



Western Psychiatric Institute and Clinic of UPMC
Department of Psychiatry
Office of Educational Resources and Planning

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences

Community Care Behavioral Health Organization

Perinatal Behavioral Health Conference

(MD23)

March 16, 2018

Registration begins at 7:00 am

Program: 8:00 am to 4:00 pm

Passavant Hospital Foundation Conference Center

Cumberland Woods Village
700 Cumberland Woods Drive
Allison Park, PA 15101

Course Director:

Eydie Moses-Kolko, MD

Planning Committee:

Sarah DeBrunner, MD; Kelly O'Toole, LCSW; Priya Gopalan, MD; Suzanne Shores, CNM;
Sarah Homitsky, MD; Katherine Wisner, MD; Kim Eckel, MSc;
Deborah Linhart, MHA; Tina Benno, BA

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by
**Community Care Behavioral Health Organization and
Western Psychiatric Institute and Clinic of UPMC**

Perinatal Behavioral Health Conference

March 16, 2018

Introduction

As a collaborative effort between UPMC, AHN, Pittsburgh Mercy and the Allegheny County Department of Human Services, we are 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 misinformation about use of medication in the perinatal period. Given the high prevalence, extensive impact, and complexity of treating perinatal mental health disorders, we will focus the morning sessions on presentations by research leaders on evidence-based treatments (psychotherapy and medication), the health impacts of untreated illness on fetal and infant health, and novel behavioral health service delivery which reduces barriers to treatment.

In the afternoon, there will be breakout sessions which will provide professionals an opportunity to gain greater depth in various skill sets. For prescribers looking for an opportunity to grapple with pharmacologic decision making in pregnancy and lactation, there will be sequential case-based discussions on depression, anxiety, and bipolar disorders which emphasize conducting psychotropic-based risk-benefit discussions with patients. Providers can also learn about several specialized behavioral therapy modalities for perinatal disorders including Intensive Outpatient Treatment and mother-infant dyadic interventions. County agencies which support maternal health and child development will also facilitate a session to promote awareness of these resources.

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, medical social workers, pharmacists, service coordinators, researchers, policy administrator and others who intend to keep current regarding treatment and impact of perinatal mental health disorders.

Educational Objectives:

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

- 1. Describe clinical phenomenology of distinct perinatal mood disorders to increase competence in proper diagnosis and in promoting appropriate treatment options.*
- 2. Identify evidence-based behavioral and psychopharmacological treatment options for perinatal women with mental health disorders.*
- 3. Describe the impact of perinatal stress and trauma on maternal and child mental health.*
- 4. Identify resources and providers in Allegheny County that can treat perinatal mental illness and support maternal, infant, and family mental health.*

Course Director

Eydie Moses-Kolko, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

Faculty

Jill Cyranowski, PhD

Associate Professor
PsyD Program in Counseling Psychology
Chatham University
Pittsburgh, PA

Kimberly Blair, Ph.D.

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Program Director, WPIC Early Childhood Trauma
Director, Matilda Theiss Early Childhood Behavioral
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Western Psychiatric Institute and Clinic of UPMC
Treatment Center, National Child Traumatic Stress
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Pittsburgh, PA

Debra Bogen, MD

Professor of Pediatrics, Psychiatry and Clinical and
Translational Science
Director, Fellowship in General Academic Pediatrics
and HRSA NRSA T32 in Primary Care Research,
University of Pittsburgh School of Medicine
Vice Chair for Education, Department of Pediatrics
Co-Medical Director of Quality, Safety and
Outcomes, Children's Community Pediatrics
Pittsburgh, PA

Kate Brennan, Med

Director of Operations
NurturePA, Inc.

Sarah DeBrunner, MD

Clinical Assistant Professor of Psychiatry
Psychiatrist at Magee Counseling Center
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Kim Cauley Eckel, MSc

Young Child Wellness Coordinator, Project LAUNCH
Allegheny County Department of Human Services
Pittsburgh, PA

Andrea Favini, MD

PGY-4 Psychiatry Resident
Western Psychiatric Institute and Clinic of UPMC

Samantha J. Ferris CRNP, PMHNP-BC

Psychiatric Nurse Practitioner
Allegheny Health Network
Adjunct Faculty
University of Pittsburgh School of Nursing

Robert Gallen, PhD

Associate Professor of Applied Developmental
Psychology
Coordinator of MS Programs in Applied
Developmental Psychology
Licensed Clinical Psychologist
University of Pittsburgh
Department of Psychology in Education
Pittsburgh, PA

Gwynn Goldring (Dinnie), MSW, LCSW

Psychotherapist
Private Practice
Center for Integrative Medicine, UPMC
Pittsburgh, PA

Priya Gopalan, MD

Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Medical Director, Consultation-Liaison Service
Western Psychiatric Institute and Clinic of UPMC
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Alison Hipwell, PhD, ClinPsyD

Professor of Psychiatry and Psychology
University of Pittsburgh Medical Center
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Pittsburgh, PA

Amy Malen, MA

Manager of Prevention and Community Services
Allegheny County Department of Human Services
Pittsburgh, PA

Kelly O'Toole, MSW, LCSW

Clinical Administrator
Adult and Geriatrics
Western Psychiatric Institute and Clinic of UPMC

Rachel Salk, PhD

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Pittsburgh, PA

Neeta Shenai, MD

Assistant Professor of Psychiatry
University of Pittsburgh Medical Center
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Suzanne Shores, CNM

Clinical Instructor, Department of Obstetrics,
Gynecology & Reproductive Sciences
Division Director, Midwifery
Magee-Women's Hospital of UPMC
Pittsburgh, PA

Meredith Spada, MD

PGY-4 Child Psychiatry Fellow
University of Pittsburgh Medical Center,
Western Psychiatric Institute and Clinic of UPMC

Rebecca Weinberg, PsyD

Clinical Psychologist, Women's Behavioral Health
West Penn Hospital
Allegheny Health Network
Pittsburgh, PA

Stephanie D. Wier, LPC, BSL, NCC

Mental Health Specialist
The Alliance for Infants and Toddlers, Inc
Pittsburgh, PA.

Katherine Wisner, MD

Professor of Psychiatry and Behavioral Sciences
and Obstetrics and Gynecology
Northwestern University, Feinberg School of
Medicine,
Chicago, IL

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Schedule			
7:00 to 8:00 a.m.	Registration and Continental Breakfast (Food and beverages are not allowed in the theater)		
		<u>Topic</u>	<u>Presenter</u>
8:00 to 9:00 a.m.	Welcome – Perinatal Mood Disorders: Clinical Features and Accessing Treatment (Theater)		Eydie L. Moses-Kolko, MD
9:00 to 10:00 a.m.	Session	Preconception, Prenatal and Postpartum Stress: Implications for Offspring Health (Theater)	Alison E. Hipwell, PhD
10:00 to 10:15 a.m.	Break		
10:15 to 11:30 a.m.	Session	Hot Topics in Perinatal Psychopharmacology (Theater)	Katherine L. Wisner, MD
11:30 a.m. to 12:30 p.m.	Session A (Rooms TBD)	1. Impacts of Psychosocial Interventions for Maternal Depression on School-Aged Children	Jill Cyranowski, PhD
		2. Midwife Telemedicine Intervention for Perinatal Depression	Suzanne Shores, CNM
12:30 to 1:30 p.m.	Lunch	Business meeting for Postpartum Pittsburgh Core Committee (1:00-1:30 pm in Theater)	
1:30 to 2:45 p.m.	Session B (Rooms TBD)	1. Cases on Treating Depression/Anxiety/Insomnia in the Perinatal Period	Facilitators: Andi Favini, MD Samantha Ferris, CRNP Dinnie Goldring, LCSW; Eydie Moses-Kolko, MD; Rachel Salk, PhD; Meredith Spada, MD; Rebecca Weinberg, PsyD
		2. Too Young to Understand: Interventions Targeting the Mental Health of Infants and Young Children Exposed to Complex Trauma and Maternal Mental Illness	Kim Blair, PhD; Debra Bogen, MD; Robert Gallen, PhD
		3. Community Resources Panel: Nurture PA, Home Visiting, Family Support Centers, and Early Intervention	Kate Brennan, MEd; Kim Cauley Eckel, MSc; Amy Malen, MA; Stephanie Wier, LPC
2:45 to 3:00 p.m.	Break		
3:00 to 4:00 p.m.	Session C (Rooms TBD)	1. Cases on Treating Bipolar and PPP In Perinatal Period	Facilitators: Sarah DeBrunner, MD; Priya Gopalan, MD; Eydie Moses-Kolko, MD; Kelly O'Toole, LCSW; Neeta Shenai, MD; Katherine Wisner, MD
		2. Birth Trauma: Working with Women and their Birth Experiences. Risk Factors, Impact, and Prevention	Dinnie Goldring, LCSW
		3. A Closer Look at the Mother-Baby Intensive Outpatient Program	Rebecca Weinberg, PsyD
4:00 p.m.	Adjournment		

Continuing Education Credits

Physicians

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants

This activity is approved for 6.5 *AAPA Category 1 credits*. PAs should only claim credit commensurate with the extent of their participation.

Psychologists

Western Psychiatric Institute and Clinic of UPMC is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic of UPMC maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP

The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic of UPMC is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.5 continuing education credits.

Counselors



Western Psychiatric Institute and Clinic of UPMC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic of UPMC is solely responsible for all aspects of this program. This program is being offered for 6.5 continuing education hours.

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

This program is offered for 6.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals

Nurses and other health care professionals are awarded .65 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming 6.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. **Peer Specialists:** This program fulfills requirements for Certified Peer Specialist continuing education.

Registration Information

Fee Schedule

	Before 2/23/18	After 2/23/18
Physicians	\$150	\$200
Professionals	\$100	\$150

Online registration: Please use discount code: **perinatalconf.prof** and click on **Apply to Total**

Students/Residents/Fellows	\$50	\$75
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Online registration: Please use discount code: **perinatalconf.noce** and click on **Apply to Total**

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)

Instructions for registering at <https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=159961>.

1. Click on 'Register Now' (small box at bottom of page)
2. If "Perinatal Behavioral Health" appears under 'Shopping Cart', click on 'Checkout' (think of this as 'continue').
3. Register as a new registrant, or sign in if you already have an account (username is your e-mail).
4. When the conference name appears again, click on 'Checkout' (again, think of this as 'continue')
5. Continuing Education Credit – Please use dropdown list for credential or choose Not Applicable (you must complete this). Click on 'continue'.
- 6. Enter your promotional code if applicable (please see above). Click on 'Apply to Total'!**
7. Add credit card information if applicable, and click on 'Process Payment'.
8. Complete Transaction and print your receipt.

Full tuition must accompany the form below. A \$25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by **February 23, 2018** to take advantage of the lowest tuition rate.

Only registration and credit card payments can be made at:

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=159961>.

Please send your check (payable to OERP/WPIC) or UPMC Account Transfer information with the registration form below to:

Nancy Mundy

OERP/WPIC

Champion Commons Building, Room 322

3811 O'Hara Street

Pittsburgh, PA 15213

Telephone: 412-204-9090

FAX: 412-204-9110

E-MAIL: mundynl@upmc.edu

www.wpic.pitt.edu/oerp



*We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two** weeks in advance of the program by calling Nancy Mundy at 412-204-9090.*

Location

Passavant Hospital Foundation Conference Center*

Cumberland Woods Village

700 Cumberland Woods Drive

Allison Park, PA 15101

412.635.8080

****Please note that this address does not appear in most GPS maps.***

From Pittsburgh: Take Interstate 79 North/Fort Duquesne Bridge ramp. Merge onto I-279 N. Take exit 4 to merge onto US-19 Truck N/McKnight Road. Turn right onto Cumberland Road. Go past UPMC Passavant. Turn left at the entrance to Cumberland Woods Village.

Please consider carpooling. There are a limited number of parking spaces available. Parking is not permitted on the grass.

Registration Form

Perinatal Behavioral Health – MD23

March 16, 2018

*Please type or print clearly; photocopy for additional registrants.***Register by Feb. 23, 2018 for lowest tuition rate**

Social Security Number (Last five digits only):		____ -- ____		
First Name:		Last Name:		
Degree(s) to be noted on name badge (e.g. MD, PhD)				
Institutional Affiliation:				
Address:				
Address 2:				
City:		State:		Zip
County:				
Day Telephone:				
E-Mail Address:				
For Continuing Education purposes, please check if you are:				
<input type="checkbox"/> CADC/CCDP <input type="checkbox"/> NBCC Counselor <input type="checkbox"/> Nurse <input type="checkbox"/> Psychologist <input type="checkbox"/> Physician/MD <input type="checkbox"/> Social Worker (LSW/LCSW/LPC/LMFT) <input type="checkbox"/> Certified Peer Specialist				

Please indicate which workshops you plan to attend (Please circle):

Breakout Session A1 A2 (Alternate: A1 A2)

Breakout Session B1 B2 B3 (Alternate: B1 B2 B3)

Breakout Session C1 C2 C3 (Alternate: C1 C2 C3)

Fees:	Before 2/23/18	After 2/23/18
Physicians	\$150	\$200
Professionals	\$100	\$150
Students/Residents/Fellows	\$50	\$75

Method of Payment: Tuition amount \$ _____ <input type="checkbox"/> Check (Payable to OERP/WPIC) Check# _____ <input type="checkbox"/> UPMC Account Transfers Business Unit _____ Account # _____ Administrator Name _____ Administrator Signature _____ Credit card payments and registration can be completed at: https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=159961 . Codes are available online for the different rates.

Only registration with credit card payments can be processed online. All other registrations and payments (check or UPMC Account Transfer) must be sent in with this form to:

Attn: Nancy Mundy
OERP/WPIC
3811 O'Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA 15213

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Fax: 412-204-9110