Marce' of North America Newsletter

May 2022



Maternal Mental Health Awareness Week: May 2-6, 2022

This year, the U.S.'s Maternal Mental Health Awareness Week campaign focuses on the intersection of maternal mental health and substance use in partnership with the #ToughAsAMother campaign, to engage the public in #MakingOverMotherhood.

Learn more about the intersection of Maternal Mental Health and Maternal Substance Use here.

Moms are invited to share daily posts from TheBlueDotProject's pages and to participate in the **5-day #MakingOverMotherhood challenge**. This year we are challenging moms to join us in community to:

- · make time to de-stress.
- engage in mindful moments and
- · learn about unhealthy and healthy ways of coping with stress









CHECK IT OUT!

www.marcenortham.com is 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

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

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

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

Laura Bradley Thrasher

Psychologist Pisgah Institute



MEMBER OF THE MONTH: Simone Vigod, MD, MSc, FRCPC

1. What is your current professional role?

Professor, Department of Psychiatry, Temerty Faculty of Medicine, University of Toronto, and Head of the Department of Psychiatry at Women's College Hospital, one of the University of Toronto's fully-affiliated hospitals, where I have worked as a Psychiatrist and Scientist since 2009.

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

As a medical student, I was interested in mental health, pediatrics, and obstetrics and gynecology. As I moved through my training, it became clear to me that it was the mental health aspect of obstetrics and gynecology, and pediatrics that I was drawn to – there is so much opportunity in this area to impact the lives of not only pregnant and postpartum people, but also their children and families.

3. What is your current research involvement?

My research is focused in the area of identifying gaps in health, and healthcare for individuals with mental illness around the time of pregnancy – and working on solutions to fill these gaps.

In some of my research, I use Canadian population-level health data to study maternal and child outcomes of people with serious mental illness in pregnancy, such as schizophrenia.

I have also used population-level data to look at reasons for health disparities, and safety of medication use in pregnancy. I also use these types of data to look at who is accessing mental health care around the time of pregnancy for all types of diagnoses, and who is not, and have identified multiple gaps related to equity in care access, including during the COVID-19 pandemic.

Lastly, I work in the area of clinical trials, developing, identifying and studying novel interventions that have the potential to increase access to care. For example, I am currently running 2 large clinical trials, one is testing an online patient decision aid Canada-wide to help people who are pregnant and pregnancy-planning make decisions about antidepressant use in pregnancy

(https://www.womensresearch.ca/research-areas/mental-health/PDA-for-antidepressant-use-in-pregnancy) and another is testing an at-home non-invasive neurostimulation intervention – transcranial direct current stimulation (tDCS) for the treatment of depression during pregnancy in individuals who do not wish to use antidepressant medications

(https://www.womensresearch.ca/research-areas/mental-health/at-home-transcranial-direct-current-stimulation-for-depression-in-pregnancy)

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

I have 2 teenagers who are very independent, and can give themselves breakfast and get themselves off to school (and do if my spouse or I have an early meeting), and who also have sports and other types of activities in the evening – so I love to have that time with them in the morning before everyone leaves for their day. My work is about 50% administrative, 80% research (with a lot of supervising trainees built in), and 20% clinical at this point, so I do a lot of juggling in my day – trying to look at my week and my month coming up in such a way as to be able to prioritize what needs to be addressed in each of my roles, but also leaves time for adhoc things to come up – whether research ideas, clinical issues, or things that trainees want to work on – as these are often the most important, and impactful to work on.

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

Over the last number of years, as I have taken on more leadership roles, I have become increasingly excited about all of the incredible work being done by our more junior faculty, and being part of the facilitation process for them to grow, and expand on their work. Each day, the ideas that come up excite me, in their creativity and their focus on access and equity. It is so wonderful to grow this team of people with complimentary expertise, who will push the field of mental health, and women's mental health forward.

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

The most important things that I have learned from mentors and role models have been to be generous, with time, attention, and truly listening to mentees, and to be open-minded and collaborative. It truly takes a village to have impact.

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

My favourite things to do are spending time with my family, watching movies, and going for runs!

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

I re-read Brene Brown's Dare to Lead in the past year — with the stress of COVID-19 on all of the clinical, educational and research programs that I am responsible for, I found this book grounding in its encouragement of what it means to be an authentic leader.



2022 MARCE' INTERNATIONAL CONFERENCE



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! 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

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: Cara Kaul, MD, PMH-C

MONA PAPER OF THE MONTH

Overview by: Cara Kaul, MD, PMH-C; Psychiatry Residency Program, Florida Atlantic University, Charles E. Schmidt College of Medicine. Bruno et al., (2020). When fathers begin to falter: a comprehensive review on paternal perinatal depression. *International Journal of Environmental Research and Public Health*.

https://doi.org/10.3390/ijerph17041139

The Problem: Research of parental mental health during the perinatal period is often focused solely on maternal mental health. However, paternal perinatal depression (PPND) is an emerging concern. PPND differs in symptomology and presentation; fathers are less likely to seek treatment and the presenting symptoms are less pathognomonic. PPND is predicted by maternal depression and has a detrimental effect on the child's development. Paternal and maternal depression lend an equal risk of mood and anxiety disorders in offspring.

The Study: 103 peer-reviewed articles were included in this metaanalysis. These examined the prevalence, clinical features, diagnosis, outcome, risks, assessment, and treatment of PPND, as well as PPND's relationship with maternal depression and the offspring's development.

The Findings: Etiological theories of PPND include psychodynamic, psychosocial, and hormonal. The natural decrease of paternal testosterone and increase of estrogen likely contribute.

In 80% of cases, obsessive thoughts regarding the child's health and safety are prominent. When compared to maternal depression, PPND clinical features are less well defined and include self-criticism, irritability, anger, avoidance, hyperactivity, comorbid anxiety/obsessive or substance use disorders. Behaviors are often externalizing such as episodes of rage, avoidance of family, compulsive sexual activity and infidelity, and excessive exercise or videogame use.

The symptoms persist greater than six months in the majority of cases. Most cases are found to be mild to moderate in severity (79-97.5%) but a minority (2.6-11%) persist beyond one year and have a high symptom burden. Long-term outcomes for fathers remain unknown, as no studies have followed longer than two years. Effects on the child are apparent: PPND is an independent risk factor for maltreatment, at 24 months the child has a less expressive vocabulary, mood and anxiety disorders are common in children of fathers with PPND, and children have a greater difficulty with mentalizing and emotion regulation.

Screening is challenging as there are no validated tools for PPND, but the Perinatal Assessment of Paternal Affectivity (PAPA) has recently been proposed. Video recordings of the father-child interaction are used for screening and for parenting training, and mindfulness interventions are another potential treatment.

Comments: The perinatal period is a high-risk transition period for the entire family, including fathers. Education should be provided to parents-to-be regarding mental health of both parents. Practitioners should have a high index of suspicion of paternal depression when maternal depression is noted, and vis-a-versa. It is imperative to identify and intervene when either parent is struggling with mental health, as these difficulties have ripple effects in the family and in the developmental trajectory of the child in the long-term. Further research is needed to synthesize PPND into an agreed upon, officially recognized disorder. Areas of screening and treatment are of particular interest, as there are no validated methods; notably medication treatment was not addressed in this meta-analysis.



Psychologist Women's Health Integration at Geisinger Medical Center

Kindly see attached posting for a full time, licensed or licensed eligible clinical psychologist for the Women's Health integration at Geisinger Medical Center.

Many thanks for your time.

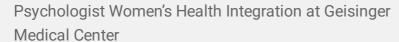
Kind regards,

Julie

Julie R.Hergenrather, Ph.D., ABPP Behavioral Health Psychologist

Women's Health 100 N. Academy Ave MC 29-20 Danville, PA 17822 570-271-6442









Womens Mental Health Fellowship: Warren Alpert Medical School of Brown University

We are excited to announce that we will be accepting applications for our Women's Behavioral Health fellowship starting May 2, 2022 for the 2023-2024 academic year. The fellowship is open for physicians who complete their general psychiatry training by the end of the 2022–2023 academic year and are interested in pursuing additional training in women's mental health with a focus on perinatal mental health and reproductive psychiatry. We are proud of the educational opportunities provided to our fellows: clinical experience in the nation's first mother-baby psychiatric partial hospital program; consult liason experience; and treatment of perinatal substance use disorders. Housed in the Department of Medicine, Division of Women's Behavioral Health at Women & Infants Hospital, the fellows will be a part of the Department of Psychiatry & Human Behavior at the Warren Alpert Medical School of Brown University. Further details regarding the training opportunities offered through the fellowship are available at our website:

https://www.brown.edu/academics/medical/psychiatry-and-human-behavior/womens-mental-health-fellowship

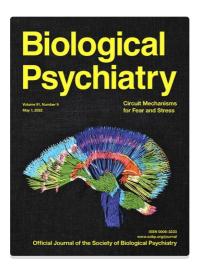
<u>Please see the attached flyer for more details regarding the application process.</u>



2023-2024 Women's Mental Health Fellowship Flyer-2.pdf







Prescribing Sleep: An Overlooked Treatment for Postpartum Depression

Our piece (written with my colleagues Lauren Osborne, David Ross of NNCI fame, and others) on prescribing sleep for postpartum depression is now available. It is short, readable, and hopefully something you can give to colleagues and patients to help them understand the importance of protected sleep for both treating and preventing postpartum depression during this window of risk. Free link with access from the publisher below, available until May 27th, 2022.

https://authors.elsevier.com/a/1etIE1S07mVDW

Nicole Leistikow, MD





Branching Out: Whole Person Perinatal Mental Health Care

Please find attached the most updated conference brochure for, Branching Out: Whole Person Perinatal Mental Health Care on June 2-3, 2022! For full conference information view the attached brochure and register here:

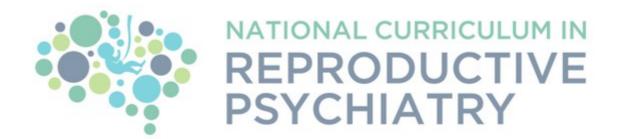
https://www.maternalmentalhealthnow.org/2022conference/

PERINATAL MENTAL HEALTH TRAINING

The Developing Brain Institute is pleased to continue our monthly series of Perinatal Mental Health Training sessions, each offering CME credit. These monthly webinars, facilitated by the <u>DC-wide Community Network for Mother-Baby Wellness</u>, feature subject matter experts from Children's National and elsewhere who facilitate a discussion of compelling topics in the field of perinatal mental health care. The Network - a partnership of DC's main prenatal care providers; perinatal-focused, community-based organizations; and birthing hospitals - offers training, advocacy and direct services to improve prenatal and postpartum mental health.

REGISTER HERE FOR DEVELOPING BRAIN INSTITUTE TRAINING

Perinatal Grief and Loss, Wednesday May 11th, 2022 Ellen Bartolini, PsyD, PMH-C



National Curriculum in Reproductive Psychiatry (NCRP) Fellowship Didactic Series

We are reaching out as we are winding down the inaugural year for the

National Curriculum in Reproductive Psychiatry (NCRP) Fellowship Didactic

Series and are starting to plan for next year. *This series is a weekly

yearlong course offered virtually to consult liaison and reproductive

psychiatry fellows across the US. * This year we have 2 cohorts of learners

which includes 26 fellows from 16 fellowship programs! Nearly 100% of

enrolled programs have already re-enrolled for next year.

*We are currently enrolling psychiatry fellowship programs for the

2022-2023 academic year. * The series will start in August 2022 and run

through mid-June 2023. We are again planning for 2 cohorts of

learners: Wednesday at 2-3PM EST (Cohort 1) AND Friday at 12-1PM EST (Cohort 2).

While we understand that vacations/sick time/conference time will result in occasional absences, we do ask that fellowship programs commit to

If you are a fellowship director, please let me know if you are interested in enrolling your program, and if so how many fellows you expect to participate and which of the weekly times would work for you. While the series is geared toward CL and Repro Psych programs, this year we also had fellows from ob/gyn programs and at least one fellow of addiction psychiatry. If you are NOT a fellowship director, please feel free to forward this email on to appropriate persons.

Let me know if you have questions about the series- happy to chat if that would be helpful.

Sarah Nagle sarahmnagle@gmail.com

TouchStone Institute Trainings

Registration is open for three trainings!

First, our brand new training open to all perinatal healthcare providers, NOT EMDR SPECIFIC.

Debbie Davis and I have developed a new workshop for clinicians and other HCP's working with bereaved families. The workshop will draw from Debbie's book (Empty Cradle, Broken Heart: Surviving the Death of Your Baby) as adapted to become a practitioner's guide for working with this population. We've made a short video describing our vision for the workshop. The registration link (which you can find at the page at the above link) shares the course outline.

Next, our EMDR sequence.

Our foundational EMDR trainings prepare clinicians to work with all populations. What's unique is that you train with your fellow perinatal specialists. This allows us to use perinatal specific examples and questions/answers tend to be perinatal focused. Equally important, we build community in this intersection of EMDR and perinatal mental health.

The Advanced Practice of EMDR for Perinatal & Infant Mental Health introduces clinicians to the perinatal focused model that Debbie Davis and I developed over the course of our research for our books, and integrates it with the EMDR model.

You can find out more at the link below (and follow the links within).

My hope for these trainings is that clinicians find frameworks that allow them to raise the bar on the care offered to vulnerable families in the perinatal period, and that they find support for one another as well.

Mara Tesler Stein, Psy.D., PMH-C Clinical Psychologist 4545 W. Touhy Ave., Suite 622 Lincolnwood, IL 60712 773-338-2980

Coauthor (With Deborah L. Davis, Ph.D) of: "Parenting Your Premature Baby and Child: The Emotional Journey"), and "Intensive Parenting: Surviving Your Journey Through the NICU" www.touchstoneinstitute.org



Reproductive Psychiatry Interest Group

@Repro_psych

Hello all! I'm Amanda Koire (PGY2 in Psychiatry at Brigham and Women's Hospital) and I have enjoyed being a part of MONA for the past year.

Reid Mergler, a PGY3 from Tufts who is also a MONA member, and I have started a national interest group of residents and trainees interested in women's mental health that so far has >200 members. Our plan for 2022 is to host monthly speakers and journal clubs on topics including PMDD, perinatal psych medication management, postpartum psychosis, menopausal transition, and careers in reproductive psychiatry.

This group is full of amazing and knowledgeable specialists— if you are willing to give a lecture or be a panelist on any of these topics (or others!) to a large audience of excited trainees, please let us know! Faculty link: https://forms.gle/1NnP4zrRr9PXWHZS8

If you're a trainee in this group, please let us know if you'd be interested in hearing more about our events/joining the group!

Trainee link: https://forms.gle/9tKt3TEHKwxE2ifA9

Follow us on twitter here @Repro_psych

Sincerely,
Amanda Koire, M.D., Ph.D.
Psychiatry, PGY-2
Brigham and Women's Hospital
x39960



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. Youwill have to confirm via email and opt in.

Please Email 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

General information about the mailing list is at:

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

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

<u>Discussion-request@lsrv.marcesociety.com</u>



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!

Please send all content by May 28th for the June Newsletter



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

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: <u>mmack@parthenonmgmt.com</u>

RENEW YOUR 2022 MEMBERSHIP HERE

if you have any questions about your membership status please email marce@meetingachievements.com



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



