



TITLE: CONTINUING THE CONVERSATION: RESOURCES TO SUPPORT EQUITABLE PERINATAL MENTAL HEALTH CARE

DATE: 10/19/2023, 3:30-7:30 PM

LOCATION: Wyndham Pittsburgh University Center
Pittsburgh, PA

OVERVIEW: Health care of birthing individuals is often divided into disparate realms, (ie: academic, private practice, or community programs) rather than begin centered on the holistic needs of the individual. This can impact minoritized individuals to a greater extent, who experience greater health-related inequities and adverse pregnancy outcomes, and have greater challenges to feeling empowered and capable of trusting their healthcare team.

Clinical teams are not aware of the wealth of local resources to support the mental health of birthing individuals and their families. Mental health care workers who serve birthing individuals and their families, particularly minoritized populations, experience secondary trauma and compassion fatigue, which threatens the capacity of the mental health force.

The course is planned to facilitate discussion and problem-solving from the perspectives of practitioners from disparate health professions, and disparate practice settings in a way that gives voice to minoritized birthing people and instructs about culturally sensitive care while also encouraging the mental health practitioner to practice self-care. The course is set up in a way to emphasize networking during empty times in the schedule, exploring tables set up to display community resources, and engaging in a short Q&A session to allow leaders in community and academic practice to share their vision of community-engaged patient care.

LEARNING OBJECTIVES:

1. Use a racial equity lens to list common biases facing birthing individuals, and describe strategies to advocate and support all patients
2. Describe costs and accessibility barriers to mental health treatment among birthing individuals and describe strategies to reduce barriers in our region
3. Describe provider strategies to maintain personal wellness and prevent burnout
4. Describe several community organizations that support mental wellness and basic needs of birthing people and their families

FACULTY LISTING:

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FACULTY DISCLOSURE:

All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All of the relevant financial relationships for the individuals listed below have been mitigated:

- Eydie Moses-Kolko has been awarded an educational grant from Sage Therapeutics.

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ACCREDITATION AND CREDIT DESIGNATION:

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and Postpartum Pittsburgh. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 2.0 contact hours.

Social Work

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 2.0 continuing education credits.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

ACTIVITY AGENDA: POSTPARTUM PITTSBURGH FALL EVENT

Continuing the Conversation: Resources to Support Equitable Perinatal Mental Health Care

October 19, 2023 3:30pm - 7:30pm

Wyndham Pittsburgh University Center · 100 Lytton Ave, Pittsburgh, PA 15213

Time	Content	Title	Presenter(s)
3:00–4:30 PM	Registration		
3:30–3:45 PM	Welcome	Conference Introduction and Postpartum Pittsburgh Overview	Eydie Moses-Kolko, MD
3:45–4:00 PM	Resources 1	Hospital/Academic organizations providing MH services	Women's Behavioral Health (Allegheny Health Network), UPMC Western Behavioral Health at Magee Womens Hospital, St Clair Health, Pregnancy Recovery Center – Magee Womens Hospital
4:10-4:25 PM	Resources 2	Community-based organizations providing MH services	Primary Care Health Services (PCHS), Healthy Start Inc Pittsburgh- Moving Beyond Depression, The Midwife Center
4:30-5:00 PM	Presentation 1	Community engaged programming: A focus on Intimate Partner Violence	Maya Ragavan, MD, MPH, MS
5:00–5:30 PM	Presentation 2	Provider strategies to maintain personal wellness and prevent burnout	Khavah Murray, LCSW, CCTP, CGS
5:30–5:45 PM	Q&A		Maya Ragavan, MD, MPH, MS and Khavah Murray, LCSW, CCTP, CGS
5:45 PM	Dinner Buffet is open		
6:30-6:45 PM	Resources 3	Emotional wellness supports in community	Pittsburgh Bereavement Doula, Nuture PA Hello Neighbor, WAAR-Roxanne Epperson
6:45-7:00 PM	Resources 4	Child and Family Centers	Women's Center and Shelter, Jeremiah's place, Alliance for Infants and Toddlers, Allegheny County Family Support Centers
7:00-7:30 PM	Closing comments & Adjournment		