

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

July 2022



**Marcé**  
of North America

*Promoting Perinatal Mental Health*

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## MONA Roe Vs. Wade Statement

Dear MONA Members,

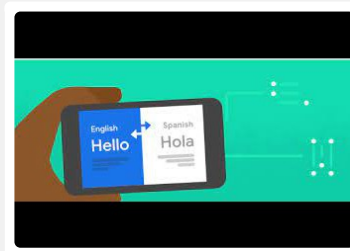
The MONA Board of Directors met this past Monday and we would like to take this opportunity to express our outrage regarding the Supreme Court's decision to reverse Roe v. Wade, effectively limiting reproductive rights and allowing government intrusion into medical decision making. No matter where individual MONA members stand on the ethics of abortion, as an organization focused on improving perinatal mental health, the MONA Society cannot help but see this decision as negative for perinatal mental health and reproductive rights. We believe that access to safe and supportive abortion care is a healthcare right for all individuals and should not be limited by where one happens to live. We stand in solidarity with reproductive justice and believe that reproductive healthcare decisions should be made between an individual and their healthcare provider and not the federal or state government. Forcing individuals to carry unwanted pregnancies to term will increase the perinatal mental health care crisis already happening in the US and will result in negative outcomes for pregnant individuals and their children and will increase maternal mortality. Moreover this ruling will be specifically harmful to marginalized communities and contribute to increased maternal mortality, especially among Black birthing people. The MONA Perinatal Mental Health Society will continue to work towards reproductive justice for all.

Sincerely,

Jennifer L. Payne, President and the MONA Board of Directors



**English to French**



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NOW enabled with Google  
Translate



**English to  
Spanish**



## WELCOME TO OUR NEW MEMBERS for 2022!

### TRAINEE MEMBERS:

**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

**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

**Patricia Eshleman Latimer, MD**

Resident Physician  
University of Cincinnati/UCMC Psychiatry Residency

**Andrea McFerren, DO**

Psychiatry Resident  
Pine Rest Christian Mental Health Services

**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

**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**

**PROFESSIONAL MEMBERS:**

**Tracy Aلدred, MD**

Psychiatrist  
Joseph Brant Hospital  
Ontario, CAN

**Adam Angel LCSW-C**

Clinical Social Worker

**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

**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

**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

**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





## **MEMBER OF THE MONTH: Lyndsay Avalos, PhD, MPH**

Lyndsay Avalos, PhD, MPH

Questions for MONA Member of the Month

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

I am a Research Scientist II (equivalent to Associate Scientist rank) at the Kaiser Permanente Northern California, Division of Research (DOR) and an Associate Professor in the Department of Health Systems Science at the Kaiser Permanente Bernard J. Tyson School of Medicine.


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

I have always wanted to do something to make a positive impact on people's lives. While pursuing my doctorate in epidemiology at UC Berkeley, I took several classes in reproductive and perinatal epidemiology as well as maternal and child health. At that point I knew that I wanted to conduct research that improved the health of moms and their children. I began my research career focusing on associations between prenatal alcohol use and pregnancy and infant outcomes. In 2011, I joined KPNC's DOR as a DOR/UCSF BIRCWH K12 Scholar and began to focus on perinatal depression. Over time my research interests have expanded to a broad focus on perinatal mental health and substance use.

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

I currently have (what I think is!) a very exciting and busy research portfolio broadly focusing on mental health and substance use in pregnant and postpartum women and health and neurodevelopmental outcomes of their children. I conduct population-based research evaluating the risks and benefits of pharmacological treatment for psychiatric conditions during pregnancy on women as well as the short and long-term health and developmental outcomes of their children; maternal, fetal, infant and child neurodevelopmental health effects of cannabis use by pregnant women; the role of social determinants of health on perinatal mental health and racial and ethnic disparities in perinatal mental health; and the impact of the COVID-19 pandemic on perinatal mental health and substance use.

Working in an integrated healthcare delivery system also provides an excellent opportunity to conduct translational research and to evaluate and inform care delivery for pregnant and postpartum women. So part of my research portfolio also includes health services research focused on identifying perinatal mental health treatment disparities and evaluating care delivery modalities and perinatal mental health outcomes. I also have two randomized controlled trials of technology-based interventions for improving perinatal mental health outcomes.



Finally, I am currently mentoring several women at various stages in their career including a doctoral student in epidemiology, medical student, postdoctoral fellows, and residents on their research projects.

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

I have a 10-year old daughter and 8-year old son who generally wake me up with cuddles. They make their breakfast while I make their lunch and get myself ready for work before dropping them off at school. It depends on the day of the week, but in general my day usually includes several team meetings, writing papers or grants and weekly check-ins with my project manager, programmers/analysts, and postdoctoral fellow or mentees. My husband usually picks my kids up from school aftercare and depending on the day we take them to piano or violin lessons, soccer practice, scout meetings, dance classes, or whatever activity they have. We eat dinner as a family, talk about our day and generally laugh at something funny my son has said or done and learn even more(!) Olivia Rodrigo trivia from my daughter. After dinner we might play a game together or watch the newest episode (or one we have already watched!) of Lego Masters and then read before they go to bed. After, I usually catch up on some more work, read, or laugh while watching Ted Lasso with my husband or laugh and cry while watching This is Us.

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


I work with an excellent team of research assistants, project managers, programmer/analysts, Biostatisticians and investigators dedicated to improving the mental health of moms and children which makes work exciting. Last week we launched our randomized controlled trial of an mHealth mindfulness intervention targeting pregnant Black and Latina women at increased risk of PPD and we have already enrolled and randomized several women! I am super excited about the potential of this intervention and working with clinical leaders in our healthcare organization to implement it into standard care if it is found to be effective.

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

The most important thing that I have learned from my mentors is how to make the most of and survive a career in the soft money world.

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

I love spending time with my family and friends, traveling, hiking and being on the water whether kayaking or on a SUP, and reading. I have also really enjoyed coaching my son's soccer team over the past few years and watching the boys as they grow and learn to integrate their newly acquired skills onto the field.



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

Two books that I read and loved this past year were *A Man Called Ove* by Fredrik Backman and *Homegoing* by Yaa Gyasi.



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>



## Ian Jones 2022 Conference Video



## LONDON 2022 International Marce Society Conference

We are excited to let you know that the London 2022 International Marce Society conference website is now live [https://registrations.hg3conferences.co.uk/hg3/frontend/reg/thome.csp?pageID=72569&ef\\_sel\\_menu=1622&eventID=200](https://registrations.hg3conferences.co.uk/hg3/frontend/reg/thome.csp?pageID=72569&ef_sel_menu=1622&eventID=200)! The website has information about the keynote speakers and medal winners, conference registration, abstract submission, and much more.

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)

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



## Paper of the Month : Overview by: Diana P. Nakad-Rodriguez, MD

### MONA PAPER OF THE MONTH

Diana P. Nakad-Rodriguez, MD

Leistikow N, Baller EB, Bradshaw PJ, Riddle JN, Ross DA, Osborne LM. Prescribing Sleep: An Overlooked Treatment for Postpartum Depression.

DOI: 10.1016/j.biopsycho.2022.03.006

**Summary:** The article by Leistikow et al. is a clinical commentary on the topic of maternal sleep in the postpartum period and its relationship to postpartum depression (PPD). It starts with a brief overview of how the field of psychiatry has attempted to understand PPD over time, from Freud (who saw PPD as a conflict arising over a mother's unmet needs), to the biological explanations of the last 20-30 years which culminated in the FDA's approval of the first drug specifically for PPD in 2019 (brexanolone). Focusing on the results of the phase 3 clinical trials of brexanolone, which tested an inpatient IV infusion of the drug against placebo for 3 full days in postpartum women with moderate to severe depression, the authors point out that patients in the placebo group also experienced a marked and sustained decrease in HAM-D scores. To explain these results, the authors hypothesize that both groups were subjected to a second intervention, namely, "a complex biopsychosocial approach to restoring women's sleep." Caring for their babies at night, postpartum women experience acute and chronic sleep deprivation, both of which have been shown to negatively impact a person's mental faculties in the short term and physical health in the long term. The authors suggest that, to restore maternal sleep, rather than focusing on getting babies to sleep more (which has been the focus of most studies to date, with unimpressive outcomes), the emphasis should be on increasing maternal sleep directly. They propose 4 core principles to prescribing sleep to new mothers: 1) Change the message to help mothers see self-care (including protecting their own sleep) rather than self-sacrifice as the hallmark of good parenting; 2) Consolidate total sleep into longer periods of uninterrupted sleep, rather than multiple short periods of sleep flanked by night feedings; 3) Recruit help (to the extent possible) from others to carry out night feedings; 4) Encourage a flexible approach to breastfeeding, so that helpers can bottle feed (formula or breast milk pumped earlier in the day) at night. According to the authors, early data from Australia suggest that the implementation of an infrastructure around supporting maternal sleep (education on sleep strategies through trained nurses, home visiting, day programs and residential sleep schools) reduces PPD. In the U.S., which lacks such an infrastructure and where socioeconomic and health care disparities preclude some families from focusing on protecting maternal sleep, further research on prescribing sleep to new mothers

“can set the stage for political action.” Ultimately, as stated by the authors, protecting maternal sleep “requires challenging deep cultural and structural factors, both within families and the medical establishment.”

**Comments:** In this article, Leistikow et al. recommend focusing on protecting the sleep of women in the postpartum period as an intervention to reduce the risk of and ameliorate PPD. While acknowledging that this new emphasis requires challenging deep cultural and structural factors, they propose educating postpartum women, as well as their support systems, on 4 core principles aimed at increasing the amount of consolidated sleep they get. In clear, convincing and practical terms, the authors of this clinical commentary advocate for the implementation of prescribing sleep as a key tool against PPD.



Prescribing Sleep.pdf

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151.9 KB



NATIONAL CURRICULUM IN  
**REPRODUCTIVE  
PSYCHIATRY**



## **NCRP TRAINEE FELLOW**

On behalf of the Education Committee of Marce of North America, I am delighted to inform you that the Committee has selected you to be our next NCRP Trainee Fellow. Congratulations!

Tolu Odebunmi is a PGY-4 and Chief psychiatry resident at the University of Minnesota.

She's passionate about medical education, leadership in academia, and building inclusive communities for trainees. Clinically, she's interested in reproductive psychiatry and integrative mental health care models within Obstetrics & Gynecology clinics. She feels very excited to be selected as the next NCRP fellow. She is looking forward to growing as an educator and connecting with mentors in the field.

National Curriculum in Reproductive Psychiatry presents

# NCRP Advanced: An Intensive Practicum

Reproductive Psychiatry is one of the fastest growing and most in-demand fields of medicine, yet training in this specialty area can be difficult to obtain

Now you can get the training you've been waiting for:

- a practical, intensive, comprehensive, case-based workshop (2.5 days) approved for AMA PRA Category 1 Credit™, ANCC, and AAPA Category 1 CME
- learn to diagnose and treat psychiatric illness during pregnancy, postpartum, infertility, loss, the premenstrual period, and perimenopause
- successful completion of the exam at the conclusion of the training will lead to Certificate of Attendance and eligibility to enroll in an NCRP-facilitated longitudinal supervision in reproductive psychiatry

The National Curriculum in Reproductive Psychiatry (NCRPtraining.org), affiliated with the Marcé Society of North America (MONA), focuses on training front line mental health clinicians in treating women throughout the reproductive lifespan

When: October 7<sup>th</sup>-9<sup>th</sup>, 2022

Where: Wyndham Pittsburgh University Center, PA

Who: MDs, DOs, NPs, PAs, CNMs

Limit: 50 participants

Cost: \$650

\*More information on registration coming soon\*





## Reproductive psychiatrist at Women & Infants Hospital in Providence, Rhode Island

Dear MONA colleagues,

We are thrilled to announce a full-time opening for a reproductive psychiatrist at Women & Infants Hospital in Providence, Rhode Island.

Please see attached description for more detail and guidance re: application process.

Thank you very much and please reach out to me with any questions,

Margaret

Margaret Howard, Ph.D.

Professor of Psychiatry & Human Behavior and Medicine, Clinician Educator

Warren Alpert Medical School of Brown University

Division Director, Women's Behavioral Health, Women & Infants Hospital

Executive Director, Women's Behavioral Health at Care New England

101 Dudley St, Providence RI 02905

(o) 401-453-7955



Reproductive Psychiatrist Announcement\_5\_22.pdf

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121.4 KB

## SENIOR INSTRUCTOR/ASSISTANT PROFESSOR/ASSOCIATE PROFESSOR – PSYCHIATRY

SENIOR INSTRUCTOR/ASSISTANT PROFESSOR/ASSOCIATE PROFESSOR – PSYCHIATRY

The Departments of Psychiatry and Obstetrics and Gynecology at the University of Rochester Medical Center seek an outstanding board-certified or board-eligible psychiatrist at the senior instructor/assistant professor/associate professor level to serve as medical director of our Program for Mental Health and Gender Wellness (UR Medicine Program for Mental Health and Gender Wellness - Obstetrics & Gynecology - University of Rochester Medical

Center<<https://www.urmc.rochester.edu/ob-gyn/mental-health-gender-wellness-obgyn.aspx>>).

Activities include: consultation and management of medications in obstetrics and gynecology patients, consultation and teaching to obstetrical providers, supervision of behavioral health collaborative care managers, psychiatric nurse practitioners, and psychiatric residents working in obstetrics and gynecology, and collaboration with physicians, nurse practitioners, midwives, therapists, social workers, and other professionals. Opportunities for involvement with research are negotiable.

Candidates must be immediately eligible for licensure in New York. Highly competitive salary and benefits package is available. This full-time position includes an academic appointment with University



of Rochester School of Medicine and Dentistry at the rank commensurate with experience and accomplishments and provides ample opportunities for faculty development within a robust tradition of mentorship. The University of Rochester Medical Center is located in a culturally diverse and vibrant community in upstate New York. There is a long history and strong partnership between Psychiatry and Obstetrics and Gynecology with rich opportunities for professional growth. We are an Affirmative Action/Equal Opportunity University that values diversity. Members of underrepresented groups, including people of color and those with disabilities, are encouraged to apply. A letter of interest, curriculum vitae, and three names of people who can write letters of reference should be addressed to: Carmella Re;

Carmella Re; Carmella\_Re@urmc.rochester.edu<mailto:Carmella\_Re@urmc.rochester.edu>.

The University of Rochester is committed to fostering, cultivating and preserving a culture of diversity and inclusion. The University believes that a diverse workforce and inclusive workplace culture enhances the performance of our organization and our ability to fulfill our important missions. The University is committed to fostering and supporting a workplace culture inclusive of people regardless of their race, ethnicity, national origin, gender, gender identity, sexual orientation, socio-economic status, marital status, age, physical abilities, political affiliation, religious beliefs or any other non-merit fact, so that all employees feel included, equally valued and supported. The University of Rochester is responsive to the needs of dual career couples. EOE Minorities/Females/Protected Veterans/Disabled.



## **Dekel Lab - Harvard/MGH new publications concerning maternal psychopathology**

The Dekel Laboratory studies women's mental health following the landmark event of childbirth, including traumatic childbirth, and the mechanisms responsible for postpartum adjustment.

CHAN SJ, THIEL F, KAIMAL AJ, PITMAN RK, ORR SP, DEKEL S,  
**Validation of Childbirth-Related Posttraumatic Stress Disorder Using Psychophysiological Assessment.** American Journal of Obstetrics and Gynecology (2022).

<https://doi.org/10.1016/j.ajog.2022.05.051>.

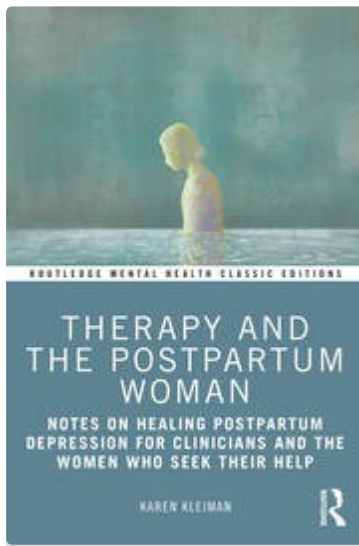
Iyengar AS, Ein-Dor T, Zhang EX, Chan SJ, Kaimal AJ, Dekel S.  
**Increased traumatic childbirth and postpartum depression and lack of exclusive breastfeeding in Black and Latinx individuals.**

International Journal of Gynecology and Obstetrics (2022).

<https://doi.org/10.1002/ijgo.14280>

**Traumatic childbirth during COVID-19 triggers maternal psychological growth and in turn better mother-infant bonding - ScienceDirect**

<https://www.sciencedirect.com/science/article/pii/S0165032722007364>



## Therapy and the Postpartum Woman

*Therapy and the Postpartum Woman* (2009) is being re-published (september 2022) in its original form by Routledge Books as one of their **MENTAL HEALTH CLASSIC EDITIONS**

### Endorsements:

“Congratulations to Karen Kleiman and Routledge for offering this Classic Edition of *Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek Their Help*. Kleiman’s sensitive, astute and clinically expert guidance continue to be greatly needed and valued by postpartum women, the clinicians who treat them and those who love them. Kleiman’s wise yet down to earth approaches deeply connect with the women who most need support during most vulnerable time in their lives. What a gift that Kleiman continues to be a front-line resource, vigilantly protecting women when motherhood brings pain.”

Susan Dowd Stone , MSW, LCSW, Past president and President’s Advisory Council Member, Postpartum Support International, Adjunct Associate Professor, Silver School of Social Work, New York University, USA

“Karen Kleiman brings to light the unique clinical and social context of the postpartum woman seeking therapy. Karen adeptly encapsulates the practical aspects of working with postpartum women. She highlights the importance of clinician qualities of warmth, compassion and empathic confidence for establishing a strong therapeutic relationship and a supportive ‘holding environment’ for the new mother.”

Dr Renée Miller , Principal Clinical Psychologist, Antenatal & Postnatal Psychology Network, Australia

“Karen Kleiman has the magic touch when reaching parents on their journey through perinatal mood and anxiety disorders. Her new book teaches all of us her magic of common sense and research-based techniques. We are all better off because of her.”

Chris Raines , MSN RN APRN-BC PMH-C, President, Postpartum Support International, Adjunct Professor UNC-Chapel Hill, USA

## The Effects of Breastfeeding on Maternal Mental Health: A Systematic Review

Hello, friends of MMHLA

Sharing an article recently published online in the *Journal of Women's Health* entitled [The Effects of Breastfeeding on Maternal Mental Health: A Systematic Review](#). This article was led by undergraduate students at the University of Massachusetts with guidance and input from subject matter experts in the field of MMH, including Drs. Nancy Byatt and Tiffany Moore Simas,; Lynne McIntyre, MSW and PhD candidate, and me

Here are the important conclusions:

- Overall, breastfeeding was associated with improved maternal mental health outcomes.
- *However, with challenges or a discordance between breastfeeding expectations and actual experience, breastfeeding was associated with negative mental health outcomes.*
- Breastfeeding recommendations should be individualized to take this into account.
- Further research, *specifically examining the breastfeeding experiences of women who experienced mental health conditions*, is warranted to help clinicians better personalize breastfeeding and mental health counseling.

Many of us recognize that there is often a connection between MMH and BFing. For many years, Lynne and I led a support group for women with MMH conditions, and it seemed we talked as much about BFing challenges / issues as mental health -- so much so that we published a qualitative research article, [Breast is Best...Except When It's Not](#), capturing the BFing experience of women who experienced MMH conditions. It is encouraging to see that the research recognizes that BFing is not always a positive experience, and that BFing recommendations must take into account a new mother's mental health.

--

*Adrienne Griffen*

Executive Director, Maternal Mental Health Leadership Alliance

[agriffen@mmhla.org](mailto:agriffen@mmhla.org) | 571-643-2738 | [www.mmhla.org](http://www.mmhla.org)



# GEMMA

*changing the conversation about women's mental health*



## **GEMMA: Focused on women's mental health, equity, and impact**

[Gemma](#) is a new Ed Tech company which focuses on women's mental health, equity and impact. I co-founded Gemma with Dr. Kali Cyrus MD MPH, a psychiatrist specializing in diversity, impact and inclusion, and who is on the faculty at Johns Hopkins. Dr. Lucy Hutner MD, a MONA member, leader editor of the APA textbook, and on the leadership team of the National Task Force for Women's Reproductive Mental Health, which produced the National Curriculum in Reproductive Psychiatry, in partnership with MONA, is a consultant and advisor for Gemma.



## Member in the Media: Catriona Hippman, PhD, CGC

I was interviewed on the Women's Health Research Institute's podcast about my fellowship research focused on developing strategies to support families facing acute postpartum mental illness: [WHRI Podcast Series: Episode 18](#).

I and another PSI member, Dr. Gina Wong, are part of a team who have recently published an environmental scan of perinatal mental health infrastructure available in Canada:

<https://authors.elsevier.com/a/1f53B62pzAZnRd>.

Thank you!

Catriona

--

Catriona Hippman, PhD, CGC (she/her/hers)

CIHR & MSFHR Fellow

University of Calgary Killam & Eyes High Fellow, Faculty of Nursing;

University of British Columbia Department of OBGYN;

BC Children's & Women's Hospitals (PHSA), Reproductive Mental Health



## 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

## **Marce of North America (MONA) 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 Listserv.

## **International Marce Society Discussion List**

### 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)

You can also make such adjustments via email by sending a message to:

[Discussion-request@lsrv.marcesociety.com](mailto:Discussion-request@lsrv.marcesociety.com)



## 2023 Conference Announcement

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

Stay tuned for more!



**Downtown  
Alexandria**



**Westin  
Alexandria, VA**



**Potomac River**



STAMPED Flier\_English\_3\_12\_22.pdf

[Download](#)

180.3 KB

## RECRUIT PARTICIPANTS

My research advisor, Dr. Alinne Barrera, and I presented at the **California Breastfeeding Coalition California conference in January 2021** and you expressed an interest in helping me recruit participants for my dissertation about culturally adapting for Latina pregnant and postpartum women a CBT based intervention called the Mothers and Babies Course. Attached are the English- and Spanish-language fliers for posting at your location or sharing with your patient community. I can also mail you copies of the fliers.

I appreciate your help. Please let me know if you have any questions. Thank you.

Regards,

Maria Rosales, M.S.





STAMPED Flier\_Spanish\_3\_12\_22.pdf

Download  
196.3 KB

## 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)



**SAVE THE DATE!**

# JUNIOR INVESTIGATOR DAY

Nurturing 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*

**RENEW YOUR 2022 MEMBERSHIP HERE**

if you have any questions about your membership status please email  
[marce@meetingachievements.com](mailto:marce@meetingachievements.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](mailto:Marce@meetingachievements.com) for future newsletters, we would LOVE to hear from you!



Please send all content by Thursday July 28th for the August Newsletter




## Marcé of North America

 @Marcenortham

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

 [marce@meetingachievements.com](mailto:marce@meetingachievements.com)  219.465.1115

 [marcenortham.com](http://marcenortham.com)

