the-advanced-practice-of-emdr-for-perinatal-infant-mental-health>

February 22-24, 2021

10am-6pm CST

Save the Date!

EMDR fundamentals: Reboot Through the Perinatal Lens

April 26-27, 2021

Optional Practicum Day April 28, 2021

Registration will open in early January

More information at the links above.

Hope to see you there!

Warmly,

Mara

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Clinical Psychologist

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## Marce of North America

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