2nd Tidewater Perinatal Mental Health Conference

Mental Health in Pregnancy and Beyond: Beyond the Basics

February 1, 2013
7 a.m. to 5 p.m.
Hampton Roads Convention Center
Hampton, Virginia

Earn up to 7.5 AMA PRA Category 1 Credits™
Earn up to 7.5 Nursing Contact Hours

Children’s Hospital of The King’s Daughters

Register online at www.MHpregnancy.org
Conference Overview
The conference is designed to improve knowledge regarding recognition, diagnostic and treatment strategies, and provision of social support for women with perinatal mood and anxiety disorders (PMAD) in the Tidewater/Hampton Roads area. This one day-conference features plenary and break-out sessions given by speakers at the forefront of the field including faculty from Johns Hopkins University, Virginia Commonwealth University, and The University of North Carolina.

Objectives
Through participation in this conference, participants will be able to:

1. Compare and contrast the risks and benefits of psychiatric medication use, alternative treatments, and no treatment, in women with mood and anxiety disorders during and after pregnancy, including during breastfeeding.
2. Identify the risk factors and underlying pathogenesis of reproductive mood disorders as well as current evidence-based treatment interventions.
3. Describe the current efforts underway in Virginia to integrate meaningful screening and collaborative pathways to intervention for pregnant and postpartum women, including high risk populations.
4. Describe ways in which cognitive behavioral therapy (CBT) and interpersonal psychotherapy (IPT) could augment existing approaches to addressing the mental health of pregnant and postpartum women.
5. Identify resources available for symptomatic pregnant and postpartum women and their families.

Target Audience
This course is intended for physicians and other health care professionals in psychiatry, obstetrics and gynecology, pediatrics, and maternal and child health, including psychologists, psychotherapists and home visitation workers.

Continuing Medical Education Credit
This activity has been planned and implemented in accordance with the Essential Areas and policies of the Medical Society of Virginia through the joint sponsorship of Children's Hospital of The King's Daughters and Hampton-Newport News Community Services Board.

Children's Hospital of The King's Daughters designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing Contact Hours
This activity has been submitted to the Virginia Nurses Association by Old Dominion University for approval of 7.5 contact hours. The Virginia Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Special Services
We are sensitive to the needs of our participants. Please indicate any special dietary needs or physical challenges on your registration form and we will make our best effort to accommodate you.
Course Faculty

Tanya Karapurkar Bhasin, MPH
Maternal and Child Health Consultant

Natasha Sriraman, MD, MPH, IBCLC, FAAP
Assistant Professor of Pediatrics,
Eastern Virginia Medical School
Division of General Academic Pediatrics,
Children’s Hospital of The King’s Daughters

Christine Truman, MD
Hampton-Newport News Community Services Board

Kimberly Barnard-Bracey, LCSW
Portsmouth Naval Medical Center

Samantha Meltzer-Brody, MD, MPH
Director, UNC Perinatal Psychiatry Program
Associate Professor, UNC Center for Women’s Mood Disorders

Jennifer L. Payne, MD
Associate Professor of Psychiatry & Director, Women’s Mood Disorders Center
Johns Hopkins School of Medicine

James Paulson, PhD
Associate Professor of Psychology,
Old Dominion University
Child Psychologist, Children’s Hospital of The King’s Daughters

Amy L. Price, MD
Medical Director, Bon Secours Hampton Roads Health System & Care-A-Van, Maryview Foundation Healthcare Center

Sarah K. Price, PhD, MSW
Associate Professor, School of Social Work,
Virginia Commonwealth University

Natasha Sriraman, MD, MPH, IBCLC, FAAP
Assistant Professor of Pediatrics,
Eastern Virginia Medical School
Division of General Academic Pediatrics,
Children’s Hospital of The King’s Daughters

Christine Truman, MD
Hampton-Newport News Community Services Board

Michele Zimmerman, APRN, CS, BC
Individual, Couples and Family Therapy,
Finney-Zimmerman Psychiatric Associates

Agenda

7:00 a.m. Registration, Networking, Breakfast

7:45 Welcome and Introduction – Natasha Sriraman, MD, MPH, IBCLC, FAAP & Christine Truman, MD

8:00 Perinatal Mood and Anxiety Disorders (PMAD): Debunking Myths and Advances in Treatment Options – Jennifer Payne, MD

9:00 Pathophysiology of PMAD and Considerations in High Risk Populations – Samantha Meltzer-Brody, MD, MPH

10:00 Break

10:15 Public Health Perspectives of PMAD in Virginia: Screening and Collaborative Pathways to a Meaningful Multi-Sector Mental Health Infrastructure – Sarah K. Price, PhD, MSW

11:15 Path to Wellness & Survivor Panel – Postpartum Support Virginia

12:00 p.m. Lunch and Networking

Concurrent Breakout Sessions

1:00 Medications and Somatic Interventions
A. Pharmacology for Depression and Anxiety in Pregnancy and Postpartum – Samantha Meltzer-Brody, MD, MPH

Psychosocial Interventions
B. Overview and Use: Application of Brief Interventions in Maternal and Child Health Home Visitation Programs – Sarah K. Price, PhD, MSW

2:00 A. Practical Strategies for Managing Bipolar Disorder in the Perinatal Period – Jennifer L. Payne, MD

B. Interpersonal Psychotherapy Adapted for Perinatal Depression: An Introduction and Overview of Evidence – Sarah E. (Betsy) Bledsoe-Mansori, PhD, MSW, MPhil

3:00 Break

3:15 Expert Panel Discussion: Same Patient, Different Perspective – James Paulson, PhD, Moderator

4:15 Local Resources Overview, Wrap-up, Q&A and Evaluation – Tanya Bhasin, MPH

5:00 Adjourn
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(Please check one)
☐ Physician, $150
☐ Other Professionals, $100
☐ Students, $25 (with program letter)

Payment method: 
☐ Check (Make checks payable to Children's Hospital of The King's Daughters.)
☐ MasterCard
☐ VISA
☐ Amex

Payment enclosed: $_______________________

Name on card
Card # Exp. date SIC Code

Signature

☐ Vegetarian meal(s) requested

Name (Please print) First Name MI Last Name MD, NP, Other (specify)
Specialty ____________________________________________________________

Organization _______________________________________________________
Address ____________________________________________________________
City/State/Country Zip
Daytime Telephone (____) ___________ Fax Number (____) ___________

Course registrations will be confirmed via e-mail only. Please provide your e-mail address below if you would like to receive confirmation. (Print clearly.)
E-mail _____________________________________________________________

Please indicate any special needs, i.e., dietary or disability: __________________________
__________________________________________

Registration/Cancellation Policy
Registrations must be received by Monday, January 14, 2013. Cancellations must be received by 5:00 p.m., EST on Monday, January 21, 2013, to receive a tuition refund; however, an administrative fee of $15 will be retained on all cancellations. Refunds will not be given for cancellations received after this date or for “no shows.” Cancellations must be submitted in writing and may be faxed to (757) 668-7122 or e-mailed to Rosalind.Whitaker@chkd.org.