

# VIRTUAL PERINATAL MENTAL HEALTH CONFERENCE

NOVEMBER 2-6, 2020



Healthy Mothers, Healthy Babies  
The Montana Coalition

## SESSION DESCRIPTIONS

MONDAY, NOVEMBER 2 & TUESDAY, NOVEMBER 3

9:15 AM - 11:45 AM

### **PART I & II - Perinatal Mood and Anxiety Disorders (PMADs): Foundations**

**GABRIELLE KAUFMAN**, MA, LPCC, BC-DMT, NCC, PMH-C

The perinatal period, spanning the time between conception and the first year following childbirth, encompasses a range of mood disorders that can affect a woman during pregnancy and around the time of birth. Left untreated, maternal depression can lead to long-term depression in the mother, a lack of emotional availability for the baby, and detrimental outcomes in the development of the fetus, newborn, and developing child. The good news is that these conditions are often preventable and highly treatable.

Nationally, 10-20% of pregnant women experience a mood or anxiety disorder. Close to 1,000,000 women each year suffer from some form of depression during the first year postpartum. With maternal depression affecting increasing numbers of women, early intervention is imperative in creating better outcomes for mothers, babies, and families. Additionally, the current and long term impact of the Covid-19 pandemic has resulted in tremendous additional stress for pregnant and new families. Anxieties about contagion, isolation from loved ones and support networks, and decreased prenatal care visits put families at an increased risk of PMADs.

These two workshops form a basic introduction or refresher of the issue of perinatal mental health. Risk factors, demographics, impact, and differential diagnoses will be covered, as well as the importance of screening and successful treatment protocols.

## WEDNESDAY, NOVEMBER 4

9:15 AM - 11:45 AM

### **Drugs Hijack Your Brain and Pregnancy Can Hijack It Back: Understanding the power of pregnancy for women with substance use disorders**

**MARCELA SMID**, MD, MA, MS

This presentation will describe the epidemiology of substance use disorders (SUD) for pregnant and postpartum women. We will review the power of the perinatal period for a woman with a SUD within a life course framework and cover evidence-based (and evidence-informed) interventions that can support women in this simultaneously powerful and vulnerable period.

12:15 PM - 2:45 PM

### **Pot, Pills and Powdery Substances: Practical advice for caring for women with substance use disorders**

**MARCELA SMID**, MD, MA, MS

This session will focus on practical considerations in caring for women with substance use disorders. Factors considered will include screening for mental health and adverse childhood events, discussing data on the perinatal effects of substance use, interpreting urine toxicology, and how to discuss child protective service referrals.

## THURSDAY, NOVEMBER 5

9:15 AM - 11:45 AM

### **Paternal Perinatal Mood and Anxiety Disorders: Paying Attention to New Dads**

**KEVIN GRUENBERG**, PSY.D

Research confirms that fathers play a critical and unique role in a child's development. Involved fathers promote a child's social-emotional and cognitive development and lower the risk of developing emotional and behavioral problems, even when they do not live in the same home as the child. In cases of maternal depression, fathers can promote family resilience and mitigate some of the risk factors associated with maternal perinatal mood and anxiety disorders (PMADs) on young children.

Dads also face barriers to being actively engaged in their child's life. Fathers, of all ethnic, racial, socioeconomic groups, and sexual orientations, are susceptible to PMADs at rates comparable to mothers (about 10%), and when mothers are depressed, the rates increase to 25-50%. Most of these fathers do not receive support or treatment. Depressed fathers tend to be less involved in the care of their children, limiting the abovementioned positive benefits and increasing the risk of child abuse, intimate partner violence, and mental health and behavioral challenges for mothers and children. PMADs are family system disorders.

This presentation will:

- 1) identify benefits fathers have on a young child's development;
- 2) define paternal PMADs and reasons why fathers are at risk;
- 3) explain how PMADs are disorders that affect the whole family;
- 4) discuss the importance of screening and treatment for paternal PMADs disorders; and lastly
- 5) provide strategies to integrate fathers into perinatal support services.

**12:15 PM - 2:45 PM**

**Supporting Fathers to Promote Family Resilience**

**KEVIN GRUENBERG, PSY.D**

Home visitation has become the primary modality used to support young children and their families. Research demonstrates that home visitation improves social, emotional, and cognitive outcomes for children by strengthening parental responsiveness to the child's developmental needs, while also reducing maternal stress and PMAD symptoms (Ammerman et al., 2010). Despite the strides, fathers, who are approximately 50% of our parenting population, remain overlooked as in need of parenting or mental health support or as allies in building family resilience.

Kevin Gruenberg, PsyD, will discuss Love, Dad's "Home Visiting with Dads" pilot program for fathers and their babies to demonstrate how engaging fathers in home visiting strengthens families. Dr. Gruenberg will share video recordings from this pilot to illustrate how relationship-based and reflective interventions can help fathers build parenting skills, and how with support fathers grow with their babies. This presentation will also include strategies to assess what a father needs in the context of a family system and specific tools to promote co-parenting and family wellbeing.

## FRIDAY, NOVEMBER 6

**9:15 AM - 11:45 AM**

**Deeper Dive in Diagnoses and the Impact of a Global Pandemic on Perinatal Mental Health**

**GABRIELLE KAUFMAN, MA, LPCC, BC-DMT, NCC, PMH-C**

While many men and women present with perinatal mood and anxiety disorders, no two individuals present the same way. To understand this more fully, it is essential to know about the range of diagnoses. This workshop will present the diagnoses of postpartum obsessive/compulsive disorder and suicidality. Symptoms, risk factors, interventions, and treatment considerations for these complex disorders will be covered.

As well, the exposure to COVID-19 contagion anxiety has compounded cases of obsessive/compulsive disorder and other anxiety disorders. We will review the ways in which symptoms present, how to intervene, and how to manage our own anxieties and uncertainties. Treatment modalities will be discussed.

**12:15 PM - 2:15 PM**

**From Crisis to Resilience - Panel Discussion**

**MODERATED BY CLAIRE LARSON**

Survivors share their lived experiences and describe their individual journeys back towards health and well-being after difficulties in the perinatal period. Panelists will reflect on what they lost, what they gained, and the ways in which their most difficult experiences have shaped and even strengthened them. The conversation will be moderated by Claire Larson of HMHB, also a PMAD survivor. This panel will help to bring real-life context to the material covered throughout the virtual conference.



# VIRTUAL CONFERENCE AGENDA

## PRE-CONFERENCE — MONDAY, NOVEMBER 2, 2020

TIME	SESSION	SPEAKER
9:00 AM - 9:15 AM	Welcome	Melissa Bangs
9:15 AM - 11:45 AM	<b>PART I - Perinatal Mood and Anxiety Disorders (PMADs): Foundations</b>	Gabrielle Kaufman
11:45 AM - 12:00 PM	Closing Remarks	Melissa Bangs

## PRE-CONFERENCE — TUESDAY, NOVEMBER 3, 2020

TIME	SESSION	SPEAKER
9:00 AM - 9:15 AM	Welcome	Melissa Bangs
9:15 AM - 11:45 AM	<b>PART II - Perinatal Mood and Anxiety Disorders (PMADs): Foundations</b>	Gabrielle Kaufman
11:45 AM - 12:00 PM	Closing Remarks	Melissa Bangs

## CONFERENCE — WEDNESDAY, NOVEMBER 4, 2020

TIME	SESSION	SPEAKER
9:00 AM - 9:15 AM	Welcome	Melissa Bangs
9:15 AM - 11:45 AM	<b>Drugs Hijack Your Brain and Pregnancy Can Hijack It Back: Understanding the power of pregnancy for women with substance use disorders</b>	Marcela Smid
11:45 AM - 12:15 PM	Break	
12:15 PM - 2:45 PM	<b>Pot, Pills and Powdery Substances: Practical advice for caring for women with substance use disorders</b>	Marcela Smid
2:45 PM - 3:00 PM	Closing Remarks	Melissa Bangs

## CONFERENCE — THURSDAY, NOVEMBER 5, 2020

TIME	SESSION	SPEAKER
9:00 AM - 9:15 AM	Welcome	Melissa Bangs
9:15 AM - 11:45 AM	<b>Paternal Perinatal Mood and Anxiety Disorders: Paying Attention to New Dads</b>	Kevin Gruenberg
11:45 AM - 12:15 PM	Break	
12:15 PM - 2:45 PM	<b>Supporting Fathers to Promote Family Resilience</b>	Kevin Gruenberg
2:45 PM - 3:00 PM	Closing Remarks	Melissa Bangs

## CONFERENCE — FRIDAY, NOVEMBER 6, 2020

TIME	SESSION	SPEAKER
9:00 AM - 9:15 AM	Welcome	Melissa Bangs
9:15 AM - 11:45 AM	<b>Deeper Dive in Diagnoses and the Impact of a Global Pandemic on Perinatal Mental Health</b>	Gabrielle Kaufman
11:45 AM - 12:15 PM	Break	
12:15 PM - 2:15 PM	<b>From Crisis to Resilience - Panel Discussion</b>	Claire Larson
2:15 PM - 2:30 PM	Closing Remarks	Melissa Bangs