



National Curriculum in Reproductive Psychiatry presents

# NCRP Advanced: An Intensive Practicum

Date: January 25, 2024 to January 27, 2024

Location: Rizzo Center, 150 DuBose Home Lane, Chapel Hill, NC 27517

## Overview

There is a need to increase knowledge regarding diagnosis and treatment of women's mental health symptoms and diseases across the lifespan. Few residency, nursing, or advanced training programs offer any training on the specific mental health needs of women across the reproductive lifespan. Currently no standardized advanced (ACGME) training exists for advanced-practice nurses, general psychiatrists, obstetrician-gynecologists, pediatricians, and family medicine providers. Educational opportunities for practitioners also remain limited and of varying quality. This course will bring together some of the leading NCRP educators for an intensive three-day training in reproductive psychiatry to help fill this knowledge gap.

## Learning objectives

- Review the biology underlying the relationship between reproductive cycle stages and related psychopathology.
- Review the epidemiology, pathophysiology, and phenomenology of psychiatric disorders during pregnancy and the postpartum.
- Diagnosis and treatment of perinatal disorders, including but not limited to psychopharmacology.
- Diagnosis and treatment of premenstrual mood disorders, including but not limited to psychopharmacology
- Diagnosis and treatment of perimenopausal mood disorders and related symptoms, including but not limited to psychopharmacology

<b>DAY ONE</b>	<b>TRACK A</b>	<b>TRACK B</b>	<b>TRACK A Instructors</b>
9 – 9:30 am	Addressing Health Equity in Perinatal Mental Health	Addressing Health Equity in Perinatal Mental Health	Lindsay
9:30-10 am	Windows of Risk: Reproductive Psychiatry	PMADs and Maternal Mortality	Lauren
10-11 am	Menstrual Cycle Disorders	Windows of Risk: Reproductive Psychiatry	Amanda
11-12am	Perimenopause	Birth Control Prescribing for the Psychiatric Provider	Nicole
12-1pm	<b>LUNCH AND SCREENING TOOLS LECTURE</b>	<b>LUNCH AND SCREENING TOOLS</b>	Gina
1-2 pm	Birth Control Prescribing for the Psychiatrist	Physiological Changes of Pregnancy	Amanda
2 - 3 pm	Physiological Changes of Pregnancy	Perinatal Depression	Lindsay
3 - 4pm	Infertility and Loss	SSRIs and Risk-Risk Discussion	Julia
4 - 5pm	Perinatal Posttraumatic Stress Disorder	Bipolar 1	Amanda
5 - 6pm	Perinatal Depression	Bipolar 2	Robin
6- 6:30 pm	PMADs and Maternal Mortality	Postpartum Psychosis, Suicide and Infanticide Assessment	Sarah
6:30pm	ADJOURN	ADJOURN	
<b>DAY TWO</b>	<b>TRACK A</b>	<b>TRACK B</b>	
8:30 - 9:30 am	SSRIs and Risk-Risk Discussion	Perinatal Anxiety Disorder	Eydie
9:30 - 10:30 am	Perinatal Anxiety Disorder	Perinatal OCD	Gina
10: 30 - 11:30 am	Perinatal OCD	Substance Use Disorders 1	Lauren
11:30 - 12pm	Keynote – Prescribing Sleep	Keynote – Prescribing Sleep	Nicole
12:00 - 12:30pm	LUNCH	LUNCH	
12:30 - 1 pm	Models of Care	Models of Care	Lauren
1-2 pm	Eating Disorders	Substance Use Disorders 2	Robin
2-3 pm	Substance Use Disorders 1	ADHD	Jody
3 - 4pm	Substance Use Disorders 2	Schizophrenia/Neuroleptics in pregnancy	Jody
4 -5 pm	ADHD	Eating Disorders	Eydie
5pm	Adjourn	Adjourn	

DAY THREE	TRACK A	TRACK B	TRACK A Instructors
9:00 - 10:00 am	Postpartum Psychosis, Suicide and Infant	Perinatal Posttraumatic Stress Disorder	Amanda
10:00 - 11:00 am	Bipolar 1	Infertility and Loss	Julia
11:00 - 12:00 pm	Bipolar 2	Menstrual Cycle Disorders	Amanda
12:00 – 12:30pm	Prescribing Sleep	Prescribing sleep	Nicole
12:30 - 1:00 pm	LUNCH	LUNCH	
1:00 - 2:00 pm	Schizophrenia/Neuroleptics in pregnancy	Perimenopause	Nicole
2:00 - 3:00 pm	New Treatments	New Treatments	Lindsay
3:00 - 3:30pm	Putting it all together	Putting it all together	Sarah
3:30pm	Adjourn	Adjourn	

## Course Instructors

Stephanie R Davis, PA-C, Magee-Womens Hospital, Pittsburgh, PA

Jody Glance, MD, Associate Professor, Clinical Chief, Addiction Medicine Services, University of Pittsburgh Medical Center/Western Behavioral Health, Pittsburgh, PA

Gina Grinstead, CRNP, Johns Hopkins Center for Women's Reproductive Mental Health, Baltimore, MD

Nicole Leistikow, MD, Assistant Professor, Reproductive Psychiatrist at University of Maryland, Baltimore, MD

Eydie Moses-Kolko, MD, Associate Professor, Senior Advisor, Outpatient Perinatal Mental Health, University of Pittsburgh Medical Center, Western Psychiatric Hospital, Pittsburgh, PA

Sarah Nagle-Yang, MD, Associate Professor, Deputy Executive Director, Colorado Center for Women's Behavioral Health, Denver, CO

Lauren M. Osborne, MD, Associate Professor, Vice Chair for Clinical Research, Department of Obstetrics and Gynecology, Weill Cornell Medicine, New York, NY

Julia Riddle, MD, Assistant Professor, University of North Carolina Center for Women's Mood Disorders, Raleigh, NC

Lindsay R. Standeven, MD, Assistant Professor, Director of the Johns Hopkins Center for Women's Reproductive Mental Health, Baltimore, MD

Robin Valpey, MD, Assistant Professor, Medical Director, Center for Counseling and Cancer Support, University of Pittsburgh Medical Center, Pittsburgh, PA

Sujin Lee Weinstein, PharmD, MEdHP, BCPP Clinician Pharmacist, Johns Hopkins Medical School, Baltimore, MD

Amanda Yeaton-Massey, MD, Department of Obstetrics and Gynecology, Stanford University, Stanford, California

## Continuing Education & Credit Designation Information

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and Marce of North America Education Committee. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), 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 23 *AMA PRA Category I Credits*<sup>™</sup>. 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 23 contact hours.

### Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category I CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 23 AAPA Category I CME credits. PAs should only claim credit commensurate with the extent of their participation.

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.

## 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, MD, Grant/Research Support: Sage Therapeutics (the financial relationship has ended 5/1/2022 1 month after conclusion of conference)

Lindsay R. Standeven, MD, Other: Teacher for ConcertHealth.com

Amanda Yeaton-Massey, MD, Consultant: Seven Starling

No other members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

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The National Curriculum in Reproductive Psychiatry ([NCRPtraining.org](http://NCRPtraining.org)), affiliated with the Marce Society of North America (MONA), focuses on training front line mental health clinicians in treating women throughout the reproductive lifespan.

