



Healthy Mothers, Healthy Babies  
The Montana Coalition

4TH ANNUAL  
VIRTUAL  
PERINATAL  
MENTAL HEALTH  
CONFERENCE

SESSION DESCRIPTIONS  
WEDNESDAY, NOVEMBER 3

9:15 – 10:45 a.m. MST

**The Neurodevelopment of Parenthood**

*Linda Mayes, MD*

As adults transition to parenthood, there are key changes in both psychological and neural systems. These changes support adults making room in their minds to invest in and attend nearly exclusively to their infants' needs. This presentation will focus on understanding the changes in neural systems with the beginning of parenthood and how interventions with new parents should appropriately be guided by the science of attachment and parental care.

11:00 a.m. – 12:00 p.m. MST

**Maternal Mental Health in Montana**

*Brie MacLaurin, RN*

In this session, Healthy Mothers, Healthy Babies Executive Director, Brie MacLaurin, will provide an update on maternal mental health initiatives and improvement efforts across Montana, including building peer support, state and local level collaborative work, and the new LIFTS resource guide and magazine.

1:00 – 2:15 p.m. MST

**Mindful Parenting**

*Helena Rutherford, PhD*

This session will consider the importance of mentalization to parenting, including how this concept is defined and measured. We will discuss mentalization-based interventions in the perinatal period as well as the latest research findings.

2:30 – 3:45 p.m. MST

**Panel: When Mental Health Meets the Justice System**

*Facilitated by Sarah Corbally, JD*

*Panelists: Robert Caldwell, MD; Diana E. Garrett, JD; Nikki Grossberg, MS*

This panel will present different perspectives and information related to maternal mental health and the justice system. In many cases, there is overlap between the courts and mothers who are struggling with mental health or substance use disorders while raising children. It is important to understand how to advocate in the legal arena in an effort to support and strengthen caregivers whenever possible.

# SESSION DESCRIPTIONS

## THURSDAY, NOVEMBER 4

9:15 – 10:45 a.m. MST

### **The Importance of Ceremony and Traditional Practices in Indian Health Systems in Montana**

*D'Shane Barnett, MS*

An overview of ceremony and other traditional spiritual practices in the modern Indian Health Service (IHS) system of care. Ceremonies and traditional practitioners are being incorporated in tribal and urban IHS-funded health centers across the state. This session will explore some of the history of how the current IHS system was created and highlight opportunities for integrating modalities to improve physical and mental health outcomes for patients.

11:00 a.m. – 12:00 p.m. MST

### **Disparities in Perinatal Mental Health Care**

*Anna King, LCSW, PMH-C*

The historical context of reproductive healthcare is complex and has not been immune to the underpinnings of racialized trauma, stigma, and systemic oppression. Perinatal mental health issues occur for approximately 1 in every 7 individuals who give birth; however, those numbers increase significantly for those part of Queer, Black, Brown, Indigenous, and other marginalized communities, sometimes reaching 1 in every 3. During this presentation, Anna will address disparities in perinatal mental healthcare for birthing people and their families and offer considerations for engaging in a journey of cultural humility and trauma-informed care when working with this population.

1:00 – 2:15 p.m. MST

### **Decolonization of the Mental Healthcare System**

*Anna King, LCSW, PMH-C*

Decolonizing the mental healthcare system entails a confrontation with our practices as healers and an honest conversation about ways the industry causes harm to those seeking care. The mental health system was birthed from within a Westernized, Eurocentric, heteronormative paradigm that does not center the lived experience of all cultural, ethnic, body, and gender expressions. In an extension of her earlier presentation on disparities, Anna will discuss the first steps practitioners can take toward inviting curiosity around language, theory, intervention, and overall approach to decolonize their practice and expand their services to be more inclusive, affirmative, and anti-oppressive.

2:30 – 3:45 p.m. MST

### **Panel: Integrative Medicine in Perinatal Mental Health**

*Facilitated by Ariela Frieder, MD*

*Panelists: Gabrielle Kaufman, LPCC, BC-DMT, PMH-C; Nafisa Reza, MD; Pauline Walfisch, LCSW-R, PMH-C*

In this panel, participants will learn about different treatment options for mental health problems such as depression, anxiety, and history of trauma that women face during the perinatal period. Participants will learn about Somatic Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and the use of natural products and micronutrients in pregnancy and postpartum.

4:30 – 5:30 p.m. MST

### **Optional: Virtual Oula.One Fitness Class**

*Kali Lindner*

Oula.One is a heart-based, musically-inspired yoga dance fusion class done barefoot on the mat, with no jumping or impact, making it accessible to nearly all. Through breath and heart-opening movements and music, you will feel the stress and stuck emotion leave your body as you become grounded in your sense of self and one-ness.

# SESSION DESCRIPTIONS

FRIDAY, NOVEMBER 5

9:15 – 10:45 a.m. MST

## **The Impact of Social Pressure on Motherhood**

*Gabrielle Kaufman, LPCC, BC-DMT, PMH-C*

At a time when many have been isolated at home during pregnancy and postpartum, the impulse to reach out to social media to help us understand parenthood is quite strong. At times, this impulse is reaffirming and may even be community building, but at other times, these networks and personal posts may bring up feelings of envy, inadequacy, despondency, and failure. This workshop is aimed at understanding the impact of social media on parents and how we may support our clients to engage in healthy online practices.

11:00 a.m. – 12:00 p.m. MST

## **Opioid and Methamphetamine Use and Treatment Options in Pregnant and Postpartum Women**

*Katie Loveland, MSW, MPH*

This session will provide insight into substance use among pregnant and postpartum women in Montana, using population-level data and individual stories from women who have lived this experience. We'll cover the latest information on treatment coverage and gaps for women with behavioral health concerns who are pregnant and/or parenting in Montana and think about how to build more effective and compassionate systems in our state.

1:00 – 2:15 p.m. MST

## **Panel: Stories of Our Healing**

*Facilitated by Amy Stiffarm, MPH*

*Panelists: Kali Lindner; Brittany Patterson, Doula, CLES; Kinsley Walksalong*

It's too easy to see perinatal mental health issues in a negative light. We've either suffered ourselves or know someone who has. As providers, we might focus on signs and symptoms. As advocates, we shout prevalence rates to acquire the help this issue desperately needs. For this panel discussion, we will shift our focus to the powerful stories of healing. The time for healing is now. Join us as panel members share their healing journeys with hopes to spread healing to others.

2:30 – 3:15 p.m. MST

## **MAMA Performance**

*Melissa Bangs*

Melissa Bangs is a mama, survivor, advocate, and storyteller. After her bewildering experience with postpartum psychosis in 2012, she wrote, produced, and performed her true tragicomedy *Playing Monopoly with God & Other True Stories* all over the country over the next seven years.

In her latest endeavor, Melissa is writing a book called MAMA. To close our conference, she will read an excerpt from this emerging work and then open a conversation about the ways in which our relationships with our moms are inextricably linked to the ways in which we mother and how we feel about ourselves as we do.

