

Partnering for Change: Expanding Women's Mental Health Treatment and Reducing Health Disparities

October 25-26, 2018

*Magovern Conference Center
Allegheny General Hospital
Pittsburgh, Pennsylvania*



Sponsored by

Department of Obstetrics and
Gynecology Department of Psychiatry
Allegheny Health Network
Pittsburgh, Pennsylvania



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Keynote Speaker

Randi Epstein, MD, MPH



Randi is a medical writer, lecturer at Yale University, Writer in Residence at Yale Medical School and an adjunct professor at Columbia University Graduate School of Journalism. Randi has worked as a medical writer for the London bureau of the Associated Press and was the London bureau chief in Physicians' Weekly. Her articles have appeared in the New York Times, the Washington Post, The Daily Telegraph, The Guardian, Parents, More, among other newspapers and magazines. She is also the author of *Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank* (released by W.W. Norton, January 2010) and *AROUSSED: The History of Hormones and How They Control just About Everything* (W.W. Norton, 2018). Randi earned a B.S. from the University of Pennsylvania where she studied the history and sociology of science. She earned an M.S.

from Columbia University Graduate School of Journalism, an M.D. from Yale University School of Medicine and an M.P.H. from Columbia University Mailman School of Public Health. Randi lives in New York City with her husband Stuart Epstein. They have four children.

Disclosure of Significant Relationships with Relevant Commercial Companies

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honorarium, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s)

Conference Co-Directors

Sarah Homitsky, MD

Medical Director, Women's Behavioral Health
West Penn Hospital
Pediatrician, Greentree Medical Associates
Allegheny Health Network
Pittsburgh, PA

Deborah L. McDonald, MSN, RN

Director, Women's Health Programs
Allegheny Health Network
Pittsburgh, PA

Invited Faculty

Inger Burnett-Ziegler, PhD

Assistant Professor, Department of
Psychiatry and Behavioral Sciences
Feinberg School of Medicine
Northwestern University
Chicago, ILL

Rena Green, CLC

Program Manager, Healthy Start Center
for Urban Breastfeeding
Healthy Start, Inc
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Alice Domar, PhD

Associate Professor of Obstetrics,
Gynecology and Reproductive Biology
Harvard Medical School
Executive Director, Domar Centers for
Mind/Body/Health
Director of Integrative Care, Boston IV
Senior Staff Psychologist, Dept. of OB/GYN
Beth Israel Deaconess Medical Center
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Elizabeth Miller, MD, PhD, FSAHM

Director, Division of Adolescent and
Young Adult Medicine
Medical Director, Ronald McDonald Care Mobile
UPMC Children's Hospital of Pittsburgh
University of Pittsburgh Medical Center
Professor of Pediatrics, University of Pittsburgh
School of Medicine
Director, Children's Community
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Robert Timothy Gallen, PhD

Associate Professor of Practice
Coordinator of the Masters of Science
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Ana Radovic, MD, MSc

Assistant Professor of Pediatrics
Associate Fellowship Director, Division of
Adolescent and Young Adult Medicine
Pronouns: she, her, hers
Children's Hospital of Pittsburgh
Pittsburgh, PA

Invited Faculty (contd)

M. Valerie Richards, PhD

Clinical Psychologist
Wexford, PA

Jada Shirriell, MS, CLC

Chief Executive Officer
Healthy Start, Inc.
Pittsburgh, PA

Ngozi D. Tibbs, MPH, LCCE, IBCLC

Maternal Child Health Educator/IBCLC
Healthy Start, Inc.
Co-Founder, Pittsburgh Black
Breastfeeding Circle
Founder and Owner - Sankofa Childbirth
Education and Lactation Services
Pittsburgh, PA

Katherine Wisner

Norman and Helen Asher Professor of
Psychiatry and Behavioral Sciences and
Obstetrics and Gynecology
Director, Asher Center for the Study and
Treatment of Depressive Disorders
Northwestern University
Feinberg School of Medicine -
Department of Psychiatry and
Behavioral Sciences
Chicago, IL

AHN Faculty

Marcia Klein-Patel, MD, PhD

Vice Chair, AHN Women and
Children's Institute
Director, Obstetrics and Gynecology
Residency Program
Director, Resident Research
Allegheny Health Network
Pittsburgh, PA

Rebecca Weinberg, PsyD

Department of Psychiatry
Allegheny Health Network
Pittsburgh, PA

Accreditation

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of Allegheny General Hospital and West Penn Hospital. Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 14.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners (AANP) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

American Academy of Physician Assistants (AAPA) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Social Workers: This program is approved through the National Association of Social Workers (NASW-PA) offering 14.50 Continuing Education Credits. These credit hours satisfy requirements for LSW, LCSW, LPC and LMFT biennial license renewal.

CE for Psychologists: Allegheny General Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Allegheny General Hospital maintains responsibility for this program and its content.

Non-Physicians

Allegheny General Hospital certifies participation in this educational activity, which has been designated for a maximum of 14.50 *AMA PRA Category 1 Credits™*.

Conference Overview

The theme of the conference, Partnering for Change: Expanding Women's Mental Health Treatment and Reducing Health Disparities, was chosen to emphasize the need to develop innovative clinical approaches to reduce health disparities and increase access to mental health care for ALL women. Enjoy talks discussing the impact of health disparities on women's mental health, novel treatment models aimed at increasing access to care, case discussions and much more!

Intended Audience

This conference is intended for Obstetricians and Gynecologists, Psychiatrists, Internists, Pediatricians, Family practitioners, Psychologists, Social Workers, Nurses, Counselors and other providers working with women of reproductive age.

Conference Objectives

- Identify innovative clinical approaches aimed at reducing health disparities and improving access to mental health care.
- Discuss the impact of hormonal changes on women's mental health.

We gratefully acknowledge the Highmark Foundation and the Jewish Healthcare Foundation for their support of our conference.

Thursday, October 25, 018

8:00 am-8:45 am

Registration and Breakfast

8:45 am-9:00 am

Welcome Remarks/Overview
Highark Foundation

9:00 am-10:00 am

Keynote Speaker

Arouse: The History of Hormones and How They Control Just About Everything
Randi Epstein, MD, MPH

10:00 am-12:00 pm

Living with Premenstrual Dysphoric Disorder :
A Case Discussion

Sarah Homitsky, MD and Marcia Klein-Patel, MD, PhD

12:00 pm-1:00 pm

Lunch

1:00 pm-2:00 pm

Using Technology to Improve Adolescent Healthcare
Ana Radovic, MD, MSc

2:00 pm-3:00 pm

Hanging Out or Hooking Up: Clinical and Community Interventions to Promote Healthy Adolescent Relationships
Elizabeth Miller, MD, PhD, FSAHM

3:00 pm-4:00 pm

Psychological Aspects of Infertility
Alice Domar, PhD

4:00 pm-4:30 pm

A Patient's Perspective
Sarah Homitsky, MD

4:30 pm-5:00 pm

A Closer Look at Mother-Baby Intensive Outpatient Program
Rebecca Weinberg, PsyD

5:00 pm

Adjournment

Friday, October 26, 2018

8:00 am-8:45 am **Registration and Breakfast**

8:45 am-9:00 am Welcome Remarks
Jewish Healthcare Foundation

9:00 am-10:00 am Perinatal Psychopharmacology: Balancing Disease Control with Medication Exposure
Katherine Wisner, MD

10:00 am-12:00 pm Complicated Grief Workshop
M. Valerie Richards, PhD

12:00 pm-1:00 pm **Lunch**

1:00 pm-2:00 pm A Mindfulness Based Approach to Reduce Disparities in Mental Health Service Utilization and Improve Mental Health Outcomes Among Low-income, Racial/Ethnic Minority Women
Inger Burnett-Zeigler, PhD

2:00 pm-4:00 pm Infant Mental Health Interventions- Working with the Infant-Caregiver Dyad.
Robert T. Gallen, PhD

4:00 pm-5:00 pm Context and Culture of Breastfeeding for Black Women: Cultural Humility in Pedagogy, Clinical Interventions and Community-Based Supports
**Jada Shirriel, MS, CLC, Ngozi D. Tibbs, MPH, LCCE, IBCLC
Rena Green, CLC**

5:00 pm Closing Remarks and Adjourment
Sarah Homitsky, MD

Conference location and Parking

The conference will be held at Allegheny General Hospital Magovern Auditorium. Parking will be at James Street Garage with a reduced rate of \$4.00

Refund Policy

A refund of the registration fee, less a \$10.00 processing fee, will be made when a written request or a telephone request followed by a written confirmation is received prior to October 20, 2018. After this date, refunds will not be made. Fees will not be refunded for failure to attend. The sponsors of this course reserve the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

Registration Information

The registration fee includes course materials, continental breakfast, breaks and lunch.

Fees	AHN Physicians/Psychologists \$125	Physicians/Psychologists \$200
	AHN PA, CRNP, Nursing \$70	Non AHN PA, CRNP, Nursing \$125
	AHN Social Workers \$90.00,	Non AHN Social Workers \$125
	All Students, Residents and Fellows \$40.00	

(Social Worker registration fees include NSAW PA Credit fees).

Deadline to register: October 22, 2018.

(Registrations will be taken after the deadline date on a space-available basis)

To Register: Telephone registrations are not accepted. To register online, visit our Web site at www.aghcme.org. To register by mail or fax, complete the registration form and

**Continuing Medical Education
Allegheny General Hospital
320 East North Avenue
Pittsburgh, Pennsylvania
15212-4772 Fax 412.359.8218**

The preferred method of payment is by VISA, MasterCard, American Express or Discover; however checks will be accepted made payable to Allegheny General Hospital.

Additional Information

For additional information concerning the conference, please contact the Continuing Medical Education office by e-mail at bernice.sulkowski@ahn.org, or by telephone at **412-359-4952**.

Accommodations:

We are offering a special conference rate at the Residence Inn of \$134 a night plus taxes. Reserve your room online with by clicking on the link below or by calling 412-321-2099.

https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=AGH%20Partnering%20for%20Change%5Eipitrn%60agh%60134%60USD%60false%601%6010/24/18%6010/26/18%6010/3/18&app=resvlink&stop_mobi=yes

REGISTRATION FORM

Registration for Partnering for Change: Expanding Women's Mental Health Treatment and Reducing Health Disparities is required. Please complete this registration form and return it with your payment no later than **October 20, 2018**.

Name _____

Degree _____

Specialty _____

Affiliation _____

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By signing this form, I authorize Allegheny General Hospital to charge my credit card for the above amount. My signature also indicates that I will not dispute this charge in the future through my credit card company.

If you require assistance with hearing, vision or mobility to make this conference accessible to you, please check this box and contact the CME office at **(412) 359-4952** at least two weeks prior to the conference date.

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