



ONE SIZE DOES NOT FIT ALL: STRATEGIES TO PROMOTE MENTAL WELLNESS FOR EXPECTANT AND PARENTING FAMILIES

Friday April 1, 2022
7:00AM-4:30PM

Registration begins at 7:00 am • Keynotes begin at 7:45am

Masks required

WYNDHAM PITTSBURGH UNIVERSITY CENTER
100 Lytton Avenue
Pittsburgh, PA 15213

Presenting Sponsors

UPMC | **MAGEE-WOMENS**
HOSPITAL

UPMC



Conference Sponsor



Snack Break Sponsors



Listening Session Sponsor

EdenHall
FOUNDATION

About Postpartum Pittsburgh

VISION: It is the vision of Postpartum Pittsburgh that every woman and family in Western Pennsylvania will have access to state-of-the-art information, informed professional care, and peer support to address mental health issues related to childbearing.

MISSION: Postpartum Pittsburgh is a collaboration of treatment providers and community service organizations in Western Pennsylvania whose mission is to:

- Establish a network of Western PA health professionals committed to promoting the mental health of childbearing women and their families
 - Provide educational opportunities on evidence-based childbearing-related mental health prevention and treatment strategies
 - Increase understanding about and improve the reach of mental health services into minority and underserved populations
- Optimize a website for diverse communities to gain easy access to vetted resources for treatment, education, and peer support for childbearing-related mental health needs
- Promote awareness of childbearing-related mental health concerns through solidarity events which combat stigma and shame

Conference Overview

**One size does not fit all:
Strategies to promote mental wellness for expectant and parenting families**

Introduction:

Postpartum Pittsburgh is proud to present this opportunity for professionals in diverse specialties to gain knowledge in best treatment practices for perinatal women with mental health disorders.

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. 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. In the past year it has been highlighted 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. While psychiatric illness and substance use disorders both contribute to and increase after pregnancy-associated morbidity, birthing people of color are often deterred from seeking and maintaining mental health care. For some, there is a distrust of the healthcare system because of past victimization and trauma, or fear that seeking treatment will be punitive, such as having their children removed from their care. There are myriad additional barriers, including 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.

In Pittsburgh, like other communities, there is a need for broader anti-racism and implicit bias training and an ongoing commitment to said practices so that non-Black providers can deepen their understanding of how to deliver culturally responsive and trauma-informed mental health care. Improved cross-cultural and academic-private-community communication not only has the potential to improve the care that is already available, but it also has the potential to lead to new programmatic collaborations that leverage collective resources to make larger scale changes to mitigate the disproportionate morbidity and mortality in childbearing women of color. Pittsburgh has insufficient numbers of Black mental health practitioners. We know that patients fare better when their providers look like them; therefore, there is a critical need to partner with Black-led organizations in providing care for these groups of women and to contribute to opportunities for bringing more Black individuals into the pipeline to become perinatal mental health specialists.

Who Should Attend:

The conference is designed to present current evidence-based information regarding perinatal mental health disorders, their impact, and treatment, to a professional audience: psychiatrists, primary care physicians, obstetrician-gynecologists, pediatricians, nurse practitioners, physician assistants, 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. Have greater understanding of experiences of perinatal mental wellness in BIPOC populations as well as approaches to gaining trust and optimizing wellness
2. Have more knowledge about how to develop mental health partnerships with community organizations who serve perinatal populations of color.
3. Identify holistic approaches and evidence-based strategies to treat perinatal mental health disorders.
4. Identify resources and providers in Allegheny County that can treat perinatal mental illness and support maternal, infant, and family mental health.

Conference Staff and Planning Committee

Program Committee

Diana P. Byas, BSN, MSN, ACRN, CCM

Manager, Maternity Care Management ISDiv
UPMC Health Plan
Pittsburgh, PA

Rachel Kolko Conlon, PhD

Research Assistant Professor
Department of Psychiatry
University of Pittsburgh School of Medicine
Pittsburgh, PA

Dena M. Dunn, PsyD, IMH-E (IV)

Owner
Acorn Psychology, LLC
Instructor
University of Pittsburgh Department of Education
Pittsburgh, PA

Eydie Moses-Kolko, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
Staff Psychiatrist
VA Pittsburgh Healthcare System
Pittsburgh, PA

Courtney Utz, LPC , M.Ed, Ed.S

Program Director Maternal Infant Health Services
Women's Behavioral Health
West Penn Hospital, Allegheny Health Network
Pittsburgh, PA

Conference Committee

Katherine Biggs, LPC

Managing Director
Congruence Counseling, LLC
Wexford, PA

Stephanie R Davis, MPAS, PA-C

Magee Women's Hospital of UPMC
University of Pittsburgh Physicians
Pittsburgh, PA

Tanya J. Fabian, PharmD, PhD, BCPP

Director, Pharmacy Research and Pharmacy Services
UPMC Western Psychiatric Hospital
Associate Professor of Pharmacy & Therapeutics and Psychiatry
University of Pittsburgh Schools of Pharmacy and Medicine
Postpartum Pittsburgh 2022 Conference

Pittsburgh, PA

John Silipigni, MSW, LCSW, MBA, CCM, ACM-SW

Director of Case Management
Magee-Women's Hospital of UPMC
Pittsburgh, PA

Elizabeth Skrovaneck, PhD, RN

Assistant Professor
School of Nursing
Duquesne University
Pittsburgh, PA

Faculty

Diana P. Byas, BSN, MSN, ACRN, CCM

Manager, Maternity Care Management ISDiv
UPMC Health Plan

Tracey Conti, MD

Chair Department of Family Medicine
University of Pittsburgh School of Medicine
UPMC

Chaunda Cunningham, LSW

Director of Clinical Practice and Home Visiting
Healthy Start, Inc

Alecia Dawn Young, E-RYT, BFA, MAM

Founder
YOGAMOTIF

Dena M. Dunn, PsyD, IMH-E (IV-C)

Owner
Acorn Psychology, LLC
Instructor
University of Pittsburgh Department of Education

Stacy Freeman-Pistella MA, LPC, CAADC

Health Manager, Health Plan
Magee-Womens Hospital's
Pregnancy and Women's Recovery Center

Jodie Hnatkovich, LPC, PMH-C, CPLC

Executive Director
Trauma and Grief Therapist
Forward Wellness Counseling and Consulting Services, LLC

Elizabeth Krans MD, MSC

Associate Professor

Department of Obstetrics, Gynecology & Reproductive Sciences
Magee-Womens Hospital's
Pregnancy and Women's Recovery Center

Rachel Kolko Conlon, PhD

Research Assistant Professor
Department of Psychiatry
University of Pittsburgh School of Medicine
Pittsburgh, PA

Michele D. Levine, PhD

Associate Professor of Psychiatry, Psychology and Obstetrics, Gynecology & Reproductive Sciences
University of Pittsburgh School of Medicine

Muffy Mendoza

Founder, Pittsburgh Brown Mamas

Eydie Moses-Kolko, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Hospital of UPMC
Staff Psychiatrist
VA Pittsburgh Healthcare System

Tica Nickson

Director of Prevention
Emma's Footprints

Gloria J. Rodriguez-Ransom, LPC

Infant Early Childhood Mental Health West Region Supervisor
The Pennsylvania Key
Salud Mental Pittsburgh

Sukanya Srinivasan MD, MPH

Faculty, UPMC McKeesport Family Medicine Residency
Director of Research and Scholarly Activity
Clinical Associate Professor, Department of Family Medicine
University of Pittsburgh School of Medicine

Ngozi Tibbs, MPH, IBCLC, LCCE, CHC, PN1, LU

Founder
Journey Lighter Coaching
Maternal and Child Health Educator, Lactation Consultant
Healthy Start, Inc

Courtney Utz, LPC , M.Ed, Ed.S

Program Director Maternal Infant Health Services
Women's Behavioral Health
West Penn Hospital, Allegheny Health Network

Johanna Vidal-Phelan, MD, MBA, FAAP

Senior Medical Director, Quality and Pediatrics

Clinical Assistant Professor of Pediatrics
University of Pittsburgh School of Medicine

Dannai Wilson, MS
Program Manager
Allegheny County Health Department
Office of Family Child Health

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 7.0 *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 7.0 contact hours.

Pharmacy (CPE)

This knowledge-based activity provides 7.0 contact hours of continuing pharmacy education credit.

Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

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 7.0 continuing education credits.

Psychologists

Education and Consultative Services of UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Education and Consultative Services of UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is offered for 7.0 continuing education credits.

Postpartum Support International Perinatal Mental Health Certification (PMH-C)

Attendance at this conference is approved for 6 hours of advanced training toward the Perinatal Mental Health Certification through PSI.

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	On or before 3/11/22	After 3/11/22
Physicians	\$200	\$250
Professionals	\$150	\$200
Students/Residents/Fellows	\$50	\$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://cce.upmc.com/one-size-does-not-fit-all>

All cancellations must be in writing and sent to us via email (postpartumpgh@gmail.com). Tuition for cancellations date stamped by March 25th 11:59pm will be refunded in full. After March 26th 12:00am, no refunds will be made.

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by emailing postpartumpgh@gmail.com.

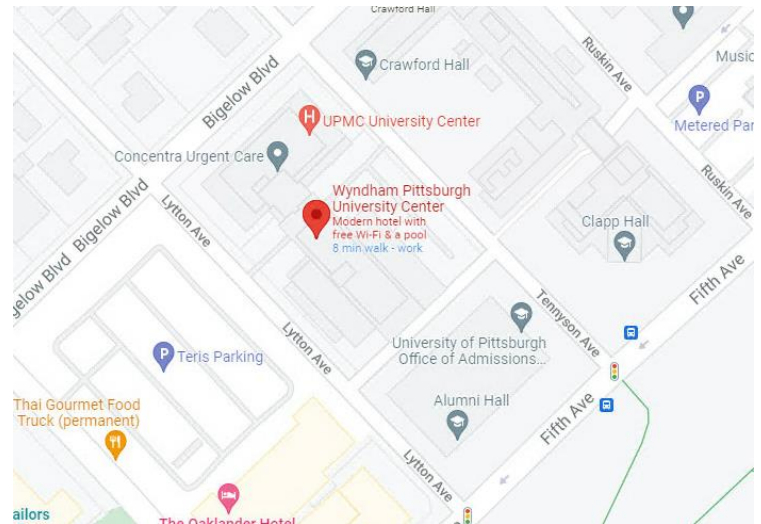
Location

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.

There is a small group block of hotel rooms at a rate of \$149.00 for attendees who plan to stay the night prior to the conference on March 31st, 2022. Please call the hotel and request a room under the name Postpartum Pittsburgh.

Conference Program

One size does not fit all: Strategies to promote mental wellness for expectant and parenting families April 1, 2022 7:00am - 4:30pm Wyndham Pittsburgh University Center · 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	Eydie Moses-Kolko, MD
8:00–8:45 AM	Keynote A	Bias and Equity: Impacts on Community Health	Tracey Conti, MD
8:45-9:30 AM	Keynote B	Addressing Health Disparities: Maternal and Pediatric Health Impact	Johanna Vidal-Phelan, MD, MBA, FAAP
9:30-9:45 AM	Break		
9:45-10:30 AM	Keynote C	Service delivery and adaptation for families in Allegheny County	Dannai Wilson, MS
10:30 AM–12:00 PM	Listening Session	Listening to Understand: Supporting Childbearing Individuals of Color	Facilitator: Courtney Utz LPC, M.Ed, Ed.S Panelists: <ul style="list-style-type: none"> • Diana P. Byas • Chaunda Cunningham • Alecia Dawn Young • Muffy Mendoza • Tica Nickson • Gloria Rodriguez Ransom • Ngozi Tibbs
12:00-1:00 PM	Lunch and Connecting		
CASES TRACK			
1:00-2:30 PM	Cases Session A	Holding the baby in mind: Dyadic interventions in perinatal mental health	Dena M. Dunn, PsyD, IMH-E (IV) Discussant: Courtney Utz LPC, M.Ed, Ed.S
2:30 - 2:45 PM	Break		

2:45– 4:15 PM	Cases Session B	Risk in context: Topics in Perinatal Psychopharmacology	Eydie Moses-Kolko, MD Discussant: Sukanya Srinivasan, MD
SPECIAL TOPICS TRACK Breakout Sessions: Promoting Wellness for the Birthing Person			
1:00-2:00 PM	Session 1	Reproductive Trauma: When Healthy Mom, Healthy Baby is Not Enough	Jodie Hnatkovitch, LPC, PMH-C, CPLC
2:00-3:00 PM	Session 2	Psychological approaches to perinatal mental and physical wellness	Michele D. Levine, PhD and Rachel Kolko Conlon, PhD
3:00-4:00 PM	Session 3	Strengthening Families: Supporting Pregnant and Parenting Persons with Substance Use Disorders	Stacy Freeman-Pistella MA, LPC, CAADC and Elizabeth Krans MD
4:15-4:30 PM	Adjournment and Connecting		

Dinner Fundraiser:

Order Pizza & Cider from Threadbare Cider House and Raise Money for Postpartum Pittsburgh

<https://takeout.threadbarecider.com/>

Simply order a Pizza & Cider Bundle from [Threadbare's site](https://takeout.threadbarecider.com/) You can choose from a variety of pizza and cider options. Threadbare will donate 9.99% of online pizza AND bottle sales back to us! There is no limit on the number of cider bottles purchased, so the more bottles purchased, the more we raise.