

THE 5TH ANNUAL

PERINATAL MENTAL HEALTH AWARENESS DAY

addressing inequities in perinatal mental
health

THURSDAY, MAY 16TH | 11 A.M.- 2 P.M.
STATE HOUSE GREAT HALL

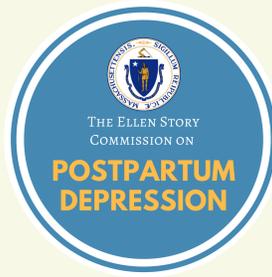
Sponsored by



**WILLIAM JAMES
COLLEGE**

Massachusetts Child Psychiatry Access Program

MCPAP
For Moms



OPENING REMARKS

Commissioner Joan Mikula

Massachusetts Department of Mental Health

Joan Mikula was appointed Commissioner of the Massachusetts Department of Mental Health (DMH) on May 11, 2015. Commissioner Mikula has worked for DMH since 1985, serving as Deputy and Assistant Commissioner of the Department's Child, Youth, and Family Division. She has dedicated her career to ensuring that children, youth, families and adults have every opportunity to participate in their growth and recovery and to be successful in their homes, schools and communities. Passionate about family voice and choice among individuals served and their families, Commissioner Mikula's experience in education, child welfare, adult corrections, and juvenile justice as well as mental health administration in the private sector is significant and has guided the Department during her tenure. She brings a strong foundation of building collaborative partnerships which underscore the importance of culture and community in effective prevention, early intervention and treatment approaches that can make a difference in people's lives.

Nadja Reilly

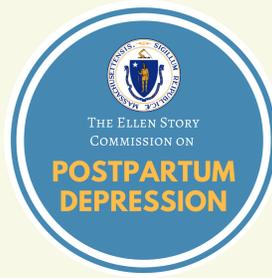
William James College, Event Co-sponsor

Nadja Reilly, PhD, is the Associate Director of the Freedman Center for Child and Family Development at William James College. She is the training director for the Freedman Center's American Psychological Association approved internship. She received her MS and PhD degrees in clinical psychology from the University of Miami, Florida and completed her clinical internship and post-doctoral fellowship at Boston Children's Hospital. Dr. Reilly is a clinical psychologist with over twenty years of experience specializing in children, adolescents, and families and is the author of the book *Anxiety and Depression in the Classroom: A Teacher's Guide for Fostering Self-Regulation in Young Students*. She is the co-director of William James College's Graduate Certificate in School Climate and Social Emotional Learning.

Nancy Byatt

MCPAP for Moms, Event Co-sponsor

Dr. Byatt is a perinatal psychiatrist and physician-scientist focused on improving health care systems to promote maternal mental health. She is an Associate Professor of Psychiatry, Ob/Gyn, and Population and Quantitative Health Sciences at UMass Medical School. She is the Founding Medical Director of MCPAP for Moms (www.mcpapformoms.org), a statewide program that has impacted state and national policies and funding regarding perinatal mental health and increased access to perinatal mental health care for thousands of women. She is the Director of the Division of Women's Mental Health within the Department of Psychiatry at UMass Medical School. She is also the Founding Executive Director of Lifeline4Moms (www.lifeline4moms), a center which aims to help the health care community optimize maternal mental health. Dr. Byatt has had continued federal funding for research focused on developing and testing scalable interventions for addressing perinatal mental health and substance use disorders in medical settings. She frequently serves on national advisory boards and expert work groups focused on improving perinatal mental health. Her academic achievements have led to over 60 peer-reviewed publications and book chapters, over 200 presentations and numerous national awards.



SPEAKING PROGRAM

Hafsatou Diop

Dr. Hafsatou Diop, MD, MPH is the Office of Data Translation Director at the Massachusetts Department of Public Health. She serves as the State Maternal and Child Health (MCH) Epidemiologist and the Pregnancy Risk Assessment Monitoring System (PRAMS) Program Director. Dr. Diop is also the Director for the Massachusetts Pregnancy to Early Life Longitudinal (PELL) project. She completed the 21st International Course of Epidemiology held at the Center for Research (INSERM) in Paris and did her field practicum at the Head Quarters of the World Health Organization in Geneva, Switzerland in 1996. She received her Masters of Public Health degree with concentration in MCH in 2000 from the University of Honolulu, Hawaii.

Jo-Anna Rorie

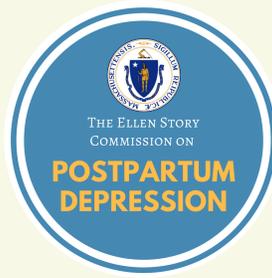
Dr. Jo-Anna Rorie, CNM, MSN, PhD is the nurse coordinator for the Bridges to Moms program, one of three programs offered by Healthcare without walls, a nonprofit volunteer program of physicians and nurse practitioners who offer free medical care to homeless women across the life span. The Bridges to Moms is a program specifically designed to support homeless pregnant and postpartum women and their families around 4 key social determinants of health: housing, food security, transportation and personal safety. She has an extensive background in nurse midwifery, public health, diversity workforce development, social justice advocacy and has held many well-known leadership roles in midwifery at the local, regional and national levels. Dr. Rorie began her career in the late 1980's at a time in when Massachusetts was faced with an infant mortality crisis, especially in the Boston neighborhoods of North Dorchester, Mattapan and Roxbury. An extensive needs assessment led to a city-wide maternal and child health (MCH) agenda. Jo-Anna fingerprints were all over that agenda; and the subsequent recommendations calling for community-based perinatal initiatives that would utilize nurse-midwifery services as a critical element of care for underserved communities. She was the featured midwife in a provocative and pivotal Boston Globe series that highlighted the "Death Zones of Boston" – bringing the devastating statistics about racial and ethnic disparities within Boston's infant mortality crisis into the light of day. She has worked in several sectors of the public health arena, including Maternal and Child Health and Health Policy. Her zest to be part of the next generation of solutions to public health challenges has not wavered in 35 years. She continues to do clinical practice as the post-partum rounder for the Nurse Midwifery practice at Boston Medical Center. A graduate of Simmons College (BA) in Nursing, Yale School of Nursing (MSN, CNM) and Brandies University the Heller School (PhD).

Jasmine Sealy-Norvin

Jasmine is a native of Boston who grew up in the Mattapan neighborhood. She is a graduate of Latin Academy and Boston University. She met her husband in high school, got married, and had 2 children. It was during the second pregnancy that she ended the relationship with her husband and soon found herself homeless. She met the Bridges to Moms team in February 2018 and began the long and difficult journey back to self sufficiency. She is employed at Boston University, MIT and Casa Myrna. Currently Jasmine is studying at Lesley College to earn a master degree in mental health counseling and school adjustment counseling by May of 2020.

Lucy Chie

Lucy Chie, MD, MPH, FACOG is Director of OB/GYN at South Cove Community Health Center, Director of the Beth Israel Deaconess Medical Center OBGYN Community Health Initiative, staff physician at Beth Israel Deaconess Medical Center, and Assistant Professor of Obstetrics, Gynecology, and Reproductive Biology at Harvard Medical School.



Yoyo Yau

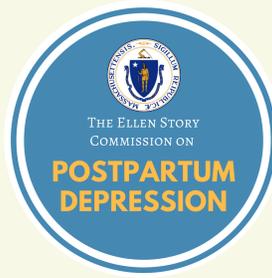
Man Yung (Yoyo) Yau, MA, LMHC, is the director of programs at the Boston Chinatown Neighborhood Center and adjunct professor of Lesley University. Yoyo is a licensed mental health counselor and certified Del Giacco neuro art therapy practitioner with a background in early intervention, mental health counseling and brain injury recovery. She has worked with non-profits, hospital settings and state agencies to provide assessment, therapy, treatment and crisis intervention. She graduated the emerging leaders program of Leadership Education for Asian Pacific, Inc in 2016. She is an alumnus of the Institute for Nonprofit Management and Leadership at Boston University (BU) School of Management. In 2013-2014, she was selected in the Boston-Haifa Exchange Learning Program which she had firsthand experienced the dimensions of social justice and leadership in America and Israel. She was trained as a facilitator by Cordoba Group International LLC in 2012 and conducted a series of Boston Public School student assignment community meetings. She presented "neuro-art therapy and brain injury" at the 2008 American Art Therapy Conference in Ohio, and at the 2006 Del Giacco art therapy annual conference in New York. Yoyo has a bachelor's degree in social work from Hong Kong Polytechnic University, a master's in expressive therapy from Lesley University, and post graduate training in the Existential Psychotherapy Institute and the American Neuro Arts Therapy Institute.

Nneka Hall

Nneka Hall is the mother of four (2 Sunshines ages 18 and 13, an Angel baby who would be 8 and a Rainbow who is 4). She is a whole woman advocate who provides in person and virtual support to women through any life phase. She is a Pregnancy and Infant Loss Awareness Advocate with a primary focus on infant and maternal mortality within the African American Community. She is a Full Spectrum Doula, International Bereavement Specialist, a Community Centered Herbalist, and a Womb Health Advocate. In June of 2016 Nneka had the pleasure of being selected due to her work in the pregnancy and infant loss community to participate in the US of Women's Summit as a Nominated Change Maker which was hosted by former First Lady Michelle Obama and Oprah Winfrey. She is a member of Vital Village, Boston's Community Action Network, Boston's Breastfeeding Coalition and This Is My Brave. In January 2019, Nneka was one of the people featured in the This Is My Brave Documentary.

Timoria McQueen Saba

Timoria is a maternal health advocate, speaker and writer with a focus on mental and physical trauma due to childbirth and pregnancy- quite a change from her former career as a professional makeup artist! Immediately following the birth of her oldest daughter, Gigi, in April 2010, she suffered a near fatal postpartum hemorrhage. Timoria underwent a life-saving surgery and was later diagnosed with PTSD (post-traumatic stress disorder). Thirteen months later, she had a miscarriage in a frozen yogurt shop in front of several people, which triggered the difficult emotions from the hemorrhage she suffered the year prior. Resources and support for mothers who had survived a near miss were scarce. Timoria began sharing her story publicly in 2012 and has since connected with thousands of women across the world who have experienced similar birth and pregnancy complications; and the lingering psychological effects. Timoria is the coordinator of resources and support for Postpartum Support International (PSI), in the Boston Metro West and Central areas. In this role, she connects women suffering from postpartum mood disorders and their families to local therapists and support groups. She is a member of the PSI President's Advisory Council. Timoria facilitated a free peer-to-peer mother's support group, Emotional Wellbeing After Baby, at Milford Regional Hospital in Milford from February 2017-November 2018. In 2017, she was honored to be appointed by MA State Rep. James O'Day to a House chair seat on the Senator Ellen Story Special Commission on Postpartum Depression. Timoria also serves as the Project Lead for Patient Voice and Engagement for PNQIN-MA and is also a member of the Massachusetts Title V Maternal and Child Health (MCH) Block Grant Advisory Committee. Timoria's goal is to keep patients centered in the conversations about healthcare. She wants all mothers to have their birth experiences validated, no matter the outcome. She is passionate about helping mothers and families feel supported, and know they are not alone in whatever their personal struggles may be.

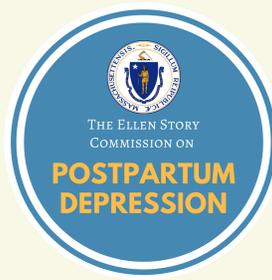


Audra Meadows

Dr. Meadows cares for women before, during and after pregnancy to ensure positive pregnancy and birth experiences. As an Obstetrician and Gynecologist at The Brigham and Women's Hospital and faculty at Harvard Medical School, Dr. Meadows teaches residents and medical students and devotes time to prenatal care practice innovation and advocacy. Her clinical, public health and policy initiatives aim to prevent preterm birth and infant mortality, achieve health equity and create value. At BWH, she is the Director of Practice Quality and Innovation in the Ambulatory Obstetrics Practice. In Massachusetts, Dr. Meadows holds leadership roles with the Massachusetts Perinatal Quality Collaborative (MPQC) and PNQIN (the Perinatal Neonatal Quality Improvement Network of Massachusetts). Dr. Meadows completed the Commonwealth Fund Harvard University Fellowship in Minority Health Policy at Harvard Medical School and obtained a Master of Public Health from the Harvard School of Public Health in 2008.

Divya Kumar

Divya Kumar holds a Masters in Public Health and a Masters in Social Work, and is a Certified Lactation Counselor. She is a South Asian American woman whose work connects perinatal support with public health by addressing unmet needs in direct perinatal mental healthcare and the structure and delivery of perinatal support services. She is one of the Co-Founders of the Perinatal Mental Health Alliance for Women of Color, a program within Postpartum Support International that builds capacity within the perinatal professional community to better support individuals, families, and communities of color during the perinatal period. In 2013, she helped create a postpartum depression prevention pilot program in four community health centers in Massachusetts and provided comprehensive perinatal support at Southern Jamaica Plain Health Center for the duration of the pilot program. She is a Commissioner on the Ellen Story Commission on Postpartum Depression in Massachusetts and also a Co-Founder of the Every Mother Project, an organization that provides training and support for women's health professionals around addressing perinatal emotional complications. A writer and a truth-teller, Divya brings a fresh voice, compassion, and humor to her work with new families. She lives in Jamaica Plain with her husband and two children.



PARTICIPATING ORGANIZATIONS

- **AllWays Health**
- **Beverly Hospital**
- **Boston North Post Partum Health Coalition**
- **Bureau of Substance Addiction Services/Moms Do Care**
- **Brigham and Women's Developmental Risk and Cultural Disparities Group**
- **Brigham and Women's Mental Health**
- **Center for Early Relationships & Support**
- **Department of Public Health**
- **Harvard Pilgrim**
- **Fisher College**
- **LC Home Visits**
- **Leggett Group**
- **Mass PPD Fund**
- **Massachusetts Lactation Consultant Association**
- **MCPAP for Moms**
- **North Shore Mother Visiting Program**
- **North Shore Postpartum Help**
- **Ovia Health**
- **Perinatal-Neonatal Quality Improvement Network of Massachusetts**
- **Pentucket Perinatal Mental Health Coalition/Anna Jacques Hospital**
- **Postpartum Support International**
- **Sage Therapeutics**
- **WIC**
- **William James College Freedman Center for Child and Family Development**

THANK YOU TO OUR SPONSORS



WILLIAM JAMES COLLEGE

Founded in 1974, William James College is an independent, non-profit institution and a leader in educating the next generation of mental health professionals to support the growing and diverse needs of the mental health workforce. Integrating field work with academics, the College prepares students for careers as organizational leaders and behavioral health professionals who are committed to helping the underserved, multicultural populations, children and families, and veterans. William James College alumni can be found making an impact in a variety of settings, including schools, the courts, clinical care facilities, hospitals, the community and the workplace.



A three-part approach for addressing high rates of untreated mental and substance use disorders has dramatically expanded the clinical workforce available to detect, assess, and treat mental and substance use disorders among pregnant and postpartum women. Targeted to obstetricians and other frontline providers, the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms helps providers identify, assess, and treat mental and substance use disorders by providing (1) in-person training, educational resources and tool-kits, (2) immediate access to telephone consultation, and rapid access to in-person consultation when indicated, and (3) referrals to help women access community resources.

MCPAP for Moms provides access to referral to mental health resources and immediate psychiatric telephone consultation with perinatal psychiatrists for obstetric, pediatric, adult psychiatric, adult primary care providers, or any other provider serving pregnant or postpartum women. Practices throughout Massachusetts have access to MCPAP for Moms Provider Toolkit (available at www.mcpapformoms.org) and real time telephonic consultation. Consultations address and provide support on many topics including diagnoses, treatment planning, advice on psychotherapy and community supports, strategies for medication treatment (when indicated) and adjustments, and review of the evidence regarding medication treatment during preconception, pregnancy, and lactation. MCPAP for Moms perinatal psychiatrists are also available to see patients for one-time face-to-face consultations, after which they send a detailed written assessment that includes treatment recommendations to the referring provider. All MCPAP for Moms services are payor-blind and available to all patients regardless of insurance status. MCPAP for Moms Resource and Referral Specialists work with health care providers and patients and provide information about, and referrals to, individual and group psychotherapy, psychopharmacologic providers, and family based treatments such as support groups that are geographically convenient for the patient and compatible with her insurance.

To date, the program has trained 70% of the state's obstetric practices, which covers >80% of the 72,000 annual deliveries in Massachusetts. The program allows every pregnant woman in the state of Massachusetts to have access to mental health care because all providers in the state, caring for pregnancy and postpartum women, can call for consultation and access resources.