

Postpartum Support International

34th ANNUAL MEETING | July 7 – 11, 2021

VIRTUAL CONFERENCE PROGRAM BOOK



A MESSAGE FROM

Chris Raines, RN MSN, APRN-BC, PMH-C

Welcome to Postpartum Support International's 34th Annual International conference and our 2nd virtual conference.

The pandemic with Covid-19 has reshaped our lives. As we watched our country turn inward and revisit priories, we have all felt a sense of shock at the numbers of lives lost and how much human touch was taken for granted.

Last year making the decision to go virtual for our yearly conference was really difficult, but the only decision we could make. I am forever grateful to the leadership of PSI for taking a very difficult situation and pivoting into a positive stance. PSI has always been a virtual organization. We are spread over the entire world, from our Board of Directors to the Advisory Council and staff. Having a virtual conference was just one of the many ways PSI rose to the occasion. We tripled our free online support groups to help women and families deal with the increased depression and anxiety caused by the pandemic. Our trainings all shifted to virtual and allowed us to train more people than ever and increase the numbers of perinatal mental health providers in communities with no or few perinatally-trained professionals. As a result of "going virtual" PSI was able to provide over 150 scholarships to persons of color around the globe, expanding the PSI mission of diversity, inclusion and equity.

When the decision was made to go virtual again this year, we knew it could be done. For those of you who did not attend last year's conference, the feedback we received was incredible. Words like streamlined, professional, and seamless were how people described the experience. Additional positive aspects were the ability to go back and listen to the recordings of sessions attended as well as those that were missed, expanding the learning for over a month after the conference. I, for one, really enjoyed revisiting sessions and listening at my leisure. This gave me the time to process and ponder the new and exciting ideas presented.

A huge thank you to Parthenon Management Group. Without their patience and knowledge, it could so easily have gone the other way. PSI is forever grateful to Parthenon for working so hard to make last year's conference exciting and low stress and with their experience and PSI's ability to make virtual feel warm and inviting, this year's conference promises to be bigger and better.

A quick note about the keynotes this year. The beginning keynote with Dr. Fleda Mask Jackson being interviewed by Jabina Coleman, LSW, MSW, CLC, IBCLC, promises to be an electric presentation. The keynote on Saturday, July 10 will be learning more about the important initiative by PSI, "Mind the Gap" focusing on the "gaps" in perinatal mental health care and how we all can come together and support policy changes on the national, state, and local levels. Join the movement by adding your name and picture to the Action wall. Our third keynote on Sunday will bring to light the difficult diagnosis of perinatal psychosis when Michelle Davidson her husband Nathan, and their son Hayden tell their story of pain, heartache and resiliency.

Thank you all so much for being here and joining our virtual family reunion. We all want to "Work together to prevent Crisis" and this conference has all the possibility of doing just that. Enjoy your time, visit all the sessions you can, and sit back and listen to the recordings for those you are not able to attend in person. Please reach out to me personally if you have any concerns or questions or if you want to make a date to share a beignet in New Orleans next year.

Warmly,
Chris Raines
Board Chair

POSTPARTUM SUPPORT INTERNATIONAL

Perinatal Mental Health Discussion Tool for Parents Experiencing Loss

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood Disorders (PMDs) during pregnancy and within the first year after delivery. Parents who are grieving the loss of a child may experience many of these symptoms, which is a normal part of the grieving process. If the symptoms worsen or persist for longer than two weeks you may be experiencing a mood disorder. This tool can help track your symptoms and be a resource to help you discuss them with your medical provider. Being your own advocate is okay and you deserve to be well.

I have been experiencing the following symptoms: (please mark all that apply)

- ○ Feeling depressed or void of feeling
- ○ Feelings of hopelessness
- ○ Lack of interest in things that once brought you pleasure
- ○ Trouble concentrating
- ○ Brain feels foggy
- ○ Not wanting to eat
- ○ Feeling anxious or panicky
- ○ Feeling angry or irritable
- ○ Dizziness or heart palpitations
- ○ Not able to sleep
- ○ Extreme worries or fears
- ○ Flashbacks regarding the pregnancy or delivery
- ○ Avoiding things related to the pregnancy or delivery
- ○ Scary and unwanted thoughts
- ○ Feeling an urge to repeat certain behaviors to reduce anxiety
- ○ Needing very little sleep while still functioning
- ○ Feeling more energetic than usual
- ○ Seeing images or hearing sounds that others cannot see/hear
- ○ Thoughts of harming yourself

Risk Factors

Below are several risk factors associated with postpartum depression (PPD), postpartum anxiety (PPA), and postpartum PTSD. Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- ○ Pregnancy or infant loss
- ○ History of depression or anxiety
- ○ History of bipolar disorder
- ○ History of psychosis
- ○ History of diabetes or thyroid issues
- ○ History of PMS
- ○ History of sexual trauma or abuse
- ○ Family history of mental illness
- ○ Traumatic pregnancy or delivery
- ○ Birth of Multiples
- ○ Baby in the NICU
- ○ Relationship issues
- ○ Financial struggles
- ○ Single mother
- ○ Teen mother
- ○ No or little social support
- ○ Away from home country

RESOURCES

www.postpartum.net

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications commonly used in the perinatal time period. For more detailed information please visit: http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/

** This is not a diagnostic tool and should not take the place of an actual diagnosis by a licensed professional. **

POSTPARTUM DEPRESSION

CAN MAKE EVERYTHING SEEM IMPOSSIBLE.

Learn about a clinical research study in severe POSTPARTUM DEPRESSION.

SEE IF YOU MAY QUALIFY:

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2021 PSI Annual Meeting

PRESENTATION INFORMATION

VIRTUAL CONFERENCE

The 2021 Meeting will be hosted as a virtual experience. All the sessions will be hosted on a Zoom platform and will run July 7-11, 2021, as originally scheduled. All session links will be shared with presenters and attendees before the conference launches. Please note that sessions will be recorded and remain live in a conference library until September 30, in case you are not able to attend the conference on the dates scheduled.

If you have questions before or during the conference, we encourage you to:

1) Use the chat feature within the session to contact AV support staff
2) Use the Q&A feature to ask a question of the presenter
3) Email psiconference@parthenonmgmt.com with additional questions or concerns or visit our virtual help desk on Friday & Saturday at: https://us02web.zoom.us/j/2951588327?pwd=bjN1NDZ0NXR3WGd2OXBSL2lVRWpOZz09

POSTER SESSION

All poster presentations will be available in the e-poster gallery for conference attendees to view at their convenience. Click here to access the gallery. Poster presenters can be contacted during their assigned session using the "**Join Online Meeting**" link. This link will bring you to the presenter's personal Zoom meeting room or email address depending on which they selected as their preferred communication method. Authors are asked to be in attendance during the poster session to answer questions about your poster.

POSTER SESSION HOURS

Saturday, July 10: 12:45 PM – 2:15 PM CDT

NETWORKING

Networking is an essential part of the 2021 PSI Virtual Meeting. Please be sure to schedule collaboratory meetings and discussions throughout the conference by inviting attendees to join you in a personal Zoom meeting room.

Zoom Personal Meeting Room:

- Go to www.zoom.us
- Click on the blue box in the top right side of the screen "**Sign-Up. It's Free**"
- Enter your email address
- Wait for the confirmation email and activate your account
- Login and view your profile to see your personal meeting room link.

CONTINUING EDUCATION CREDITS

PSI will offer continuing education credits to all conference attendees. After the conference, all attendees will be asked to evaluate the conference and attest to the sessions they attended. The pre-conference certificate training as well as the Advanced Psychotherapy Training will be done through the conference evaluation portal and sent post-conference.



ANN DUNNEWOLD



ARIEL DALFEN, MD



CRYSTAL CLANCY, LMFT, PMH-C



DANIEL SINGLEY, PHD, ABPP



DVORA ENTIN, LCSW, PMH-C



ELIZABETH O'BRIEN, LPC, PMH-C



JANE HONIKMAN, MS



JOANNA COLE, PHD, PMH-C



KARA DRISCOLL, MD



KATIE KMIECIK, MA, LCPC



KELLY COFFMAN, MD, MPH



KENDRA FLORES-CARTER, DSW



KIMBERLY BRANDT, DO, PMH-C



KRISTY CHRISTOPHER-HOLLOWAY, EDD, LPC, PMH-C



LAURA MILLER, MD



LESLIE BUTTERFIELD, PHD



LISA TREMAYNE, RN, CBC, CPPD



MADHAVI NAGALLA, MD



MARIANELA RODRIGUEZ-REYNALDO, PHD



MARLENE FREEMAN, MD



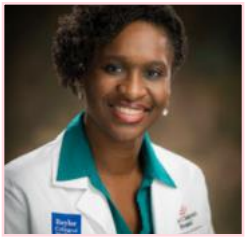
MICHELLE LACY, MA, LPC, PMH-C



MICHELLE WIERSGALLA, MD



NICOLE CIRINO, MD



OSARUMEN NICOLE DOGHOR, MD



PEC INDMAN, EDD, MFT, PMH-C



REBECCA CHRISTOPHERSEN, RN, PMHNP, BC



SAMANTHA HUGUELET, DNP, APRN, CNS, PMH-C



SAMANTHA SUFFREN, MD



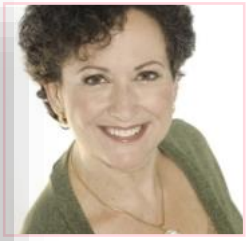
SARA POLLARD, MSN, RN, PMHNP-BC, CCFP, IMH-E



SHARI-ANN JAMES, PHD, PMH-C



BIRDIE MEYER, RN, MA, PMH-C
CERTIFICATION DIRECTOR, PAST PRESIDENT



SHOSHANA BENNETT, PHD



SIMONE VIGOD, MD, MSC, FRCPC



TIFFANY CONYERS, LCSW



VIVIEN K. BURT, MD, PHD

MANY THANKS TO THE PSI TRAINERS



CHRIS RAINES, RN MSN APRN-BC, PMH-C
PSI BOARD CHAIRPERSON

SCHEDULE OF EVENTS

Perinatal Psychiatry	Fathers, Families, & Partners	Integrated Care & Systems	Peer Support & Advocacy	Psychotherapy
FRIDAY, JULY 9				
WELCOME REMARKS **Chris Raines, RN, MSN, APRN-BC - PSI Board Chairperson** **10 EDT/9 CDT/8 MDT/7 PDT**				
OPENING KEYNOTE ***In Search of Calming Waters: Stress, Support and Resistance and Black Maternal Mental Health*** **Fleda Mask Jackson, PhD** **with Jabina G. Coleman, LSW, MSW, CLC, IBCLC** **9:15AM-10:15AM CDT**				
BREAKOUT 1 **10:30AM - 12:00PM CDT**				
1A: Advanced Perinatal Psychopharmacology Part 1* Chris Raines, RN MSN APRN BC, PMH-C & Psychiatrist TBA ***Will not be recorded***	**1B: Birth Trauma Recovery in Couples Work: Healing the Trauma, Healing the System** Ilyse Kennedy, MA, PMH-C	**1C: Maternal and Child Healthcare Systems as Entry Points to Perinatal Mental Health Treatment** Julianna Finelli, M.D. Sarah Hinshaw-Fuselier, Ph.D. Renee Bruno, M.D. Mary-Margaret Gleason, M.D.	**1D: Postpartum Tales: A Peer-To-Peer Model for Overcoming Trauma, Loss and Hardship in the Perinatal Period** Kelly Kay, M.A. Brittany Patterson, B.S. Gabrielle Kaufman, LPCC, BC-DMT, NCC, PMH-C	**1E: Strengthening Maternal-Infant Resilience through Integrative Care at Kaiser Permanente** Kimberly Saelee Leeza Reyburn Anna Koper Jacqueline Shiels Margot Green, Ph.D. Julia Polk, M.D. Amy Griffin, LCSW,Ph.D.
BREAKOUT 2 **12:15PM - 1:15PM CDT**				
2A: Perinatal Anxiety and Depression during COVID-19 in Puerto Rico Karen Martinez, M.D. Marianela Rodriguez, Ph.D. Zilkia Rivera	**2B: The Language of Loss in Post Pandemic Grieving- supporting the experiences of loss in the perinatal population** Dvora Entin, LCSW,M.S.W., PMH-C	**2C: Reproductive Psychiatry, Meet Community Psychiatry: Time to Combine Two Worlds** Emily Dosset, MD	**2D: Advocating for the Postpartum Psychosis Mom and Updates in Legislation: Act Two** Susan Feingold Barry Lewis	**2E: The Healing Power of Birth Story Processing** Emily Souder, LCSW,M.S.W.,PMH-C
Perinatal Mental Health Alliance for People of Color - Meet-Up **1:15PM-1:45PM CDT** * **Exhibitor Booths**				
SUSAN HICKMAN RESEARCH AWARD **1:15PM-2:15PM CDT**				

VIEW THE FULL SCHEDULE HERE

SCHEDULE OF EVENTS

BREAKOUT 3

2:30PM - 3:30PM CDT

3A: Association between Diagnosed PMADs and Adverse Perinatal Outcomes Eynav Accortt, PhD	**3B: Mimicry & Mayhem: The Postmodern Clinical Art of Navigating PMHD with New Fathers** Elyse Springer, MA-CLP, PMH-C & Daniel Singley, PhD, PMH-C	**3C: Using Continuous Quality Improvement Methods to Improve Maternal Depression Screening in Primary Care** DeAnn Davies, CLC,M.S.	**3D: Navigating Your Fertility Journey: A Six-Week Psychoeducational Curriculum for Fertility Groups** Emily Heilman, LCSW,M.A.,M.S.W.,PMH-C	**3E: Intentional Practice - How We Decide What to Say Next in Solution Focused Approach** Keiko Yoneyama-Sims, MS., LMFT

BREAKOUT 4

3:45PM - 4:45PM CDT

4A: Managing Maternal Substance Use in the Perinatal Period: Current Concerns and Gaps in Treatment Courtney King, Ph.D. Lisa Boyars, M.D. Constance Guilee, M.D.	**4B: Parenting in a Pandemic: Cognitive Behavioral Strategies to Manage Perinatal Anxiety in COVID** Ruth Arbit, LCSW	**4C: Interprofessional Education: Cultural Humility & Quality Care of Mothers, Families & Children** Kelly Kay, M.A. Enyav Accortt, Ph.D. Wenonah Valentine, MBA, B.A.	**4D: Pregnancy and Infant Loss: The Invisible Trauma and Grief** Kelly Smedley, MSN, PMHCNS-BC, PMH-C	**4E: Perinatal Mental Health in South Asian Women** Heena Khan, M.A.

SATURDAY, JULY 10

WELCOME REMARKS

Chris Raines, RN, MSN, APRN-BC - PSI Board Chairperson

10 EDT/9 CDT/8 MDT/7 PDT

PRESENTATION OF THE JANE HONIKMAN AWARD

KEYNOTE 2:

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority

Wendy Davis, PhD, PMH-C
Jenn Davis, MPA
Jennifer McKeever, MSW, MPH
Chris Raines, RN MSN APRN-BC, PMH-C
Colleen Reilly, MPA

9:15AM - 10:15AM CDT

BREAKOUT 5

10:30AM - 11:30AM CDT

5A: Pregnancy Denial: The Misunderstood Dissociative Disorder Diana Lynn Barnes, PsyD, LMFT, PMH-C	**5B: Psychology of assisted reproduction: How to support patients seeking alternative pathways to parenthood** Teni Davoudian, PhD, ABPP	**5C: *RETAIN*- Parental Leave Coaching: Integrative Care for a Smooth Leave and Sustainable Return** Amy Beacom, Ed.D.	**5D: Engaging with Black Mothers and Doulas about Maternal Mortality: A PCORI Funded Project** Becky Spencer, Ph.D. Deneen Robinson, M.S.W. D'Andra Willis, APRN Qiana Lewis-Arnold Arnold	**5E: Sleep? Strategies for Helping Perinatal Women Catch the Elusive** Jane Hesser, LCSW Katherine Sharkey, M.D., Ph.D.

VIEW THE FULL SCHEDULE HERE

SCHEDULE OF EVENTS

BREAKOUT 6
11:45AM - 12:45PM CDT

6A: Dilating the Pipeline: Delivering Mental Health Practitioners with enhanced Reproductive Psychiatry competence Cynthia Diefenbeck, APRN Jennifer Graber, APRN Anne DeCaire, APRN	**6B: The Importance of Paternal Attachment from Infancy to Adolescence** Elizabeth Adedokun, PhD, LMFT, PMH-C	**6C: Butterfly's Embrace: Utilizing a Cross-Region Collaboration to Support Bereaved Families** Beth Shelton, LCSW, PMH-C LeighAnn Sutton	**6D: Healing Circles: What Peer Support Can Teach Us About Equity & Inclusivity** Brittney George, LPC, PMH-C	**6E: Eating for 2? Disordered Eating and Body Image during the Transition to Motherhood** Anne Welsh, Ph.D., PMH-C

POSTER SESSION
*
Exhibitor Booths

Perinatal Mental Health Alliance for People of Color Meet-Up
12:45PM - 2:15PM CDT

BREAKOUT 7
2:15PM - 3:45PM CDT

7A: Advanced Perinatal Psychopharmacology, Part 2* Chris Raines, RN MSN APRN BC, PMH-C & Psychiatrist TBA ***Will not be recorded***	**7B: Keeping the Baby in Mind: Infant Mental Health & PMADs** Christine Raches, PsyD, HSPP, BCBA Elesia Hines, PsyD, HSPP, Angie Tomlin, Ph.D.	**7C: Ethics in Perinatal Mental Health Practice: When Return to Work Isn't Going to Work** Catharine McDonald, M.S.	**7D: Climb Out of the Darkness- A Community Experience** Emily Jankowski Newton Jen Devine, B.A. Laura Winters, LCSW Julie Lopez	**7E: Mom Power: Trauma-informed, diversity-informed, and perinatal-informed evidence-based intervention** Diana Morelen, Ph.D. Nora Erickson, Ph.D. Rachel Clingensmith, M.A. Kate Rosenblum, Ph.D. Maria Muzik, M.D.,M.S.,PMH-C

BREAKOUT 8
4:00PM - 5:00PM CDT

8A: Breastfeeding and Perinatal Mood Disorders Katrina Mitchell, MD, IBCLC, PMH-C	**8B: The Unsteady Rock: Partners' Experience of Perinatal Loss** Julie Bindeman, PsyD	**8C: Partnerships in Perinatal Mental Health: Changing the landscape of PMADs in Wisconsin, The Periscope Project and Moms Mental Health Initiative** Sarah Bloomquist, B.A. Shelby Kheun	**8D: Navigating Compassion Fatigue as a Healthcare Provider** Celeste Chapko	**8E: Providing a Cultural Competent Assessment with Latinx Mothers** Susana Marquez, MA, LMFT, PsyD

VIEW THE FULL SCHEDULE HERE

SCHEDULE OF EVENTS

SUNDAY, JULY 11

KEYNOTE 3:
Postpartum Psychosis: A Family's Journey of Healing and Hope
Michele Davidson, PhD, PMHNP, CNM, PMH-C
Hayden Davidson, BS
Nathan Davidson, FNP
9:00 AM - 10:00AM CDT

Advanced Perinatal Psychopharmacology, Part 3*: Advanced Reproductive Pyschiatry Seminar Perinatal Psychiatry Expert Panel, moderated by Laura Miller MD: Helen Kim, MD,PMH-C; Sarah Nagle-Yang, MD; Mervat Sha'ini, MD ***Will not be recorded***	**Perinatal Perfectionism: Using Internal Family Systems to Heal Inner Critics** Jessica Sorci, LMFT, PMH-C Rebecca Geshuri, LMFT	**Maternal Infanticide & Filicide: Pearls of Wisdom and the Perinatal Expert Witness in Praxis** Gina Wong, Ph.D. Diana Barnes, PsyD, LMFT, PMH-C George Parnham, JD	**Advocacy, Lobbying, and Policy Workshop: Become a Maternal Mental Health Advocate** Adrienne Griffen, M.P.P Crystal McAuley Jenn Davis, MPA Joy Burkhard, M.B.A. Jamie Zahlaway Belsito, B.A.	**PSI Advanced Perinatal Mental Health Psychotherapy Training (MORNING: 10:15-1:15 Central)** PSI FACULTY ***Will not be recorded***

BREAK

PSI Advanced Perinatal Mental Health Psychotherapy Training (AFTERNOON: 2:15-4:45 Central)
Will not be recorded

VIEW THE FULL SCHEDULE HERE

CLIMB OUT OF THE DARKNESS

We gather as a community.
We meet fellow survivors, supporters & providers.

In the time of social distancing, we gather virtually and …

SHOP



Postpartum Support International *style*

Visit: https://teespring.com/stores/psi-style

Every purchase from the store supports families impacted by perinatal mood and anxiety disorders.

#PSIThreads

Opening Keynote:

DR. FLEDA MASK JACKSON, PHD

In Search of Calming Waters: Stress, Support and Resistance and Black Maternal Mental Health



FRIDAY, JULY 9

10 EDT/9 CDT/8 MDT/ 7 PDT

A scholar, educator, and activist, Dr. Fleda Mask Jackson is the President of Majaica, LLC, a national research firm and think tank where she is the leader of Save 100 Babies©. Dr. Jackson led groundbreaking research on stress and resilience resulting in the development of a unique racial and gendered stress measure (the Jackson, Hogue, Phillips Contextualized Stress Measure), a dissemination /intervention model, and an advocacy approach for black women's health. Dr. Jackson was a Professor of Applied Public Health at the Rollins School of Public Health (Emory University) and a visiting scholar in the Psychology Department at Spelman College. As a leading authority on stress from gendered racism and its impact on maternal and birth outcomes, she is the author of numerous peer-reviewed scientific articles, book chapters, and refereed and public presentations on the topic. Her work is cited in major newspapers, magazines and media outlets that include ProPublica, Vox, Ebony, Essence, CNN and NPR. Her work has been featured in the documentaries When the Bough Breaks, an episode of the award-winning PBS series, Unnatural Causes: Is Inequality Making Us Sick, and in the film, Crisis in the Crib. She also appeared in the Lightbox production, Death by Delivery, a documentary on black maternal mortality in Georgia.

Her collaborations include work with the Center for Excellence in Women's Health at the Harvard Medical School (Brigham and Women's Hospital), The Ford Foundation, the W.K. Kellogg Foundation, the Joint Center for Political and Economic Studies, and the Southeast Regional Office of the Children's Defense Fund. She served as a member of the Advisory subcommittee on Health Disparities for the CDC Director and as a member of the U.S. Health and Human Services Secretary's Advisory Committee on Infant Mortality (SACIM) an appointment approved by the White House under President Barak Obama. As a member of SACIM, Dr. Jackson was the chair of the Healthy Start subcommittee. Dr. Jackson served as the chair and co-chair of the United Way of Metropolitan Atlanta's Babies Born Healthy Initiative and was recently co-leader for the National March of Dimes' Birth Equity initiative.

She is the recipient of the Spelman College Alumnae Achievement Award in Health and Science, the United Way of Metropolitan Atlanta's Live United Award, Delta Sigma Theta Sorority Torch Award for being an activist for mental and physical health, and the Center for Black Women's Wellness Health Pioneer Award. In 2014, she received the Maternal and Child Health Award from the Georgia Public Health Association and was honored by Black Mamas Matter Alliance and the National March of Dimes for her contributions to maternal and child health.

Opening Keynote:

Jabina G. Coleman, LSW, MSW, IBCLC

In Search of Calming Waters: Stress, Support and Resistance and Black Maternal Mental Health



FRIDAY, JULY 9

10 EDT/9 CDT/8 MDT/ 7 PDT

Jabina G. Coleman is a Licensed Social Worker and International Board-Certified Lactation Consultant. She received her bachelors of science for the Pennsylvania State University and her Masters in Social Work from the University of Pennsylvania School of Social Policy and Practice. Jabina has dedicated over a decade to serving women, children, and families throughout the Philadelphia region. Jabina engages with communities through her work as the owner of Life House Lactation & Perinatal Services, LLC, where she provides lactation consultation services and reproductive psychotherapy with a focus on perinatal mental health. She also serves as the co-founder and president of Perinatal Mental Health Alliance for People of Color, unifying professionals of color to support communities' perinatal mental health needs. Additionally, Jabina is the co-founder of Breastfeeding Awareness & Empowerment (BAE), a grassroots organization created in response to the public outcry surrounding adverse perinatal health outcomes for U.S. black families.

Jabina is a dynamic, national speaker spearheading the call to action: Everyone wants to hold the baby, who will hold the mother? Her professional experiences in hospital social work, community organizing and engagement, and private-practice has drawn many to her for mentorship and leadership. Jabina uses her personal and professional experiences to inspire and promote emotional wellness and balance among her peers.

Jabina's work has been published in the Clinical Lactation Journal. She is a published author for Breastfeeding and Human Lactation 6th edition and has been featured in multiple media outlets including the Huffington Post, Philadelphia Inquirer, WHYY and KYW. Jabina has been honored as a recipient of the United States Breastfeeding Committee Cultural Changemaker Award and was a commencement speaker for the 2011 graduating class at her alma mater, the University of Pennsylvania.

Jabina is the mother of two beautiful children, one of which she had the pleasure of breastfeeding for 3.5 years. As evidenced by her work, Jabina's passion for motherhood and social justice are intertwined - she educates and empowers families along their parenthood journey while dismantling systemic barriers impeding on a culture of health. Jabina is also a member of Delta Sigma Theta Sorority, Incorporated.

Keynote 2:

Wendy Davis, PhD, PMH-C

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority



Saturday, July 10

10 EDT/9 CDT/8 MDT/ 7 PDT

Wendy Davis is the Executive Director of PSI and lives in Portland Oregon. She began her career as a psychotherapist in 1987 and started specializing in perinatal mental health after recovering from postpartum depression and anxiety in 1994. She founded Oregon's first perinatal mental health support organization Baby Blues Connection in 1994, became a PSI support coordinator in 1997, and was hired as the PSI Executive Director in 2009. She works with providers, public health systems, schools, communities, and hospitals to develop and provide perinatal mental health training curriculum and services. She provides consultation and training for others who are developing their own perinatal support services, and loves to help them formulate the particular model of support that can be sustainable in their local community. She is committed to listening, learning, and improving our capacity to serve all families who need our help. She is extremely proud to be part of PSI and to work with such courageous and passionate people around the world.

Keynote 2:

Jenn Davis, MPA

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority



Saturday, July 10

10 EDT/9 CDT/8 MDT/ 7 PDT

Jenn Davis is the State Chapters Manager at PSI. She has over a decade of experience in program development and management. She worked with DC Public Schools for 11 years where her work ranged from leading adult and student equity work to managing out of school time programs. Jenn is the mother is two— an eight-year-old daughter and one year old son. She is passionate about supporting mothers and families struggling with perinatal mental health, as she personally experienced postpartum anxiety and depression. Jenn recently became a Certified Pregnancy Health Coach and would love to become a Postpartum Doula. She has a B.A. in Psychology from Spelman College and a M.P.A in Public Administration from Georgia State University.

KEYNOTE 2:

CHRIS RAINES, RN MSN APRN-BC, PMH-C

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority



SATURDAY, JULY 10

10 EDT/9 CDT/8 MDT/ 7 PDT

Christena Raines, RN, MSN, APRN-BC PMH-C, is an adjunct professor in the department of psychiatry at UNC Chapel Hill. She is a dual trained nurse practitioner in women's health care and board-certified psychiatric nurse practitioner. At UNC she helped develop an intergraded perinatal mental health model within the OB-GYN High-risk clinics and founded the UNC Perinatal Depression Support group. She was a member of the planning team instrumental in opening the 1st in-patient Perinatal Psychiatric program in the US.

Ms. Raines currently serves as the board chair for Postpartum Support International. She is considered a subject matter expert (SME) in perinatal mental health and co-author the Maternal Mental Health Safety Bundle initiated by ACOG. Ms. Raines also serves on the advisory board of the non-profit Return to Zero, that supports families encountering pregnancy loss. In retirement, Ms. Raines started a consulting business supporting and mentoring APRNs working in the perinatal mood disorder field. She also maintains an outpatient practice and serves as a consultant to hospital systems looking to develop or enhance their current women's services.

KEYNOTE 2:

JENNIFER McKEEVER, MSW, MPH

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority



SATURDAY, JULY 10

10 EDT/9 CDT/8 MDT/ 7 PDT

Jennifer McKeever, MSW, MPH is a creative, relationship-oriented leader with over 20 years of experience advancing programs and policy that promote health and wellbeing as a human right. As a natural coach, convener, and community-builder, she specializes in creating teams, systems, and processes to successfully implement large-scale public health initiatives. Having worked at local, state, and national non-profits and government organizations, Jennifer brings her knowledge and expertise to work with The Reilly Group in building partnerships, policy and advocacy coalitions, and social impact initiatives.

As Director of Policy and Advocacy Networks, Jennifer is spearheading an initiative called Mind the Gap, which aims to turn the tide on the crisis of undiagnosed and untreated Perinatal Mental Health conditions in America. In this role she is working with a cross-sector coalition of mental health, public health, maternal health, and women's health leaders to integrate perinatal mental health into policy and legislation, ensuring that the mental health and well-being of mothers, babies, and families are a national priority.
Jennifer earned an MSW and MPH from Tulane University in New Orleans, Louisiana.

KEYNOTE 2:

COLLEEN REILLY, MPA

Mind the Gap: A Strategic Roadmap to Ensure That Perinatal Mental Health is a National Priority



SATURDAY, JULY 10

10 EDT/9 CDT/8 MDT/ 7 PDT

Ms. Reilly is the President of The Reilly Group, a public affairs firm focused on impacting some of our greatest societal health challenges. The Reilly Group works with organizations, foundations, NGOs, government, and multi-national businesses to improve health outcomes with an expertise in prevention, public health, mental health, women's health, and health technology.

She is the architect of the Mind the Gap Initiative, a collective impact initiative led by Postpartum Support International, that seeks to turn the tide on the crises of maternal mental health. As part of the Initiative, Ms. Reilly and the team conducted a landscape analysis, published a landmark strategic report, and are galvanizing a coalition of over 40 national organizations, stakeholders, and advocates to increase access to treatment and improve the health and wellbeing of women, babies, and families.

Prior to founding The Reilly Group, Ms. Reilly served in senior positions at the U.S. Department of Health and Human Services, the Public Health Service Office of Women's Health, Health
Resources and Services Administration, and the National Mental Health Association. In addition, Ms. Reilly's was a journalist for a city newspaper and managed grassroots field operations for state-wide ballot initiatives, and U.S. Senate and Congressional campaigns. Ms. Reilly holds a Bachelor of Arts degree in psychology and journalism from the University of Colorado and a Master of Public Administration and Policy from the University of Southern California.

To read more about Ms. Reilly's impact and career, visit The Reilly Group online at www.reillygroupinc.com/colleen-reilly.

Keynote 3:

Michele R. Davidson, PhD, CNM, PMHNP-BC, PMH-C

Postpartum Psychosis: A Family's Journey of Healing and Hope



SUNDAY, JULY 11

10 EDT/9 CDT/8 MDT/ 7 PDT

Dr. Davidson has over 25 years experience as a certified nurse midwife and has delivered over 1,000 babies during her nurse midwifery career. After her own battle with postpartum psychosis, Dr. Davidson changed her focus after realizing the shortage of mental health professionals in the perinatal field. She completed her psychiatric mental health nurse practitioner degree and specializes in perinatal mental health. In 2021, Dr. Davidson opened her own practice, Chesapeake Bay Psychiatry, in hopes of serving this population on a full-time basis.

Dr. Davidson previously was a professor in nursing and Women's Studies before leaving the field to pursue full-time psychiatric practice. She has authored over 100 articles and 35 books on maternal-newborn and psychiatric nursing care. Her book, A Nurse's Guide to Women's Mental Health, won an American Nurse's Association Book of the Year Award. Dr. Davidson experienced severe postpartum psychosis after the birth of her fourth child, who due to a birth injury was subsequently diagnosed with spastic quadriplegia cerebral palsy.

Dr. Davidson has been married to her husband, Nathan, for 30 years and keeps busy with gardening, and running their family bed and breakfast and vacation rental property business.

Keynote 3:

Nathan Davidson, II, CFNP, RN

Postpartum Psychosis: A Family's Journey of Healing and Hope



SUNDAY, JULY 11

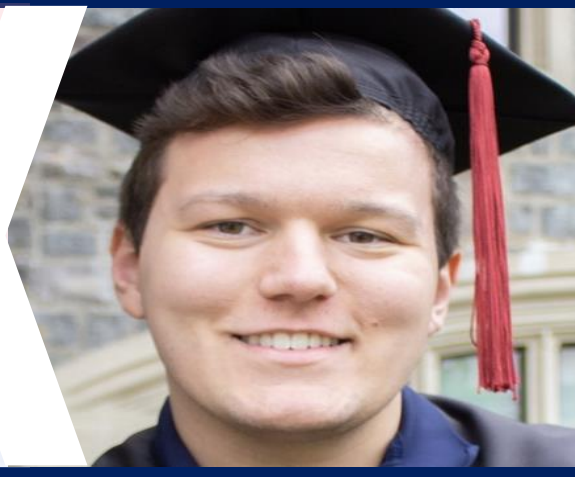
10 EDT/9 CDT/8 MDT/ 7 PDT

Nathan Davidson has been a certified family nurse practitioner for over 25 years and has worked in family practice, pediatrics, gastroenterology, and internal medicine. Mr. Davidson previously worked as a psychiatric nurse before becoming a nurse practitioner. Mr. Davidson is a California native and moved to Virginia at the end of his 7 years as a Navy Seabee. He has contributed to several textbooks and journal articles and has experience treating families with PMADs. He is currently employed at a Prime Health Clinic where he cares for military dependents and retirees. Mr. Davidson has four children and is the primary care provider for his son, Grant, who has spastic quadriplegia and epilepsy. He enjoys spending time with his family and woodworking. He is a national award-winning wood carver and assists his wife with hands-on duties running their bed and breakfast and vacation rental business. Mr. Davidson lives in Chesapeake, Virginia with his wife and four children, and enjoys spending his summer at the beach.

Keynote 3:

Hayden Davidson, B.S.

Postpartum Psychosis: A Family's Journey of Healing and Hope



SUNDAY, JULY 11

10 EDT/9 CDT/8 MDT/ 7 PDT

Hayden Davidson graduated in the top 5% of his class at Virginia Polytechnic Institute and State University with a Bachelor's of Science in Clinical Neuroscience, where he also served as a teaching assistant in the Department of Neuroscience. During his tenure at Virginia Tech, Mr. Davidson served as the volunteer supervisor at Warm Hearth Village in Blacksburg, VA. He was also inducted into Phi Kappa Phi, an honor society of the top 5% of graduates. Mr. Davidson is currently pursuing admission to medical school and is working as an administrative assistant at Leva Psychiatry.

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- Online member groups for providers (forums/listservs)
- Peer consultation web-conferencing groups
- PSI Store discounts
- Discounts on PSI trainings & conference
- Discounts with partner organizations/businesses
- Member Directory networking tool

For additional membership information, go to www.postpartum.net/join-us/become-a-member/ or email membership@postpartum.net

Membership dues enable PSI to continue to meet critical needs as we provide direct peer support to families, train professionals, and provide a bridge to connect them.
***Thank you** to our members for your part in strengthening the worldwide safety net!*

BREAKOUT 1

11:30AM EDT/10:30AM CDT/9:30 MDT/8:30 PDT

1A: Advanced Perinatal Psychopharmacology, Pt 1

Kimberly Brandt, DO

Chris Raines, RN, MSN, ARNP-BC, PMH-C





***This session will not be recorded.**

This two-part presentation is an expert seminar on psychiatric prescribing during pregnancy and lactation. It is an interactive, case-based advanced seminar, covering differential diagnosis, medication challenges, and your questions. Participants should have previously completed at least 14 hours of perinatal mental health training.

1B: Birth Trauma Recovery in Couples Work: Healing the Trauma, Healing the System

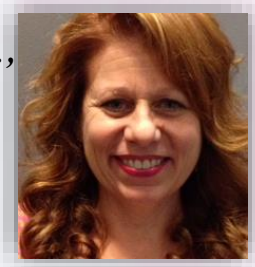
Ilyse Kennedy, MA, PMH-C



Birth trauma effects not only the birthing person, but all who experienced it. We explore the nature of trauma, what makes birth trauma unique, and how it effects a couple. We examine how healing within the relationship can lead to quicker and stronger recovery as couples piece together aspects of the story they are holding in each of their bodies.

1C: Maternal and Child Healthcare Systems as Entry Points to Perinatal Mental Health Treatment

Julianna Finelli, M.D., Sarah Hinshaw-Fuselier, Ph.D., Renee Bruno, M.D., Mary-Margaret Gleason, M.D.









Maternal and child healthcare systems offer multiple avenues for access to perinatal mental health care. We discuss benefits and challenges of collaborative approaches, with examples from primary healthcare and public health programs.

BREAKOUT 1

11:30AM EDT/10:30AM CDT/9:30 MDT/8:30 PDT

1D: Postpartum Tales: A Peer-To-Peer Model for Overcoming Trauma, Loss and Hardship in the Perinatal Period

Kelly Kay, M.A., Brittany Patterson, B.S., Gabrielle Kaufman, LPCC, BC-DMT, NCC, PMH-C



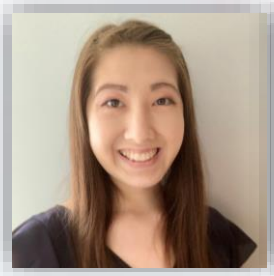
This workshop will share the the curriculum of a peer-based storytelling workshop developed by storyteller and national advocate Melissa Bangs and Maternal Mental Health NOW, the personal experience of a workshop participant and various ways survivors can use storytelling to advocate for improved screening and treatment resources for perinatal mood and anxiety disorders.



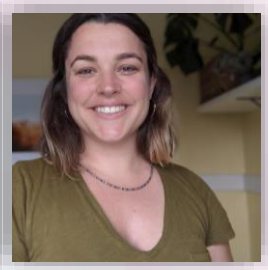


1E: Strengthening Maternal-Infant Resilience through Integrative Care at Kaiser Permanente

Kimberly Saelee, Psy.D., Leeza Reyburn, Psy.D, Anna Koper, Psy.D., Jacqueline Shiels, Psy.D., Margot Green, Ph.D., Julia Polk, M.D., Amy Griffin, LCSW, Ph.D.









This workshop addresses implementing Health Psychology post-doctoral training program, embedded into Women's Health and Pediatrics to combat intergenerational transmission of ACEs, promote resilience, and mitigate barriers in integrated care.







BREAKOUT 2

1:15 EDT/12:15 CDT/11:15AM MDT/10:15 PDT

2A: Perinatal Anxiety and Depression during COVID-19 in Latina Women

Karen G. Martinez, MD, MSc, Marianela Rodriguez Reynaldo, Ph.D., Zilkia Rivera-Orraca, Ph.D.





During this presentation, we will present our work trying to assess the mental health impact of the epidemic as well as the physical distancing protective measures in pregnant and postpartum women in Puerto Rico.

2B: The Language of Loss in Post Pandemic Grieving - Supporting the Experiences of Loss in the Perinatal Population

Dvora Entin, LCSW, PMH-C



Race-based microaggressions in perinatal groups can create tension and can deepen existing divides between white folks and folks of color. We will examine how racial microaggressions perpetuate existing inequities and will also build capacity for group leaders to address microaggressions with confidence and skill.

2C: Reproductive Psychiatry, Meet Community Psychiatry: Time to Combine Two Worlds

Emily C. Dossett, MD, MTS



What can we do to elevate the mental health needs of perinatal women served by the safety net? Come explore this important topic as we search for solutions together.

BREAKOUT 2

1:15 EDT/12:15 CDT/11:15 MDT/10:15 PDT

2D: Advocating for the Postpartum Psychosis Mom and Updates in Legislation: Act Two

Susan Benjamin Feingold, Psy.D., PMH-C, Barry Lewis, J.D.





A must-attend seminar for postpartum psychosis mom advocates. Learn about updated legislation and help change U.S. law. Advocate, move past the negative headlines. Learn how to affect change.

2E: The Healing Power of Birth Story Processing

Emily E. Souder, LCSW-C, PMH-C



Often, the personal, inner experience of one's birth journey is overlooked and swept aside in the busy-ness of having a new baby or new babies. Birth story processing within psychotherapy gives the opportunity for deep healing, self-discovery, and self-growth, along with the restructuring of existing narratives.

BREAKOUT 3

3:30 EDT/2:30 CDT/1:30 MDT/12:30 PDT

3A: Association between Diagnosed PMADs and Adverse Perinatal Outcomes

Eynav Accortt, Ph.D.



A SCID diagnosed PMAD was associated with 3.5 times higher odds of having one or more adverse perinatal outcome in 82 pregnant women followed through delivery and 1 month postpartum.

BREAKOUT 3

3:30 EDT/2:30 CDT/1:30 MDT/12:30 PDT

3B: Mimicry and Mayhem: The Postmodern Clinical Art of Navigating PPMHD with New Fathers

Elyse Springer, MA-CLP, LMFT, PMH-C, Daniel Singley, Ph.D., ABPP

This breakout focuses on specific postmodern clinical techniques when working with cis-gendered men suffering with Paternal Perinatal Mental Health Disorders (PPMHD), with an emphasis on differentiation of symptoms, presentation of clinical cases, along with experiential in-session examples.





3C: Using Continuous Quality Improvement Methods to Improve Maternal Depression Screening in Primary Care

Emily E. Souder, LCSW-C, PMH-C

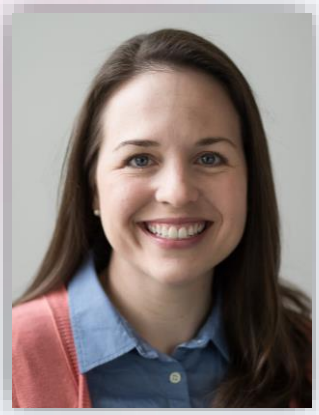
This workshop will present methods used to improve rates of postpartum depression screening and successful referrals within a rural pediatric clinic from 41% EPDS completion to sustained gains of 92%.



3D: Navigating Your Fertility Journey: A Six-Week Psychoeducational Curriculum for Fertility Groups

Emily D. Heilman, MA, LCSW, PMH-C

The social-emotional implications of infertility are profound; the scope of its impact pervasive. Throughout our work facilitating fertility groups, we have learned six common social-emotional themes that emerge throughout an individual's fertility journey, including: grief/loss, isolation, anxiety, relationships, socio-cultural and identity. This workshop will explore these core themes and apply to a six-week psychoeducational curriculum for fertility groups.



BREAKOUT 3

3:30 EDT/2:30 CDT/1:30 MDT/12:30 PDT

3E: Intentional Practice - How We Decide What to Say Next in Solution Focused Approach

Keiko Yoneyama-Sims, M.S, LMFT



This workshop will introduce a clinical review method called Micro-Analysis, to improve clinician's clinical skills and to increase intentionality of the conversation with clients in postpartum.

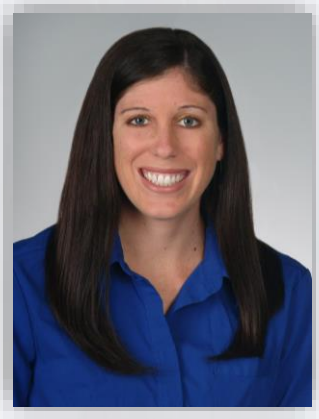
BREAKOUT 4

4:45 EDT/3:45 CDT/2:45 MDT/1:45 PDT

4A: Managing Maternal Substance Use in the Perinatal Period: Current Concerns and Gaps in Treatment

Angela Moreland-Johnson, Ph.D., Lisa Boyars, M.D., Constance Guille, M.D., Courtney King, Ph.D.

This panel will discuss qualitative research that addresses gaps in maternal substance use disorder (SUD) treatment and highlight areas of improvement as described by both patients and obstetric providers. Additionally, presenters will discuss use of novel technology to increase access and enhance communication and care coordination for the treatment of perinatal mental health and SUDs.









BREAKOUT 4

4:45 EDT/3:45 CDT/2:45 MDT/1:45 PDT

4B: Parenting in a Pandemic: Cognitive Behavioral Strategies to Manage Perinatal Anxiety in COVID

Ruth Arbit, LCSW, M.A.



In this session, we will review perinatal mood disorders, CBT strategies to support families with perinatal anxiety, and COVID's impact on perinatal mental health. Cognitive Behavioral Therapy (CBT) is one of the most effective treatments for PMADS. Together we will learn basic CBT skills for perinatal anxiety, understand why COVID complicates these symptoms, and learn strategies to manage these symptoms.

4C: Interprofessional Education: Cultural Humility & Quality Care of Mothers, Families & Children

Kelly Kay, M.A., Eynav Accortt, Ph.D., Wenonah Valentine, M.B.A., Guistinna Tun, B.S.

This workshop will share the impact of a cultural humility training on the knowledge, skills and attitudes towards implicit biases and interactions with patients of different backgrounds amongst Cedars Sinai Medical Center staff.









BREAKOUT 4

4:45 EDT/3:45 CDT/2:45 MDT/1:45 PDT

4D: Pregnancy and Infant Loss: The Invisible Trauma and Grief

Kelly L. Smedley MSN, PMHCNS-BC, PMH-C



Losing a baby is an isolating, confusing, and traumatic ordeal experienced by many mothers. Yet these mothers often don't get the grief support they need. This presentation will help providers understand helpful techniques to foster healing for mothers experiencing miscarriage, stillbirth, and infant loss.

4E: Perinatal Mental Health in South Asian Women

Heena Khan, LPC, RPT



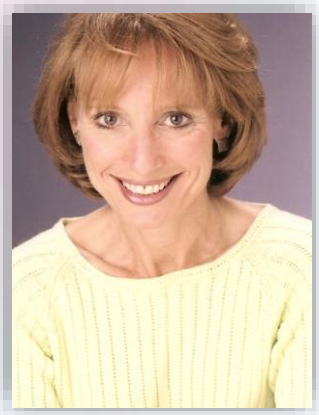
As a South Asian women, mother and therapist, Heena Khan will focus this presentation on the various cultural, spiritual & family dynamics and rituals in South Asian cultures that impact maternal mental health. The presenter will discuss culturally competent and sensitive ways to support South Asian families in therapy room.

BREAKOUT 5

11:30 EDT/10:30 CDT/9:30 MDT/8:30 PDT

5A: Pregnancy Denial: The Misunderstood Dissociative Disorder

Diana Lynn Barnes, Psy.D., PMH-C, LMFT



An integral part of moving towards the prevention of any disease or disorder is finding a common language by which to identify risks, assess symptoms and create protocols for treatment. This workshop addresses the consistencies in clinical presentation when a pregnancy is denied, proposing that these similarities are diagnostic criteria that lend themselves to inclusion in the DSM.

BREAKOUT 5

11:30 EDT/10:30 CDT/9:30 MDT/8:30 PDT

5B: Psychology of assisted reproduction: How to support patients seeking alternative pathways to parenthood



Teni Davoudian, Ph.D., ABPP

This presentation examines psychological issues related to infertility. Evidence-based psychotherapies for patients undergoing assisted reproduction are discussed. The unique stressors that are often encountered by the LGBTQ community and non-traditional families during assisted reproduction are highlighted.

5C: Retain Parental Leave Coaching: Integrative Care for a Smooth Leave and Sustainable Return



Amy Beacom, Ed.D.

Learn how the first evidence-based parental leave coaching model ensures integrative care during this complex timeframe by supporting new parents emotionally, socially, and practically - at work and home.

5D: Engaging with Black Mothers and Doulas about Maternal Mortality: A PCORI Funded Project

Becky Spencer, Ph.D., Deneen Robinson, MSW, D'Andra Willis, APRN, Helen Zimba, B.A., Qiana Lewis-Arnold

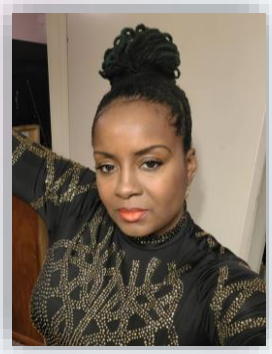
Black women are disproportionately represented in maternal mortality statistics in the US. The purpose of this presentation is to educate conference participants about the planning process, lessons learned, and outcomes of a PCORI funded engagement project that brought Black women, doulas, and other stakeholders together to discuss personal experiences and concerns, and design a community-based participatory research project.











BREAKOUT 5

11:30 EDT/10:30 CDT/9:30 MDT/8:30 PDT

5E: Sleep? Strategies for Helping Perinatal Women Catch the Elusive

Jane Hesser, LICSW, Katie Sharkey, MD, PhD





For perinatal women, sleep is often hard to get. This presentation will explore strategies to help pregnant and postpartum women sleep. Both concrete barriers to adequate sleep and insomnia will be addressed.

BREAKOUT 6

12:45 EDT/11:45 CDT/10:45 MDT/9:45 PDT

6A: Dilating the Pipeline: Delivering Mental Health Practitioners with Enhanced Reproductive Psychiatry Competence

Cynthia Diefenbeck, Psy.D., APRN, Jennifer Graber, Ed.D., PMHAPRN, CS, BC, Anne DeCaire, MSN, PMHNP

Psychiatric mental health nurse practitioner faculty in collaboration with a clinical partner incorporated reproductive psychiatry content across didactic and clinical courses creating future practitioners who truly practice across the lifespan.







BREAKOUT 6

12:45 EDT/11:45 CDT/10:45 MDT/9:45 PDT

6B: The Importance of Paternal Attachment from Infancy to Adolescence



Elizabeth Adedokun, M.S., Ph.D., PMH-C

Paternal attachment relationships are far less understood and many gaps in the research on fathers remain. Attachment theory, a predominant framework for the study of parent-child relationships in early childhood, could provide a useful approach for understanding fathers and child development. In Attachment-based family therapy, individual and relational change occurs through restoration of trustworthy, reliable, and emotionally sensitive parent–child relationships.

6C: Butterfly's Embrace: Utilizing a Cross-Region Collaboration to Support Bereaved Families

Elizabeth Shelton, LCSW, PMH-C, LeighAnn Sutton, LBSW, CPLC





An introduction to Butterfly's Embrace, a hospital based Perinatal Bereavement program in Jackson, TN. This program successfully operates in collaboration with various hospital and community services as well as a PMH-C Therapist in the region. The program educates hospital staff and community partners to effectively support families grieving the loss of their infant of pregnancy regardless of gestational age.

BREAKOUT 6

12:45 EDT/11:45 CDT/10:45 MDT/9:45 PDT

6D: Healing Circles: What Peer Support Can Teach Us About Equity & Inclusivity



Brittney George, PMH-C

Peer support services, as it is called today, is older than the practice of psychology/psychotherapy. However, many perinatal mental health programs have yet to include this essential component into their services. We will examine the history of peer support, as well as unpack components of the "Intentional Peer Support Approach" & elevate nonclinical aspects of care in perinatal mental health.

6E: Eating for 2? Disordered Eating and Body Image during the Transition to Motherhood



Anne C. Welsh, Ph.D., PMH-C

Through a review of the literature, original research and case material, attendees will gain a nuanced understanding on the role of body image and disordered eating in the peripartum period.

BREAKOUT 7

3:15 EDT/2:15 CDT/1:15 MDT/12:15 PDT

7A: Advanced Perinatal Psychopharmacology, Pt 2

This session will not be recorded.

Chris Raines, RN MSN, APRN-BC, PMH-C; Kimberly Brandt, DO





This two part presentation is an expert seminar on psychiatric prescribing during pregnancy and lactation. It is an interactive, case-based advanced seminar, covering differential diagnosis, medication challenges, and your questions. Participants should have previously completed at least 14 hours of perinatal mental health training.

7B: Keeping the Baby in Mind: Infant Mental Health & PMAD's

Christine Raches, Psy.D., HSPP, Elesia Hines, Psy.D., HSPP, Angela Tomlin, Psy.D., HSPP, PMH-C







This presentation will provide an overview of IMH as it relates to the healthy development of parent-infant relationships. PMAD's can disrupt this relationship and evidence-based interventions can minimize this disruption.

7C: Ethics in Perinatal Mental Health Practice: When Return to Work Isn't Going to Work

Catharine McDonald, M.S.



PMADs can impact functional capacity, at times making return to work after parental leave difficult or even impossible. How can clinicians provide useful information and advocate for clients in treatment?

BREAKOUT 7

3:15 EDT/2:15 CDT/1:15 MDT/12:15 PDT

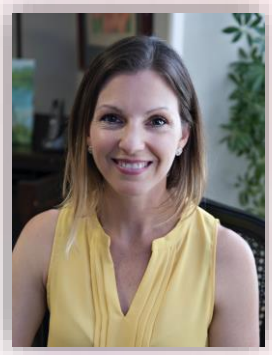
7D: Climb Out of the Darkness- A Community Experience

Emily Jankowski Newton, M.Ed., Jennifer Devine, B.A., Kat Schuknecht, PMH-C, Laura Winters, LCSW, PMH-C, Julie Thorpe-Lopez, J.D.

Climb Out of the Darkness program empowers and connects communities all over the globe. Learn how to implement COTD and to encourage survivors in your community to become advocates.








7E: Mom Power: Trauma-Informed, Diversity-Informed, and Perinatal-Informed Evidence-Based Intervention

Diana Morelen, Ph.D., Nora Erickson, Ph.D., LP, Rachel Clingensmith, M.A., Kate Rosenblum, Ph.D.

Mom Power is a 13-session community-based intervention for at-risk mothers with young children targeting emotion regulation, parenting stress, and reflective capacity. This session introduces the attachment informed curriculum and will use activities to illustrate how to hold an attachment, trauma, diversity, and mental health lens when working with women and families postpartum.






BREAKOUT 8

5:00 EDT/4:00 CDT/3:00 MDT/2:00 PDT

8A: Breastfeeding and Perinatal Mood Disorders

Katrina Mitchell, M.D., IBCLC, FACS, PMH-C



It is well known that complications of lactation, as well as untreated PMADs, reduce duration and exclusivity of breastfeeding. However, there has been little consideration given to pathologic breastfeeding behaviors as an expression of untreated anxiety and depression. We will review presentations of PMADs in the lactating population, and explore treatment modalities that can resolve PMADs and support breastfeeding.

8B: The Unsteady Rock: Partners' Experience of Perinatal Loss

Julie Bindeman, Psy.D.



While there is little attention focused on the grief sequalae of a birthing person who has lost, there is even less consideration given to father and partners. This breakout is devoted to the experience of being the non-birthing person who has also experienced a loss.

8C: Partnerships in Perinatal Mental Health: Changing the landscape of PMADs in Wisconsin, The Periscope Project and Moms Mental Health Initiative

Sarah Bloomquist, B.A., Shelby Kuehn, B.A.





Learn how The Periscope Project, a perinatal psychiatric access program for providers, and Moms Mental Health Initiative, a nonprofit focused on connecting moms to resources and providing peer support, collaborate to reach and care for WI moms struggling with perinatal mood or anxiety disorders.

BREAKOUT 8

5:00 EDT/4:00 CDT/3:00 MDT/2:00 PDT

8D: Navigating Compassion Fatigue as a Healthcare Provider

Celeste Chapko, M.Ed., MT-BC



Learn how to identify the risk factors and symptoms of Compassion Fatigue, as well as practical techniques to increase overall mental and emotional resilience.

8E: Providing a Cultural Competent Assessment with Latinx Mothers

Susana Marquez, M.A., LMFT



Participants will learn how to assess Latinx mothers in treatment with cultural competency. Learn what questions to ask while doing a biopsychosocial assessment, key phrases that will help create a therapeutic relationship with Latinx mothers and assess for PMADS. Learn how to engage the partner/support system, identify cultural barriers that keep mother from seeking help.

SUNDAY SEMINARS

11:15 EDT/10:15 CDT/9:15 MDT/8:15 PDT

Perinatal Perfectionism: Using Internal Family Systems to Heal Inner Critics

Jessica Sorci, LMFT, PMH-C, Rebecca Geshuri, LMFT





New motherhood is rife with “mommy wars” and high-pressure messages about how to mother best, sending vulnerable moms into perfectionistic overdrive. Internal Family Systems approaches perfectionism as a "part", and relaxes the system by encouraging insight, "unblending" and most of all, connection with compassionate internal resources. Learn the components of perfectionistic systems and how to appreciate and heal inner critics.

Advocacy, Lobbying, and Policy Workshop: Become a Maternal Mental Health Advocate

Jamie Zahlaway Belsito, B.A., Crystal McAuley, Jenn Davis, B.A., M.P.A., Joy Burkhard, M.B.A.

This workshop will provide a deep-dive into advocacy and lobbying, including how to influence policy at state and federal levels. MMHLA’s Advocacy Toolkit and 2020Mom's "recipe" for successful state advocacy will be the backbones of the workshop. Presenters include leaders from MMHLA, PSI, and 2020Mom.









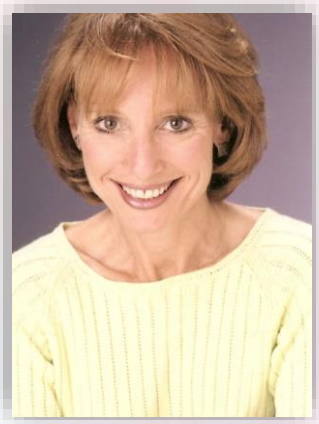
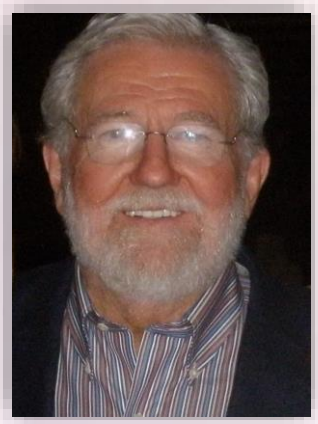
SUNDAY SEMINARS

11:15 EDT/10:15 CDT/9:15 MDT/8:15 PDT

Maternal Infanticide & Filicide: Pearls of Wisdom and the Perinatal Expert Witness in Praxis

Gina Wong, Ph.D., R.Pysch, Diana Barnes, Psy.D., George Parnham, J.D.

'Praxis' is translating theory into action. In this session, veteran expert witness (Diana Barnes) and novice expert witness (Gina Wong), along with veteran lawyer (George Parnham) deconstruct a criminal case of maternal infanticide. With expert hands-on-guidance, attendees will work individually and together to reconstruct the case through participation and role play demonstration for the expert witness, offering pearls of wisdom.

Advanced Reproductive Psychiatry Seminar

This session will not be recorded.

Laura Miller, M.D., Helen Kim, M.D., Sarah Nagle-Yang, M.D., Mervat J. Sha'ini, M.D.

In the Advanced Reproductive Psychiatry Seminar, a panel of perinatal psychiatric experts will present and discuss complex cases to illustrate applications of research and clinical pearls. Bring your perinatal questions!






SUNDAY SEMINARS

11:15 EDT/10:15 CDT/9:15 MDT/8:15 PDT

PSI Advanced Perinatal Mental Health Psychotherapy Course

***This session will not be recorded.**

Joanna C.M. Cole, Ph.D., PMH-C, Dvora Entin, LCSW, PMH-C, Kristy L. Holloway, Ed.D, LPC, NCC, BC-TMH, CPCS, ACS, PMH-C

The PSI Advanced Perinatal Mental Health Psychotherapy Certificate Training is an evidence-based curriculum designed for mental health and psychotherapy providers who have previously completed at least 14hrs of PMH training. (e.g., the PSI PMD certificate course). This course is a pre-requisite for the PMH Certification, in the mental health/psychotherapy specialty.









PROGRAMS & RESOURCES

PSI's vision is that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. We promote this vision through advocacy and collaboration, and by educating and training the professional community and the public.

FAMILY RESOURCES (NO COST)

- **PSI Website:** Provides support, education and local resources (www.postpartum.net)
- **HelpLine:** Call 800.944.4773 (**English** & **Spanish**)
- **Support Coordinators:** Provide support and referrals for families in all 50 U.S. states, Canada, Mexico, and more than 40 countries around the world.
- **Online Support Groups:** Pregnancy Mood Support Group, Perinatal (Pregnancy & Postpartum) Mood Support Group, Military Moms Support Group, NICU Parents Support Group, Pregnancy and Infant Loss Support Group
- **Peer Mentor Program:** Pairs parents in need of support with a trained volunteer who has also experienced and fully recovered from a Perinatal Mood Disorder (PMD).
- **Chat with an Expert:** Connect with other parents, and talk with a PSI expert about resources, symptoms, treatment options, and general information about perinatal mood disorders. (*First Mondays for Dads, and every Wednesday for Moms*)
- **Perinatal Mental Health Discussion Tool:** For parents to track symptoms to discuss with their healthcare provider.
- **Social Media:** facebook.com/postpartumsupportinternational •postpartumsupportinternational •postpartumhelp

PROVIDER TRAININGS, TECHNICAL ASSISTANCE, & SERVICES

- **Frontline Provider Training:** Training (via webinar or onsite locations) that equips frontline providers with the necessary skills to assess and support patients with perinatal mental health complications. (**CMEs and CEs**)
- **Perinatal Psychiatric Consult Line:** The *free* consultation line is available for medical professionals who have questions about mental health care related to pregnant and postpartum patients and pre-conception planning.
- **Perinatal Mental Health Trainings and Certification:** For medical and mental health providers, childbirth professionals, volunteer advocates, hospitals, health care organizations, and state, county and city agencies.
- **Technical Assistance & Support:** Expert consultation, or direct access, on developing perinatal mental health capacity and psychiatric consult lines.
- **Online Perinatal Mental Health Provider Directory:** PSI's *free* directory of perinatal mental health specialists.
- **Certification in Perinatal Mental Health (PMH-C):** The PMH-C creates a structure for professional education and evaluation, and a standardization of training and experience.
- **Perinatal Mental Health Alliance for People of Color (PMHA-POC):** A program within PSI, the PMHA-POC was created to fill a gap in support services for professionals and communities of color around PMADs.
- **Membership:** PSI members around the world receive benefits including online learning/networking groups, discounts on trainings, and more.
- **MIND the GAP:** A collective initiative to improve the mental health and well-being of pregnant and postpartum women by increasing awareness and access to education, screening, diagnosis, treatment, and support services.
- **PSI State Chapters:** Collaboration, education, support, and advocacy. PSI State Chapters further the mission of PSI on a statewide level. Check our website for more information and to connect with your state chapter.

POSTER SESSION

1. *Postpartum Bonding in Treatment-Seeking Women with Major Depressive Disorder and Bipolar Disorders: Sociodemographic Risk and Potential Protective Mechanisms*
Perinatal Psychiatry
Nora Erickson*, Parsa Najmaie, Helen Kim

2. *Brief Education Enhances Obstetric Provider Confidence in Identifying and Managing Perinatal Depression*
Perinatal Psychiatry
Yardana Kaufman*, John Q. Young, Kristina M. Deligiannidis

3. *Perinatal Mental Health and Breastfeeding; Mothers who have depression and anxiety symptoms are more likely to discontinue breastfeeding. In this presentation will discuss the barriers and ways we can support mental health and breastfeed.*
Integrated Care and Systems
Sunie Thomas*

4. *Portal Support: Increasing Access and Connection to Evidence-Based Services for New Parents*
Integrated Care and Systems
Katherine Taylor*, Alinne Barrera, Beth Jaworski, Sydney Morris, Julie Ursic

5. *Peer Support Groups: Creating a Meaningful Online Experience*
Peer Support and Advocacy
Ashley S. Lingerfelt*

6. *Brave New Mom: Mindfully Navigating Postpartum Motherhood in 2021*
Psychotherapy
Jessie C. Everts*

7. Perinatal Bipolar Disorder and Major depression: Clinical Correlates and Treatment Outcomes in a Partial Hospitalization Setting
Perinatal Psychiatry
Helen Kim*, Nora Erickson

8. Identifying Increased Risk Factors for Perinatal Populations Amidst the COVID-19 Pandemic
Psychotherapy
Jennifer Halpern*, Madeleine Miller-Bottome, Inga Blom, Ozlem Bekar

9. *Clinical Considerations when Working with Mothers Transitioning Back to Work with Pmads*
Psychotherapy
Rebecca Gleed*

10. *Infinite Wound: The Intersection of Infertility & Trauma*
Psychotherapy
Emily D. Heilman*

11. *Introduction to Prenatal Bonding (BA)*
Fathers, Families, and Partners
Barbara C. Decker

12. *Medication Assisted Treatment for Opioid Use Disorder during Pregnancy and Risk of Neonatal Abstinence Syndrome in Infants*
Perinatal Psychiatry
Ayesha Sujan*, Edie Douglas, Rubin Aujla, Lisa Boyars, Claire Smith, Constance Guille

13. *Motherhood Experiences of Mental Health and Social Support in Two Mid-Western States: A Qualitative Study*
Peer Support and Advocacy
Chelsea Goldblatt*

14. *The Role of Reflective Functioning in Treatment of Perinatal Mood and Anxiety Disorders*
Psychotherapy
Jennifer Halpern*, Madeleine Miller-Bottome, Inga Blom, Ozlem Bekar

15. *Improving Perinatal Mental Health and Birth Trauma in a Birth Center Using a Patient-Centered, Right Care Packet*
Integrated Care and Systems
Lauren Nabiyev*, Kalena Lanuza, Kristin Gianelis

16. *An Integrated Maternal & Child Health and Perinatal Psychology Service Model in Victoria Australia*
Integrated Care and Systems
Frances Bilbao*

17. *Parenting Tips (Trauma Informed Parenting Support): Co-Creating Parent Support through a Human Centered Process*
Fathers, Families, and Partners
Krishnan Subrahmanian*, Ashley Thorfinnson, Andrea Brown, Helen Kim, Diana Cutts

18. *A Natal Care Approach Adapted for Black Women*
Integrated Care and Systems
Sydney Morris*, Alinne Z. Barrera

19. *The Efficacy of Treatments on Perinatal anxiety: A Mixed-Method Review (meta-Analysis;qualitative analysis)*
Psychotherapy
Ashley Frederick*

20. *Screening for Postpartum Depression in the NICU: Education and Implementation*
Integrated Care and Systems
Amelia Wendt*, Jennifer Savitz

21. *Mother Infant Co-Regulation in the NICU*
Peer Support and Advocacy
Madison Hendry*

22. *Case Study: Use of a Responsive Bassinet to Improve Sleep Outcomes among New Parent Clinicians During COVID-19*
Integrated Care and Systems
Diana Romano*, Katz Daniel, Daniel Katz

23. *Grief Support after Pregnancy Interruption Due to Demise, Lethal Anomalies or Socioeconomic Factors*
Peer Support & Advocacy
Lisa Sharpe*

24. *Advocacy and Awareness of the Effects of Traumatic Childbirth on Maternal Mental Health and Infant Attachment*
Perinatal Psychiatry
Milan Flanagan*, Amanda Mackillop, Clarissa Martinez