

Marce' of North America Newsletter

JUNE 2023



Marcé
of North America

Promoting Perinatal Mental Health

MARCÉ OF NORTH AMERICA [MONA] 2023 CONFERENCE

Emerging from the Pandemic:
**EQUITY AND INNOVATION IN
PERINATAL MENTAL HEALTH**

OCTOBER 25-28, 2023 | WESTIN HOTEL, ALEXANDRIA, VA



Save the date!



Marcé
of North America

Promoting Perinatal Mental Health

CHECK OUT OUR KEYNOTE LINEUP BELOW!

Please see the featured keynote speakers of our fall conference including their talk titles. You can view the entire conference agenda [here](#).

Please see the list of Pre Conference Workshops on **Wednesday, October 25th, 2023** [here](#).

MONA CONFERENCE 2023 KEYNOTE SPEAKERS



ANTONIA BIGGS, PhD

"Forecasting the impact of the Supreme Court's decision to overturn Roe v Wade on the wellbeing of pregnant people and their families"



DANI DUMITRIU, MD, PhD

"The COVID19 generation: effects of maternal SARS-CoV-2 infection and the pandemic environment on infants born during the pandemic"



SHEEHAN FISHER, PhD

"Perinatal Mental Health of Non-Birthing Parents: An Inclusive Discussion"



CAMILLE HOFFMAN, MD, MSCS

"Prenatal Choline: A Simple Intervention to Improve Multigenerational Mental Health"



KAREN MARTINEZ, MD, MCS

"The state of perinatal mental health in Puerto Rico and other Spanish-speaking countries"



TAMARA LEWIS-JOHNSON, MPH, MBA

"NIMH Priorities in Maternal Mental Health Research"



ABIGAIL ORTIZ, MD, MSC, FRCP

"Wearables and Machine Learning: A New Dawn in Maternal Mental Health Research"



JENNIFER RICHARDS, PhD, MPH

"Developing a Doula Program for Perinatal Health for Indigenous Women"



STEPHANIE SPENCER, BSN, RN, BA, LCCE, CLC

"Urban Baby Beginnings: A Community Based Intervention"

EARLY BIRD DISCOUNTS END ON JUNE 30th!

The conference will be offering HYBRID options with registration for In Person and Virtual available. **Members receive a 20% discount on conference registration. Please email Marce@meetingachievements.com if you need your membership code. The early bird rate is automatically applied at checkout if you register by June 30th!**

REGISTER FOR THE FALL 2023 CONFERENCE

The conference will be offering HYBRID options with registration for In Person and Virtual available.

Members receive a 20% discount on conference registration. Please email Marce@meetingachievements.com if you need your membership code.



Conference Social Event: Cherry Blossom Dinner Cruise

Friday, October 27th, 2023

Boarding is 6pm, Cruise time is 6:30pm-9:30pm

Enjoy an evening cruise on the Potomac River aboard the Cherry Blossom. The Cherry Blossom is an authentic re-creation of a 19th Century Riverboat, as well as one of only 6 coast guard certified working sternwheelers in the country. A three hour open bar is included (Beer, wine, and soda) as well as a dinner of heavy hors d'oeuvres). Her two interior salons are heated and air-conditioned for year-round comfort. The open-air third deck offers a spectacular view of Old Town Alexandria and the Washington, D.C. skyline.



**Downtown
Alexandria**



**Westin
Alexandria, VA**



Potomac River

REGISTER FOR HOTEL ROOMS FOR CONFERENCE


Start Date: Tuesday, October 24, 2023 End Date: Saturday, October 28, 2023 Last Day to Book: Tuesday, October 3, 2023 Hotel(s) offering your special group rate: The Westin Alexandria Old Town for 169 USD per night

Sponsorships and Exhibitors

We are looking for sponsors and exhibitors to participate in our exhibit hall at the 2023 fall conference. Please see more information on the attached prospectus regarding these opportunities for applicable companies and non profits organizations. If you have any questions, please contact Marce@meetingachievements.com



MONA Prospectus 2023.pdf

 [Download](#)
1.2 MB

Abstract Submissions

Conference Abstract submissions closed on May 12th and are currently under review. Abstract Notifications will be out by the 3rd week of June! If you have any questions please email Marce @meetingachievements.com





MEMBER OF THE MONTH : FERMINA ROMAN

Member of the Month: FERMINA ROMAN

1. What is your current professional role?

I currently work as a clinical manager for a company named Sibly and I also own a private practice called Latino Kids and Family Mental Health located in Tampa Florida where I provide psychological services to the Hispanic maternal and infant community.

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


I think maternal mental health and I met at a critical time in my life. I had just lost my first baby and I was looking for a perinatal loss support group in Puerto Rico where I lived at the time and I couldn't find one. It was then that I learned firsthand the need to find support during this period. After some time I decided that it was time to educate myself to support expectant families. More than a decade has passed since I started and I continue to be as passionate as the first day.

3. What is your current research involvement?

I am currently directing a doctoral dissertation on motherhood in times of covid. I am collaborating with another colleague in research on motherhood in times of crisis inspired by traumatic events experienced in Puerto Rico in recent years such as Hurricane Maria, earthquakes, and the covid pandemic. Unfortunately, research opportunities in Puerto Rico are extremely limited, I would like to have the opportunity to work as a full-time researcher in the future, in the meantime, I am focused on strengthening my clinical skills as research opportunities keep coming.

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

A typical day for me includes getting up early in the morning, after military service it is common for me to get up early so my routine starts at 5:00 am. I have praying time that helps me to focus. After I take my dogs for a walk, run around a bit, and then return to the morning chaos of motherhood. I wake up my daughters for school, make breakfast, and get to work, in between the day I try to make space to recharge emotionally especially after working through perinatal grief or trauma sessions. My favorite part of the day is picking up my girls from school, we have great conversations! Usually, after dinner we watch an episode of a series, walk around and do homework. I try to leave some space to relax for a while and do something fun with my husband and daughters. Then at night



before bed, I take some time to read and answer emails, manage my social media, check my schedule for the next day and have some reading.

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

I am passionate about working with expecting and postpartum families, I think it is so important to be able to support families in this period of so many emotional changes, to be able to provide hope and above all reassurance that they are doing the best they can as mothers. The relieved faces when they feel understood and validated because I know that I am not only making a difference in their lives but also in their baby's childhood and the years to come.

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

Do only what you love and you will be happy, who do what they love, are destined for success, which will come when it must come, and it will come naturally. Do nothing out of obligation or compromise, but out of love.

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


I love watching horror movies, documentaries, skating, and roller coasters.

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

In the past year, I read two books that I wish I had read much earlier: *The Body Keeps the Score* and *The Gift of Therapy*. I really like Esther Perel's and Borja Vilaseca's podcasts. A documentary I saw recently that really impressed me was *Love on the Spectrum* because it makes visible the challenges of people with autism when it comes to dating and I think that many times we focus on autism at an early age and forget that this child will become an adult with even more complex challenges.

Congratulations to our newly elected officers & board of directors

Meet your newly elected Board of Directors and Officers! Their new term will start on January 1st 2024.





President Elect

Lauren Osborne, MD



Treasurer Elect

Mary Kimmel, MD



Community Member Liason

Jaime Belsito



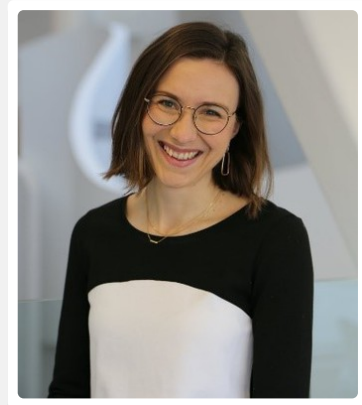
Board of Directors

Amritha Bhat, MD, MPH



Board of Directors

Kristina M. Deligiannidis, MD



Board of Directors

Lucy Barker, MD, PhD,
FRCP

MONA Practice Guidelines Task Force: Call for Members

MONA Practice Guidelines Task Force: Call for Members

We're delighted to announce that MONA will be developing and publishing our own practice guidelines for perinatal mental healthcare! First, however, we need to agree on the process we'd like to follow for practice guideline creation. To do this, we are forming a task force whose goal is to draft a proposal for practice guideline creation for consideration by the MONA Board of Directors. We anticipate that the Task Force will meet virtually approximately once every two months over the coming year (summer 2023 – summer 2024), and maybe even in person at the MONA meeting in October, if members are attending. Please contact Cristina Himmelman if you are interested in joining the task force.

Catriona L. Hippman
catriona.hippman@gmail.com



Check out the faculty positions and job postings below

see attached links for more information!



KPNC Maternal Mental Health Postdoctoral Position 2023
.docx

Kaiser Permanente Northern California - Maternal Mental Health
Research Fellowship Position

[Download](#)
275.1 KB



Reproductive Psychiatrist Position Announcement.pdf
Brown Alpert Medical School - Full Time Reproductive Psychiatrist in
Women's Behavioral Health

[Download](#)
123.0 KB

Postpartum pain and depression study (seeking participants)

Attached are flyers for a study we're conducting to understand women's experiences with postpartum pain and depression. We're conducting phone interviews with English and Spanish speakers!



UofI Research Brochure.pdf
University of Illinois at Urbana- Champaign Looking for Research
Participants

[Download](#)
323.3 KB



Members in the Media: Kara Zivin, PhD, MS, MA, MFA

[Societal Costs of Perinatal Mood and Anxiety Disorders in Vermont \(mathematica.org\)](#)

[Factors associated with mental health treatment among Michigan medicaid enrollees with perinatal mood and anxiety disorders, 2012–2015 - ScienceDirect](#)



Members in the Media: Katherine Wisner

Uganda's anti-gay law and healthcare

[Health Check](#)

As Uganda approves some of the harshest anti-LGBTQ legislation in the world, we hear from Dr Chloe Orkin, Professor of infection and inequities at Queen Mary University in London about the impact the new laws are already having on HIV health services.

Strict abortion laws in some US states are causing women to travel hundreds of miles to terminate their pregnancies across state lines.

In the latest in our series on the health impacts of the US Supreme Court ruling on abortion, Claudia Hammond discusses the mental health consequences that these abortion restrictions can have. She speaks to Nancy Davis from Louisiana who had to travel over 1,300 miles to New York for a medically advised abortion after being told her unborn baby would not live to term. We also hear from Dr.

Katherine Wisner, Professor of Psychiatry and Obstetrics and Gynaecology at Northwestern University in Chicago, who has researched the mental health ramifications of abortion restrictions.

Kathie Wisner for BBC Health News Radio

<https://www.bbc.co.uk/programmes/w3ct4pcz>



bbc.co.uk/programmes/w3ct4...



MINDFUL MOMS & MAMMA MIA STUDIES

[Mindful Moms Study](#)

Goal: we provide free prenatal yoga or education classes for eligible pregnant women experiencing stress, depression, and/or anxiety

Who can participate? Pregnant moms who are less than 27 weeks pregnant; classes are offered online for those outside of central Virginia

Will people get paid to participate? Yes, women will be compensated for their time in answering surveys/ interviews about their experiences

Questions: contact our research nurse, Christine: 804-273-7267; mindfulmoms@vcu.edu

[Mamma Mia Study](#)

Goal: We welcome pregnant moms to help test and provide feedback about an online app for use during pregnancy and postpartum

Who can participate? Pregnant moms who are less than 25 weeks pregnant

Will people get paid to participate? Yes, participants will be compensated for their time in answering surveys

Questions: contact our research nurse, Sara: 804-339-1230; MammaMiaStudy@vcu.edu

NEW PATIENT RESOURCE: Animated video on on Antidepressants

New patient resource: Animated video for patients deciding whether to take antidepressants during pregnancy

Please consider sharing this new animated video with patients considering antidepressant use during pregnancy: <https://bit.ly/CreatingComfort> (3.5 minutes long). It's based on the PhD research of Dr. Catriona Hippman and describes the personal journey women take in deciding whether or not to take antidepressant medication during pregnancy. It is created in the hopes that others can understand the complexities of making such a decision, and to help those facing the decision feel less alone. Please get in touch if you'd like any support with promoting the video or if I can provide anything that would be helpful in posting the link to the video on your website or social media. Thank you so much. I can be reached at catriona.hippman@ubc.ca.

Research & Video

[bit.ly](#)

Creating Comfort in Choice Theory: Animated Video



L4M ACOG eModules Announcement.docx

UMass Chan Medical School - Lifeline for Moms, ACOG Training eModules

[Download](#)

651.1 KB

THE U.S. IS FAILING MOMS

42 States Received Ds and Fs

POLICY CENTER FOR Maternal Mental Health™



Handout from the Policy Center for MMH.docx

The Policy Center for MMH & Inaugural Maternal Mental Health State Report Card

[Download](#)

202.7 KB



Maternal Mental Health NOW Learning Opportunity.docx
Virtual Continuing Education Course

 Download

13.6 KB

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 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@srv.marcesociety.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 for future newsletters, we would LOVE to hear from you!




Marce of North America

 @Marcenortham

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

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