

Community Partnerships

in Addressing Perinatal Mood Disorders:
Clinical and Integrative Perspectives



POSTPARTUM SUPPORT INTERNATIONAL
and THE PERINATAL MENTAL HEALTH TASKFORCE
of LOS ANGELES COUNTY
presents
23rd Annual Conference

California Endowment
Center for Healthy Communities
1000 N. Alameda St.
Los Angeles, CA 90012

August 4-7, 2009



About PSI and The 23rd Annual Conference

Postpartum Support International has been a leading pioneer in the field of maternal mental health. Our founding purpose is to provide support and resources to those suffering with mental health symptoms related to childbirth. It is the vision of PSI 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. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

Our 23rd annual conference will deliver timely information from highly qualified sources from across the US and Canada. Our annual conference is an educational activity for: our members and professional care providers such as obstetrical providers, gynecologists, pediatricians, psychiatrists, psychologists, nurses, social workers, counselors and therapists, support and resource providers, educators, laypersons, consumers, and others interested in the topic of maternal mental health.



About Los Angeles County Perinatal Mental Health Task Force

The mission of the Los Angeles County Perinatal Mental Health Task Force is to remove barriers to prevention, screening, and treatment of prenatal and postpartum depression in Los Angeles County. We accomplish our mission through community partnerships and collaborations that train and support health professionals; inform and educate consumers, policy-makers, and opinion leaders; change the way that care for prenatal and postpartum depression is organized, paid for, and delivered; advocate for public policies that increase screening and offer family-strengthening evidence-based, culturally competent services.

Pre-Conference Objectives:

- Identify and discuss the challenges faced when diagnosing and treating perinatal mood disorders
- Differentiate prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, and psychosis and assess prenatal and postpartum risk factors
- Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies
- Identify social support, legislative changes and community resources, including how to set up support groups, and offer social support
- Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation

Pre-Conference Day 1: Tuesday, August 4, 2009

8:00am	Registration & Breakfast
8:30am	Welcome & Introductions
8:45am	Overview: Entering Motherhood & Why They Suffer in Silence The Perinatal Period; Perfectionism, Dreams & Expectations; Myths of Motherhood; Stigma of Mental Illness; Barriers to Treatment
9:30am	The Many Faces of Perinatal Mood Disorders Etiology; Signs and Symptoms; Risk Factors
10:30am	Break
10:45am	Video: "Feel Like Yourself Again"
11:15am	Screening and Prevention
12:00pm	Lunch (provided) & Panel of Survivors (optional)
1:00pm	Social Support Networks Faith Communities and Spirituality; 9 Steps to Wellness: A Self-Help Model; Support Groups: What They Look Like, How to Start One, Successful Implementation
2:15pm	Break
2:30pm	International Incidence and Cultural Differences of PMD
3:00pm	Other Important Considerations Breastfeeding and PMD; Infertility, Adoption, Pregnancy Loss, Infants in NICU
4:30pm	Closing and Evaluations

Faculty

Birdie Gunyon Meyer, RN, MA

Pec Indman, EdD, MFT

Merrill Sparago, MD

Pre-Conference Day 2: Wednesday, August 5, 2009

8:00am	Registration & Breakfast
8:30am	The Team: Critical Components to Recovery
9:00am	Psychotherapeutic Models Interpersonal Therapy; Cognitive Behavioral Therapy; Group Therapy; Couples Therapy
10:30am	Break
10:45am	Alternative and Complimentary Therapies
11:15am	Legislative Updates, Resource Review
12:00pm	Lunch
1:00pm	What About the Rest of the Family? Effects of Untreated PMD on Mother, Infant and Family; Fathes and Partners
2:30pm	Break
2:45pm	DVD: Postpartum Mood
3:15pm	Pharmacological Interventions: Pregonancy, Postpartum, Lactation: Wrap Up Discussion
4:45pm	Evaluation

Conference Day 1: Thursday, August 6, 2009

- 8:00am Registration & Breakfast
- 8:30am Opening Remarks
Birdie Gunyon Meyer, President of PSI
- 9:00am Plenary 1: One Window, Different Views: The Obstetrician, Psychiatrist, Therapist and Community Support Networks: Integrating Roles and Goals
Rebecca Perlow, MD; Emily Dosset, MD; Jill Weiss, MA, LCSW; Carolina Reyes, MD
- 10:00am Break
- 10:10am **Breakout Sessions 1**
A) Women's Mental Health Across the Life Span
Vivien Burt, MD, PhD
B) Endocrinology of Premenstrual Dysphoric Disorder and Pregnancy: Implications for Perinatal Mood Disorders
Adam Shaywitz MD, PhD; Robin Rosenblate MD
C) Translating Data into Action: Perinatal Mental Health in LA County
Cynthia Harding, MPH (moderator), Shin Margaret Chao, PhD; Gigi A. Matthew, DrPh, CPHQ, Shannon E. Whaley, PhD
- 11:00am **Breakout Sessions 2**
A) Placental Corticotropin Releasing Factor and Postpartum Depression: Have We Found a Screening Tool?
Iona Yim, PhD
B) Trauma: The Effects on Breastfeeding
Cheryl Beck RN, Distinguished Professor of Nursing
C) Building Capacity to Address Perinatal Depression
Paula Binner, LCSW; Janice French, CNM, MS
- 11:50am Lunch
- 12:15pm Jane Honikman Awards (during lunch)
- 1:00pm Plenary 2: Family Systems & Community Support: Dads and Other Partners
Wendy Davis, PhD (moderator); Christina Hibbert, PsyD; Randy Gibbs; Wade Bowen; Hershel Swinger, PhD; Will Courtenay, PhD
- 2:00pm **Breakout Sessions 3**
A) The Obstetrician's Role in Diagnosis and Treatment of PNMDs*
Rebecca Perlow, MD
B) Dialectic Behavioral Therapy in the Treatment of PNMDs
Susan Stone, MSW, LCSW
C) Screening for Perinatal Depression Through Home Visitation Programs
Cindy Chow, PHN, MPH, BSN; Robin E. Johnson, MD, MPH, FACOG; Sharl Talan, MPH
- 2:50pm Break and Posters
- 3:05pm **Breakout Sessions 4**
A) Literature Review of SSRIs** in Pregnancy: Making Sense of the Mess
Adrienne Einarson, RN
B) Attachment and Child Development in PNMDs
Susan Stone, MSQ, LCSW; Diana Lynn Barnes, PsyD, MFT
C) Not for Profit Organizations: Nuts and Bolts
Sonia Murdock, BA (moderator); Tonya Fulwider, BA; Adrienne Griffen, BS, MPP; Heidi Koss-Nobel, MA, Jen Stoll, MSW
- 4:00pm Closing

*PNMDs=Perinatal Mood Disorders

**SSRIs= Selective Serotonin Reuptake Inhibitors

Conference Day 2: Friday, August 7, 2009

- 8:30am Registration & Breakfast
- 9:00am Plenary 3: Culture and Perinatal Mental Health: Obstacle or Opportunity?
Focus: Low-Income Latina Moms
Laura Abrams, PhD; Maria Lourdes F. Reyes, MD, MPH; Leslie Gallegos, LCSW
- 10:00am **Breakout Sessions 5**
A) Risk Assessment and Differential Diagnosis in PNMDs
Rita Suri, MD
B) Mending Precarious Links: Parents and Infants in Intensive Care
Vladimir Lipovestky, MD, PsyD, FIPA
C) Developing a Sustainable Social Support Network
Wendy Davis, PhD; Birdie Meyer, RN, MA, CLC; Chris Arrea; Amy Burt, MA; Jane Honikman, MS
- 10:50am Break
- 11:00am **Breakout Sessions 6**
A) Clinical Decision Making and Informed Consent in PNMDs
Stephanie Zisook, MD
B) Prediction of Postpartum Maternal Psychosocial Adaptation from Prenatal Scales
Regina Lederman, RN, MNEd, MA, PhD
C) The Role of Faith Based Leaders in Providing Support Around PNMDs
Gabrielle Kaufman, MA, ADTR, NCC; Rabbi Anne Brener, LCSW; Deanna Carls
- 11:50am Lunch
- 1:00pm **Breakout Sessions 7**
A) Alternative Treatments in PNMDs
Hyla Kaas, MD; Bonnie Kaplan, PhD
B) Integrative and Multidisciplinary Approach in the Assessment and Treatment of PNMDs
Chris Raines, RN, MSN
- 1:50pm **Breakout Sessions 8**
A) Forensic Assessment and PNMDs
Diana Lynn Barnes, PsyD, MFT; Ruta Nonacs, MD, PhD
B) Self Care for PNMDs Practitioner
Gabrielle Kaufman, MA, ADTR, NCC; Andrea Schneider MSW, LCSW; Brian Kinstler, JD
- 2:40pm Closing Remarks
- 3:00pm Evaluations and Conference Close

Conference Objectives:

- Discuss knowledge and implications of most current research regarding maternal mental health, including medication management, current promising practices regarding therapy and other treatment models.
- Explore integrative and multidisciplinary approaches in the assessment and treatment of perinatal mood disorders, including best practices in medical and psychotherapy screening and treatment models regarding maternal mental health, including promising new tools for screening and the use of medication during pregnancy as well as promising alternative treatments for perinatal mood disorders.
- Describe the impact of maternal mental health on personal, family and child development with an emphasis on the support provided by fathers and other men and addressing their unique needs in the area of perinatal mood disorders.
- Identify competent assessment and treatment options for culturally diverse populations related to maternal mental health and examine particular case scenarios from a wide variety of expert clinical and community perspectives.
- Recognize and explore culturally appropriate social support models and the creation of successful non-profits that consider community based successful strategies and implementation in both the healthcare and community settings.
- Explore the impact of modern culture on maternal mental health with this year's focus on a specific population supported by research, namely, low-income Latina mothers.

Accreditation Pre-Conference

For Physicians: The Perinatal Advisory Council – Leadership, Advocacy and Consultation (PAC/LAC) is accredited by the Institute for Medical Quality / California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. This activity has been planned and implemented in accordance with the IMQ and the CMA's CME Accreditation Standards through the Joint Sponsorship of PAC/LAC and Postpartum Support International. PAC/LAC designates this educational activity for a maximum of 13 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

For Nurses: The Perinatal Advisory Council – Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. This course is approved for a maximum of 15.5 contact hours of continuing education credit.

MFT/LCSW: This event is approved for 13 Continuing Education units by the California Board of Behavioral Science Examiners. Provider # PCE3704 (Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Branch).

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MFT/LCSW: This event is approved for 9.5 Continuing Education units by the California Board of Behavioral Science Examiners. Provider # PCE3704 (Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Branch).

Accommodations & Travel

Hotel: Millenium Biltmore Hotel Los Angeles

A discounted room rate has been reserved for conference attendees. Please request the group rate for "Postpartum Support International Conference" when reserving your room to receive the discounted rate of \$145 per night. The discounted room rate is reserved for a limited time only and rooms are going fast. Please reserve early!

To book online with group discount please go to: <https://reservations.synxis.com/lbe/rez.aspx?hotel=11535&arrive=08%2F03%2F2009&nights=4&adult=1&group=PSIAUG2009&promo=&iata=&step=1>

OR

Please Contact :

Winona Wong, Conference Services Manager
Millenium Biltmore Hotel Los Angeles
506 South Grand Avenue
Los Angeles, Ca 90071
(p) 213-612-1607 (f) 213-612-1671
(e) wwong@mill-usa.com
www.millenniumhotels.com

Local Airports:

Burbank Airport = ~25 minutes travel time to Millenium Biltmore Hotel
LAX = ~30 minutes travel time to Millenium Biltmore Hotel

Ground Transportation:

Super Shuttle:

A group discount has been arranged for PSI Conference attendees arriving at either LAX or Burbank Airport. To receive your group discount, make your reservation online at least 24 hours in advance at <http://www.supershuttle.com/default.aspx?GC=K62V6>

Metro:

The hotel is located across the street from Pershing Square Station. From the hotel to the conference center, you may take either the purple or red line to Union Station (15 minutes). The conference center is located a block to the right as you exit Union Station.

Parking:

Free conference parking is offered during conference hours behind the California Endowment. Space is limited so please arrive early.

Things to Do:

Los Angeles is the nation's 2nd largest city and home to over 3.8 million people. Known as the "Entertainment Capital of the World," Los Angeles offers an array of activities to its 26 million annual visitors. Whatever your fancy, LA has something for everyone! Catch some rays on picturesque Malibu and Santa Monica beaches, shop the infamous Rodeo Drive and Melrose Ave, rub shoulders with celebrities at Hollywood's popular hotspots, check out a concert at one of LA's thousands of musical venues, visit our world renowned museums or watch a live taping of your favorite television show! For ideas and information about LA, visit <http://discoverlosangeles.com/>

Conference Fees and Discounts

We offer a lower conference registration for current PSI members and for those joining PSI at this time. Membership is considered current if paid after August 1, 2008. If you are unsure of your membership status, please contact the PSI office at (805) 967-7636 or psioffice@pospartum.net To join or renew your membership with PSI at this time, please also select a membership option on the registration page

PSI offers full time students a discounted rate (\$50 for pre-conference, \$50 for conference or \$100 for both). If you would like to purchase a ticket using the student discount, please contact indicate so on the registration page and subtract this discount from your conference cost.

Registration fees include: breakfast, lunch, snacks, syllabus, CEUs (CMEs must be purchased separately), and one ticket to the PSI Banquet (included with conference ticket purchase only). If you would like to bring guests to the banquet, please purchase extra banquet guest tickets on your registration form.

PSI Annual Banquet

PSI's Annual Banquet will be held on Thursday evening at 6:00pm at The Millenium Biltmore Hotel. A cocktail reception will begin at 6pm with a silent auction followed by dinner. There will be a live performance by nationally acclaimed country music star Wade Bowen as well as a surprise keynote speaker! For two day conference participants, the banquet is included in the cost of the registration. Banquet tickets may also be purchased separately.

PSI Coordinators

PSI Coordinators are dedicated volunteers who provide support, information and resources within their local communities. PSI has 113 Coordinators in the United States, 8 in Canada and 40 in other countries around the world.

The **Annual Coordinator's Meeting** will take place on Wednesday, August 5, 2009 from 1:00pm - 5:00pm at The California Endowment. This meeting is our yearly opportunity to connect with, support and learn from one another. We will discuss common goals, challenges and solutions, and share strategies to develop successful support networks.

The **Annual Coordinators Dinner** will also be held on Wednesday, August 5, 2009 at 6:00pm at the Millenium Biltmore Hotel. This dinner is free for PSI coordinators. Please RSVP when purchasing your ticket.



Champions For Our Children



2009 Conference Registration Form

To register, please return this completed form along with payment to PSI by mail, email, or fax.

Name: _____

Street Address: _____

City: _____ State/Province: _____

Postal Code: _____ Country: _____

Phone: _____ Email: _____

Your email address will be shared with other conference participants unless you check here

Select a membership option:

Your tax-deductible membership in PSI will enable us to achieve our mission and goals while gaining benefits such as listing on the PSI website, receiving the PSI quarterly newsletter, and staying updated on news and research in perinatal mental health.

Professional membership - \$150

Student membership - \$25

Non-professional membership - \$60

I do not wish to join/renew my membership at this time

Membership is considered current if paid after August 1, 2008. If you are unsure of your membership status, please contact the PSI office at 805.967.7636 or psioffice@postpartum.net

Ticket Information:

Pre-Conference Only

(PSI Member) - \$250

(Non Member) - \$300

(PSI Coordinator) - \$200

Conference Only

(PSI Member) - \$325

(Non Member) - \$375

(PSI Coordinator) - \$275

Pre-Conference And Conference

(PSI Member) - \$550

(Non Member) - \$600

(PSI Coordinator) - \$450

CME's - \$25

Banquet Guest - \$125

Student Discount

Conference Fee \$ _____

Please choose which Breakout session you will attend (only circle one for each session)

Breakout Session 1: A B C

Breakout Session 4: A B C

Breakout Session 7: A B

Breakout Session 2: A B C

Breakout Session 5: A B C

Breakout Session 8: A B

Breakout Session 3: A B C

Breakout Session 6: A B C

CE/CME Option:

Yes, I would like to receive continuing education units for my attendance.

I am a _____ PhD/PsyD _____ RN _____ MD _____ LCSW _____ Other: _____

License number: _____ State Issuing License: _____

I plan to attend the banquet (no additional cost for 2-day conference participants)

I will bring _____ guest(s) to the banquet (\$125 per guest)

Banquet Fee \$ _____

Discounts

Full-Time Students or Scholarship recipient discount (\$50 Preconference, \$50 Conference, \$100 Both)

Payment Method (in US dollars only):

Total Enclosed \$ _____

Check payable to **PAC/LAC** 5530 Corbin Ave. Suite 323, Tarzana, CA 91356

Credit Card: _____ Visa _____ Mastercard _____ American Express

Card Number: _____ Verification #: _____ Exp. Date: _____

Cardholder's Name: _____ Signature: _____

For questions, please contact the PAC/LAC ph 818.708.2850 fx 818.708.2950

Register Online at <http://psi.eventbrite.com>

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