



Promoting Mental Health for Birthing Individuals & Empowering Equity with Community Health Workers

Friday April 19, 2024

7:45 AM - 4:00 PM

Registration begins at 7:00 am • Welcome begins at 7:45am

WYNDHAM PITTSBURGH UNIVERSITY CENTER
100 Lytton Avenue
Pittsburgh, PA 15213

Presenting Sponsors

UPMC HEALTH PLAN

UPMC | MAGEE-WOMENS
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About Postpartum Pittsburgh

VISION: It is the vision of Postpartum Pittsburgh that all birthing individuals and their supports in Western Pennsylvania will have access to current mental health treatment and resources

MISSION: Postpartum Pittsburgh aspires to:

- Facilitate networking among Western PA professionals serving birthing people
- Facilitate perinatal mental health-related learning opportunities for professionals and community members
- Increase understanding about mental health service needs in minoritized and underserved populations
- Optimize a childbearing-related mental health website for diverse communities to gain easy access to vetted resources for support, treatment and education
- Promote awareness of childbearing-related mental health concerns

Conference Overview

Introduction:

With course instructors from academic, private, and community organizations, Postpartum Pittsburgh is proud to present this opportunity for professionals in diverse specialties to gain knowledge about perinatal health and its relationship to mental health. Increasing knowledge and collaboration among community agencies, birth workers, and hospital-based clinicians can increase the health of birthing people and their families. This conference aims to improve communication and trust among diverse organizations to improve collaboration and teamwork that supports mental and physical health in minoritized childbearing populations.

Perinatal depression is a prevalent public health problem which affects at least 14.5% (1 out of 7) of new mothers, with two to three-fold higher rates in minority, single, and low-income mothers. The health of perinatal women is critical to shaping the physical, socio-emotional, and behavioral development of offspring. Many mothers go untreated due to lack of knowledge about how to identify perinatal mental illness as well as lack of knowledge about evidence-based treatments and preventive strategies in the perinatal period. Birthing individuals from cultural and racial minority groups experience 3-4-fold higher rates of morbidity and mortality across the perinatal period. Suicide, homicide and overdose deaths comprise the greatest cause of maternal deaths in a 33-US state analysis between 2010-2019. Given the high prevalence, extensive impact, and complexity of treating perinatal mental health disorders, it is imperative to update and increase consistency in knowledge disseminated to practitioners who have contact with childbearing individuals, which not only includes therapists and psychiatrists, but also practitioners of primary care, obstetrics and gynecology, general adult psychiatry, pediatrics, as well as nurses and social workers in all these clinical settings.

Structural racism has shaped the practice of medicine overall and particularly Obstetrics and Gynecology and Psychiatry. It is increasingly understood that racism, not race, is the cause for increased pregnancy-associated morbidity and mortality in people of color. Severe maternal morbidity (SMM) occurs at rates 3-4-fold higher in black relative to white women and is 12-fold higher in some cities. Birthing people who are foreign born, both with and without authorized immigration status, are also at elevated risk for perinatal morbidity and mortality. Vulnerabilities common to both black and immigrant women include discrimination, trauma, poor social support, and financial stress. Unique to immigrant are struggles with threat of deportation, lack of access to health insurance, challenges of assimilation, and a language barrier. For these minority groups, barriers to mental health care abound, including distrust of the healthcare system as a result of past victimization and trauma, fear that seeking

treatment will be punitive, lack of providers of color, lack of culturally relevant care, long wait times for mental health appointments, lack of childcare during appointments, lack of transportation, patient prioritization of more emergent problems in the family or home, the stigma of seeking out mental health services, high cost of care, and lack of health insurance. Postpartum Pittsburgh is dedicated to facilitating cross-system, academic-private-community collaboration and dialogue in the interest of increasing cultural sensitivity among mental health practitioners and thereby optimize the delivery of mental health care to all birthing people in an equitable manner. An important modality for education at Postpartum Pittsburgh conference is the “Listening Session,” during which panel members share curated, personal experiences that shed light on health-related disparities and suggestions for directions forward.

Who Should Attend:

The conference is designed to present information regarding perinatal health and mental health to a professional audience: psychiatrists, primary care physicians, obstetrician-gynecologists, pediatricians, nurse practitioners, psychologists, mental health clinicians, nurses, social workers, pharmacists, service coordinators, community health workers, policy administrators, students and trainees who work in the perinatal mental health space.

Educational Objectives:

At the completion of the program, participants should be able to:

1. Use a racial equity lens to examine common biases and risks facing birthing individuals and newborns and describe strategies from the Allegheny County BIRTH Plan for Black Babies & Families to mitigate these risks
2. Describe mental health wellness strategies implemented routinely by birth workers that improve birthing experiences and mitigate against birth trauma
3. List ways to better serve and partner with community organizations to support mental health in minority and immigrant birthing people.

Faculty Disclosure

No 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.

The information presented at this program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

Course Directors, Planning Committee and Faculty

Course Directors

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Chaplain (CPT) Antoinette "Tonie" Stewart MDiv

Chaplain Clinician, UNITED STATES ARMY-Madigan Hospital
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Continuing Education Credit

In support of improving patient care, 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 6.75 *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 6.75 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 6.75 continuing education credits.

Psychologists

Greater Pittsburgh Psychological Association (GPPA <http://www.gppaonline.org/>) is approved by the American Psychological Association to offer continuing education for psychologists. GPPA maintains responsibility for this program and its content. This program is offered for 6.75 continuing education credits.



Greater Pittsburgh Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Greater Pittsburgh Psychological Association maintains responsibility for this program and its content

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.

Registration Information

Registration Costs

Physicians
Professionals
Students/Residents/Fellows

On or before 3/29/24

\$200
\$150
\$50

After 3/29/24

\$250
\$200
\$75

Tuition includes:

- * All registration and conference materials
- * Continental Breakfast, Lunch and Refreshments
- * Continuing Education Credits and Continuing Medical Education Credits (for physician and professional fee only)

Register here: <https://postpartumpgh.com/upcoming-conference/>

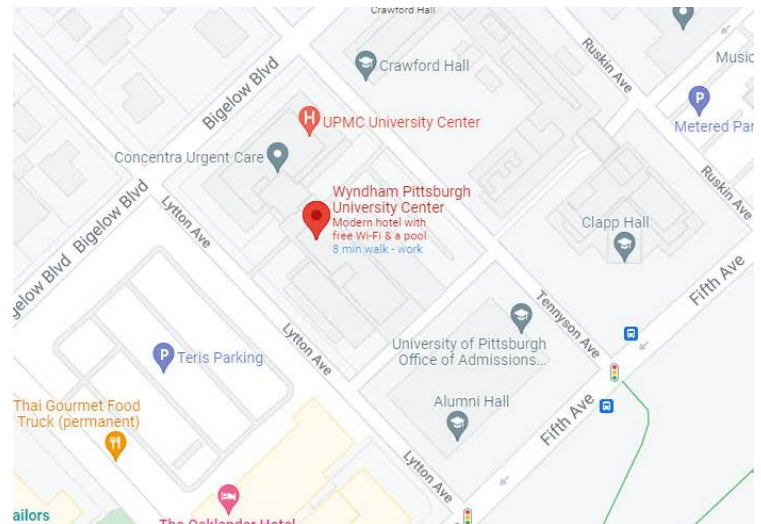
Location

WYNDHAM PITTSBURGH UNIVERSITY CENTER

100 Lytton Avenue
Pittsburgh, PA 15213
(412) 682-6200

Arrival and Parking Information:

Parking at the Wyndham Pittsburgh University Center is based on availability. Conference attendees are offered a flat \$8.00 rate for up to 12-hours. This is a discounted rate and is subject to change without notice. For hotel guests sleeping overnight, there is a different daily fee.



Overflow parking is available adjacent to the Wyndham entrance, at the UPMC University Center. Conference attendees are offered a flat \$8.00 rate for up to a 12-hour period. This is a discounted rate and is subject to change without notice.

Conference Program

Postpartum Pittsburgh Spring Conference April 19th 2024 Promoting Mental Health for Birthing Individuals & Empowering Equity with Community Health Workers Wyndham Hotel 100 Lytton Ave Pittsburgh PA 15213			
Time	Content	Title	Presenter(s)
7:00–7:45 AM	Registration and Continental Breakfast		
7:45–8:00 AM	Welcome	Conference Introduction and Postpartum Pittsburgh Overview	Diana Byas
8:00–8:45 AM	Keynote 1	Infant mortality	Onome Oghifobibi
8:45-9:30 AM	Keynote 2	Allegheny County BIRTH Plan for Black Babies & Families	Yazmin Bennett-Kelly
9:30-9:45 AM		BREAK	
9:45-10:30 AM	Keynote 3	Prescription P.A.D.: The Past is (always) present: Attunement as a tool for healthy Delivery	Lovie Jewell Jackson-Foster
10:30 AM–12:00 PM	Listening session 1	Doula/Community health Worker Panel	Facilitator: Chaunda Cunningham
LUNCH			
1:00-2:45 PM	Listening Session 2	Immigrant and Refugee Perinatal Mental Health Panel	Facilitators: Maryam Varamini and Montia Brock
2:45 – 3:00 PM		BREAK	
3:00-4:00 PM	Keynote 4	Purpose, Meaning and Spirituality	Chaplain (CPT) Antoinette “Tonie” Stewart
Closing comments & Adjournment			