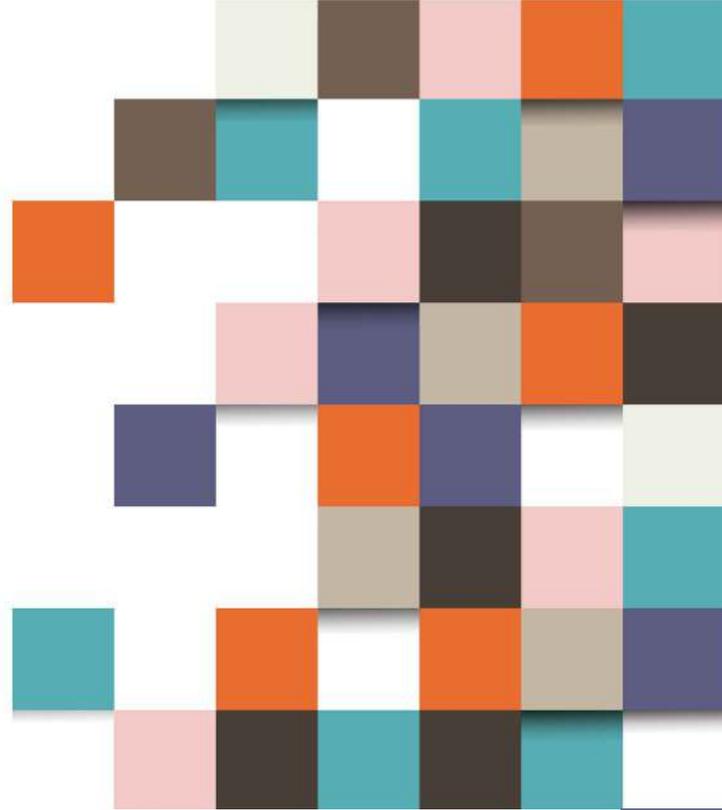


# VIRTUAL PERINATAL MENTAL HEALTH CONFERENCE

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

**ANNA KING**, LCSW, PMH-C

**These two workshops form a basic introduction or refresher of the issue of perinatal mental health.**

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.

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

**ANNA KING**, LCSW, 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. During this workshop, Anna King will address disparities in perinatal healthcare for Black women and birthing people and how to engage in cultural sensitivity and trauma-informed care when working with this population. She will also discuss healthy boundaries and self-care during this difficult time of pandemic and socio-political unrest for parents who identify as HSP and experience an increased empathic response.

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 - 12:45 PM**

### Maternal Mental Health Matters in Montana

**BRIE MACLAURIN**, RN & **STEPHANIE MORTON**, MSW

In this session, HMHB will give an update on maternal mental health coalitions, projects, and initiatives across Montana including peer support, resource guides, and integrated behavioral health.

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

### Our Stories are Our Healing

**APRIL IRIS CHARLO**, M.Ed

In the final session of the conference, you will experience the power of storytelling for healing. We will premiere the documentary short "Our Stories are Our Healing," which will inspire, educate, normalize, and break down barriers of isolation and shame related to experiencing mental health challenges in the perinatal period. The film captures footage of Salish storyteller, postpartum depression survivor, community leader, and maternal mental health advocate, April Charlo. Following the viewing, April will lead a conversation on Indigenous perinatal mental health.

# 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 & Anna King
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 & Anna King
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 & Anna King
11:45 AM - 12:15 PM	Break	
12:15 PM - 12:45 PM	<b>Maternal Mental Health Matters in Montana</b>	Brie MacLaurin & Stephanie Morton
12:45 PM - 2:15 PM	<b>Our Stories are Our Healing</b>	April Iris Charlo
2:15 PM - 2:30 PM	Closing Remarks	Melissa Bangs