



MATERNAL MENTAL HEALTH DURING AND AFTER PREGNANCY

Symposium on Clinical and Public Health Approaches
Thursday, March 5, 2009 8 a.m. – 5 p.m. Red Lion Hotel, Salem, Oregon

COME AND LEARN ABOUT

- Prenatal and postpartum depression/anxiety and their effect on Oregon's women, children and families;
- Initiatives and strategies to address perinatal mood/anxiety disorders in a variety of settings;
- Efforts to build a network of programs and services in Oregon to support perinatal mental health.

www.oregon.gov/DHS/ph/ch/symposium/

SPONSORED BY

**Oregon Infant
Mental Health Association**

www.orimha.org



Public Health Division - Office of Family Health

www.oregon.gov/DHS

Accommodations are available that allow individuals with disabilities to participate in and access this scheduled event.

To request an accommodation for this event, please contact Carrie Farrar at **971-673-0375**.



OVERVIEW

The impact of maternal depression and anxiety on women, children and families is a growing concern in Oregon and throughout the nation.

The Symposium on Maternal Mental Health During and After Pregnancy will bring together health, public health, mental health and early childhood professionals with policy makers, community advocates, funders and health system representatives for an exciting day of shared learning, networking and partnership building.

EXPECTED OUTCOMES FOR THE SYMPOSIUM

- Increased understanding of maternal mental health during and after pregnancy and its impact on women, children and families;
- Increased awareness of resources for education, support, screening and treatment for perinatal mood disorders;
- Stronger state and local networks and partnerships among people working to address prenatal and postpartum depression/anxiety in Oregon;
- Increased commitment to work across health, mental health and early childhood sectors to improve maternal mental health during and after pregnancy.

WHO SHOULD ATTEND?

Program leads, planners, administrators, supervisors, clinicians and other professionals interested in building stronger systems and programs to address perinatal depression/anxiety.



AGENDA-AT-A-GLANCE

8:00 A.M. REGISTRATION AND CONTINENTAL BREAKFAST

8:30 A.M. WELCOME

9:00 A.M. KEYNOTE

Development of a statewide perinatal depression initiative in Illinois

- Laura J. Miller, M.D.

10:45 A.M. KEYNOTE

Perinatal mood and anxiety disorders: Bigger than the blues

- Wendy Davis, Ph.D.

12:20 P.M. LUNCH AND PRESENTATIONS

Family voices panel

Oregon Legislative update

- Representative Carolyn Tomei

2:30 P.M. BREAKOUT SESSIONS

- 1) Learning collaborative – Profile of six Oregon perinatal depression projects
- 2) Skill building: How to identify, refer and support families affected by maternal depression
- 3) Advocating for policy change to support perinatal mental health

4:15 P.M. PROFESSIONAL NETWORKING AND EXHIBITS

5:00 P.M. ADJOURN



KEYNOTE SPEAKERS

DR. LAURA J. MILLER, M.D., director; Women's Mental Health Program, University of Illinois at Chicago

Laura J. Miller is a professor of psychiatry at the University of Illinois at Chicago. She is the associate head of the Department of Psychiatry. Dr. Miller is the director of the UIC Women's Mental Health Program, winner of the American Psychiatric Association's Gold Achievement Award for innovative mental health services and the American College of Psychiatrists' Award for Creativity in Psychiatric Education. She is also the director of the UIC Peripartum Mental Health Project.

WENDY DAVIS, PH.D., counselor and consultant, certified perinatal mood disorders trainer, Postpartum Support International

Wendy Davis is a counselor and consultant specializing in perinatal mental health. She provides counseling to women and families, organizes community support networks, and is a national trainer for providers and organizations. Dr. Davis is founding director and clinical advisor for Oregon's Baby Blues Connection and a Postpartum Support International (PSI) Oregon coordinator. She also serves on the board of PSI as coordinator of volunteers.

REPRESENTATIVE CAROLYN TOMEI, House District 41

Representative Carolyn Tomei is serving her fifth term in the Oregon Legislature. A mental health counselor by profession, she is a leader in the human services arena, chair of the House Human Services Committee and a strong advocate for women and children.



PRESENTATION AND WORKSHOP DESCRIPTIONS

DEVELOPMENT OF A STATEWIDE PERINATAL DEPRESSION INITIATIVE IN ILLINOIS. LAURA J. MILLER, M.D. Illinois is nationally known for its comprehensive and innovative approach to perinatal depression. Dr. Miller will discuss the development of the Illinois initiative, its successes and lessons learned, as well as the similarities and differences in strategies used by Illinois and other states.

PERINATAL MOOD AND ANXIETY DISORDERS: BIGGER THAN THE BLUES. WENDY DAVIS, PH.D. This plenary will provide a current overview of perinatal mood and anxiety disorders, their impact on women and families, and the risks of inadequate care. Best practice approaches for prevention, screening, diagnosis, treatment and organizational systems will be highlighted.

FAMILY VOICES PANEL: FROM FEAR TO RECOVERY. MODERATOR: WENDY DAVIS, PH.D. Panel members will share what they have learned from their experiences as survivors of perinatal mood and anxiety disorders.

OREGON LEGISLATIVE UPDATE. REPRESENTATIVE CAROLYN TOMEI. Representative Tomei is leading efforts in the 2009 legislature to support maternal mental health. This presentation will highlight the progress and future of these efforts during the 2009 legislative session and beyond.

LEARNING COLLABORATIVE – PROFILE OF PERINATAL DEPRESSION PROJECTS IN OREGON. MODERATOR: JILLIAN ROMM, RN, LCSW. Jillian Romm, of the OHSU Center for Women's Health and Department of Obstetrics & Gynecology, will moderate this panel featuring innovative perinatal depression projects throughout Oregon. Presenters will include representatives from: Baby Blues Connection, Coos County Collaborative Perinatal Task Force, Lane County Perinatal Mood Disorders Consortium, Mid-Valley Behavioral Care Network, the Oregon Maternal and Child Health Perinatal Depression Initiative, and OHSU's Provider Training Initiative.

SKILL BUILDING: HOW TO IDENTIFY, REFER AND SUPPORT FAMILIES AFFECTED BY MATERNAL DEPRESSION AND ANXIETY. WENDY DAVIS, PH.D. Skill-building training to include identifying risk factors; assessing, referring, supporting and treating perinatal mood and anxiety disorders; differentiating perinatal depression, anxiety, post-traumatic stress, bipolar disorders and psychosis; and engaging and encouraging families in successful plans of care.

ADVOCATING FOR POLICY CHANGE TO SUPPORT PERINATAL MENTAL HEALTH. MICHELE BERLIN, M.D., M.P.H., AND JOANNE ROGOVOY. Michele Berlin of the OHSU Women's Health Policy Program and Joanne Rogovoy of the March of Dimes will lead this workshop exploring strategies to develop and advocate for policy changes to support perinatal mental health at the state, local and national levels. Successful strategies used in other states will be explored, as well as opportunities for Oregon.



SYMPOSIUM PLANNING COMMITTEE PARTNERS

- Baby Blues Connection
- Conference of Local Health Officials' Maternal and Child Health Committee
- March of Dimes, Oregon Chapter
- Northwest Early Childhood Institute
- Oregon Commission on Children and Families, Healthy Start of Oregon Program
- Oregon Department of Human Services Addictions and Mental Health Division
- Oregon Department of Human Services Public Health Division's Office of Family Health
- OHSU, Center for Women's Health and Department of Obstetrics and Gynecology
- Oregon Infant Mental Health Association
- Postpartum Support International, Oregon

LODGING INFORMATION

A block of rooms has been reserved for symposium participants at the Salem Red Lion Hotel at the nightly rate of \$70 single occupancy; \$90 double occupancy.

To reserve, call 1-800-248-6273, and reference the Maternal Mental Health Symposium.

Room reservations must be made by Feb. 21, 2009.

CONFERENCE REGISTRATION DEADLINE: Feb. 27, 2009. No walk-in registrations.

CANCELLATION POLICY: No refunds available for cancellation after Feb. 15, 2009.

For additional information, please contact Carrie Farrar at 971-673-0375;
or carrie.a.farrar@state.or.us.



REGISTRATION

MATERNAL MENTAL HEALTH DURING AND AFTER PREGNANCY

Clinical and Public Health Approaches Symposium

March 5, 2009 8 a.m. – 5 p.m.

Location: Salem Red Lion, 3301 Market Street N.E., Salem, OR 97301, 503-370-7888

Online at: www.oregon.gov/DHS/ph/ch/symposium/

Name: _____

(One registration form per attendee)

Title: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

REGISTRATION FEES (WRITE CHECK TO "OREGON DHS.")

Early bird (before Feb. 2).....\$45

Regular (Feb. 2 through Feb. 27).....\$60

AFTERNOON BREAKOUT SESSION

(Please indicate first and second choices.)

- Learning collaborative
- Skill building
- Advocating for policy change

MAIL REGISTRATION FORM AND CHECK TO:

OREGON DEPARTMENT OF HUMAN SERVICES: PUBLIC HEALTH DIVISION

Office of Family Health - MCH Section

ATTN: CARRIE FARRAR

800 N.E. OREGON STREET, SUITE 825

PORTLAND, OR 97232

Symposium registration includes continental breakfast and lunch. Continuing education hours have been applied for; approval pending. For additional information, please e-mail carrie.a.farrar@state.or.us, or call 971-673-0375.