

3rd Annual Maternal Mental Health Symposium El Camino Health

Thank you for joining us for the 3rd Annual Maternal Mental Health Symposium hosted by El Camino Health. Please read the attached attendee guide for further information about this event.

Registration

This event is designed for healthcare professionals, mental health providers, physicians, community-based organizations, peers, advocates, policy leaders, and administrators.

Date: Friday, September 25th

Time: 9:45 am -3:00 pm

Location: This event will be hosted virtually, through Zoom.

Cost: There is no fee to attend this symposium. This event is made possible by generous sponsorship through the El Camino Hospital Foundation.

Registration link: https://elcaminohealth.zoom.us/webinar/register/WN_uQfJY_FPQi6BzkGPcwUH_Q

Agenda

Please see the addendum for a copy of the detailed course syllabus and complete background of our speakers.

Welcome Remarks: 9:45 am

Opening Keynote: 10:00 am-11:00 am

Establishing the 4th Trimester

Presenter: Alison Stuebe, MD., MSc, FACOG; Professor, University of North Carolina School of Medicine

Presentation 2: 11:15 am-12:15 pm

Peer Panel Presentation

Break: 12:15-12:45 (Open House for Resources)

Presentation 3: 12:45-1:45

Inpatient Perinatal Psychiatry: The Treatment of Perinatal Mental Health Conditions in an Inpatient Specialty Unit

Presenter: Nirmaljit Dhami, MD., Medical Director Inpatient Perinatal Unit, Scrivner Center for Mental Health & Addiction Services, El Camino Health

Final Presentation: 2:00 pm-3:00 pm

How Could She Do That To Her Baby? Understanding Drug Use in Pregnancy

Presenter: Tricia Wright, MD., MS, FACOG, DFASAM; Professor of Clinical Medicine, University of California, San Francisco, Department of Obstetrics, Gynecology, and Reproductive Services

Continuing Education Credit

This event has been approved to provide continuing education credit for the accrediting agencies listed below. At the end of the symposium, you will be provided with a link to complete a course evaluation. Upon receipt by the administrator of a completed evaluation form, course completion certificates will be awarded within 10 business days. Certificates will

be emailed to the address provided during registration to the event. **Please ensure the email address provided is accurate in order to receive completion certificates in a timely manner.** For questions or concerns regarding continuing education credit, please contact the course administrator:

Lauren Johnson, Manager Community Engagement, Scrivner Center for Mental Health & Addiction Services

Lauren_Johnson@Elcaminohealth.org

Provider approved by the California Board of Registered Nursing, Provider number CEP532, for _4_contact hours.

El Camino Health is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. El Camino Health designates this learning activity for a maximum of 4 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

El Camino Health (Provider #1000066) is approved by the California association of marriage and family therapists to sponsor continuing education for lmft's, lcsw's, lpcc's and lep's. El Camino Health maintains responsibility for the program and all its content. Course meets the qualifications for 4 hours of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences.

Technical Support

If you have questions prior to the symposium please contact:

- Lauren Johnson, Manager Community Engagement, Scrivner Center for Mental Health & Addiction Services, El Camino Health
Lauren_Johnson@elcaminohealth.org

For questions or technical support during the symposium please:

- Utilize the chat feature to contact the administrator directly
- Visit the IT support room via the following link to receive direct support from our team:

Additional support:

- Please visit the Zoom website if you need to download the latest version of Zoom:
<https://support.zoom.us/hc/en-us/articles/201362233>
- For a list of frequently asked Zoom questions please visit the following link:
<https://support.zoom.us/hc/en-us/articles/206175806-Frequently-asked-questions>

Accommodations and Grievances

Please contact the Program Administrator to request accommodations for special needs or to receive further information regarding grievances and how to report.

Email: Lauren_Johnson@elcaminohealth.org or 650-962-4453

Course Syllabus

Presentation: Establishing the 4th Trimester

Presenter: Alison Stuebe, MD., MSc, FACOG; Professor, University of North Carolina School of Medicine

Time: 10:00-11:00 am

Description: In the weeks following birth, women navigate multiple challenges, including recovering from childbirth, plunging hormones, and learning to nurture and care for the newborn. The 4th Trimester Project envisions a world where every woman receives the social, emotional, physical, and economic support she needs to successfully transition through the postpartum period and into her new identity and life as a mother.

Educational Goals: Explore the anthropology of the 4th trimester, what's known about the unmet needs of growing families, and how we might provide better care.

Measurable Learning Objectives

1. Apply anthropological principles to understanding the challenges facing women in the weeks following birth
2. Identify how structural racism contributes to inequities in maternal and infant outcomes
3. Implement woman-centered support for mothers in the 4th Trimester

Outline with Main Points for Each Topic

1. Why the 4th Trimester? Evolution and expectation
2. What needs do mothers experience?
3. What care do we provide?
4. How does structural racism contribute to 4th Trimester inequities
5. How might we provide better care?

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Course Syllabus

Presentation: Peer Panel Presentation

Facilitator: Brianne Baker, LMFT, Adult Outpatient Manager, Scrivner Center for Mental Health & Addiction Services, El Camino Health

Time: 11:15-12:15 pm

Description: Women and their loved ones will discuss their lived experiences with perinatal mental health conditions.

Educational Goals: Participants will learn about lived experiences and the impact of perinatal mental health conditions on the mother, baby, and support persons from a peer panel. These lived experiences will educate participants on the prevalence of perinatal mental health conditions, and the importance of recognizing signs and symptoms of these conditions and referring to appropriate resources for support.

Measurable Learning Objectives

1. Participants will have increased empathy and compassion for patients and clients after learning about the impact of perinatal mental health conditions to mother, baby, and support persons.
2. Participants will report they will be more likely to engage perinatal patients or clients in discussion about their mental health.
3. Participants who did not previously screen for perinatal mental health conditions or refer to treatment will indicate intent to change practice.

Course Syllabus

Presentation: Inpatient Perinatal Psychiatry: The Treatment of Perinatal Mental Health Conditions in an Inpatient Specialty Unit

Presenter: Nirmaljit Dhami, MD., Medical Director Inpatient Perinatal Unit, Scrivner Center for Mental Health & Addiction Services, El Camino Health

Time: 12:45-1:45 pm

Description: An overview of the treatment of perinatal mental health conditions in an inpatient specialty unit. We will review how to recognize the specific criteria utilized to determine if a patient is appropriate for an inpatient psychiatry admission for a perinatal mental health condition and how to refer that patient to care. We will discuss the best practice treatment interventions provided during an inpatient admission and how to connect and identify to the appropriate step-down treatment and resources after discharge.

Educational Goals: Participants will be able to detail the criteria for admission to the inpatient perinatal unit at El Camino Health and recognize the different treatment protocols and paradigms for this unique population.

Measurable Learning Objectives

1. How to recognize the specific criteria for appropriate inpatient psychiatry admission for perinatal mental health conditions.
2. Describe best practice treatment interventions provided during an inpatient psychiatry admission for perinatal mental health.
3. Apply understanding of appropriate treatment resources for step-down to treatment after inpatient psychiatric admission.

Course Syllabus

Presentation: How Could She Do That To Her Baby? Understanding Drug Use in Pregnancy

Presenter: Tricia Wright, MD., MS, FACOG, DFASAM; Professor of Clinical Medicine, University of California, San Francisco, Department of Obstetrics, Gynecology, and Reproductive Services

Time: 2:00-3:00 pm

Description: An overview of traditional approaches to drug use in pregnant women, and how they have failed to achieve the goal of healthy pregnancy, along with a model that does work with good outcomes.

Educational Goals: Develop an understanding of the psychosocial factors leading to substance use in pregnancy as well as why a comprehensive team approach leads to better outcomes for the women and her family.

Measurable Learning Objectives

1. Recognize scope of problem drug use in pregnancy.
2. Reflect why women use drugs and don't get prenatal care.
3. Analyze why traditional approaches to perinatal drug addiction don't work.
4. Apply knowledge to create a comprehensive clinic for women with substance use disorders.

Outline with Main Points for Each Topic

1. ASAM Definition of Addiction
 - a. Understand the basic principles of Addiction
2. Traditional Approaches to Pregnant Women with a Substance Use Disorder:
 - a. Call CPS-women who use drugs not fit to parent.
 - i. The trouble with CPS: limitations of child welfare involvement
 - ii. Patient example
 - b. Arrest her. Then she'll not use in jail. Baby won't be affected.
 - i. Problems with prosecution including racial disparities.
 - c. Arrest her. Make enrollment in drug treatment a condition of discharge.
 - i. Limitations of this approach
 - ii. Gender Specific Treatment
3. What does work?
 - a. SBIRT
 - b. Motivational Interviewing
 - c. Integrated Clinic-one model that works
 - i. Results 2007-2017
4. Summary
5. Questions?

Speaker Biographies



Alison Stuebe, MD, MSc, FACOG, FABM

Dr. Stuebe completed her Obstetrics and Gynecology residency at Brigham and Women's Hospital and Massachusetts General Hospital in Boston. She completed fellowship training in Maternal Fetal Medicine at Brigham and Women's, and she earned a Masters in Epidemiology from the Harvard School of Public Health. She has published more than 160 peer-reviewed articles. She is currently a Professor and Board-Certified Maternal-Fetal Medicine subspecialist at the University of North Carolina School of Medicine and Distinguished Professor of Infant and Young Child Feeding at the Gillings School of Global Public Health. In the clinical arena, she is Medical Director of Lactation Services at UNC Health Care, and she works with an interdisciplinary team of faculty and staff to enable women to achieve their infant feeding goals. Her current research focuses on developing models for holistic and equitable care of families during the 4th Trimester.

She is a member of the Steering Committee for Moms Rising North Carolina, and she is actively engaged in professional organizations. She is president of the Academy of Breastfeeding Medicine and a former board member of the Society for Maternal-Fetal Medicine. At the American College of Obstetricians and Gynecologists, she is a member of both the Breastfeeding Expert Work Group and the Maternal Mental Health Expert Work Group, and she chaired the Task Force on Reinventing Postpartum Care.



Dr. Nirmaljit Dhama serves as, Medical Director Inpatient Perinatal Unit, Scrivner Center for Mental Health & Addiction Services, at El Camino Health. She has been with the Maternal Outreach Mood Services (MOMS) program since its inception in April 2008. She was instrumental in incorporating a novel, video-based mother baby attachment intervention in the program. With her team, she has created a new and comprehensive MOMS self-assessment tool.

Dr. Dhama is a board member of the international perinatal Marce society and serves a panel member on the California Perinatal Mortality Task Force (CA- PMR). She completed her

residency in adult psychiatry from UCSD. She has completed a California Health Care Foundation sponsored fellowship in health care leadership and change from UCSF.

Dr. Dhami's interests include assessment and treatment of psychotic disorders in pregnancy and postpartum, and perinatal suicide.



Tricia Wright, MD MS is a Professor of Clinical Medicine in the Department of Obstetrics, Gynecology and Reproductive Health at the University of California, San Francisco. Previously she was at the University of Hawaii and founded the Path Clinic, a perinatal clinic specializing in the care of pregnant and parenting women with Substance Use Disorders. She is board certified in both Obstetrics and Gynecology and Addiction Medicine and a Fellow of the American College of Obstetrics and Gynecology and a Distinguished Fellow of the American Society of Addiction Medicine. She has published multiple papers on pregnancy and addiction as well as a textbook *Opioid Use Disorders in Pregnancy* published in 2018 by Cambridge University Press.

Dr. Wright completed her undergraduate degree in Biological Sciences from Stanford University, her MD from the University of Michigan. She completed her residency in Obstetrics and Gynecology from the University of New Mexico and obtained a Master's Degree in Clinical Research from the University of Hawai'i.