

2ND ANNUAL

# PERINATAL MENTAL HEALTH CONFERENCE SCHEDULE

NOVEMBER 7 - 8, 2019  
COPPER KING CONVENTION CENTER | BUTTE, MT

## AGENDA - THURSDAY, NOVEMBER 7, 2019

TIME	LOCATION	SESSION
8:00 - 9:00 AM	Lobby	REGISTRATION
9:00 - 9:15 AM	Ballroom	Welcome
9:15 - 11:00 AM	Ballroom	Perinatal Mood and Anxiety Disorders, What all Caregivers Should Know
11:00 - 11:15 AM	Ballroom	MORNING BREAK
11:15 AM - 12:45 PM	Ballroom	Integrative Assessment, Diagnosis and Treatment Options for the Postpartum Period
12:45 - 1:45 PM	Ballroom	LUNCH
1:45 - 3:45 PM	Copper 1	<b>Professional Mental Health Track</b> Taking the Work Deeper, Case Studies in Perinatal Mental Health: Common Disorders
1:45 - 3:45 PM	Copper 2	<b>Prescriber Track</b> Diagnosis and Treatment of Perinatal Mental Illness
1:45 - 3:45 PM	Copper 3	<b>Community-Based Supports Track</b> The Path from Screening to Resource in the Perinatal Period
3:45 - 4:00 PM	Ballroom	AFTERNOON BREAK
4:00 - 4:15 PM	Ballroom	Maternal Mental Health Matters in Montana
4:15 - 5:00 PM	Ballroom	Networking by Region
7:00 - 9:00 PM	Ballroom	Performance of "Playing Monopoly with God" by Melissa Bangs 7:00 PM - Doors Open 7:30 - 8:30 PM - Show 8:30 - 9:00 PM - Community Conversation

## AGENDA - FRIDAY, NOVEMBER 8, 2019

TIME	LOCATION	SESSION
8:00 - 8:30 AM	Lobby	REGISTRATION
8:30 - 8:45 AM	Ballroom	Welcome
8:45 - 10:30 AM	Ballroom	The Ripple Effect: From System, to Caregiver, to Mother, to Child
10:30 - 10:45 AM	Ballroom	MORNING BREAK
10:45 AM - 12:15 PM	Ballroom	Breast is Best or Fed is Best?
12:15 - 1:15 PM	Ballroom	LUNCH
1:15 - 3:15 PM	Copper 1	<b>Professional Mental Health Track</b> Taking the Work Deeper, Case Studies in Perinatal Mental Health: High Risk Disorders
1:15 - 3:15 PM	Copper 2	<b>Prescriber Track</b> Update on Trauma Research and Substance Use Disorders: Implications and Treatment
1:15 - 3:15 PM	Copper 3	<b>Community-Based Supports Track</b> Story as Medicine: Survivor Perspectives on Story and Healing
3:15 - 3:30 PM	Ballroom	AFTERNOON BREAK
3:30 - 4:15 PM	Ballroom	Networking by Region
4:15 - 4:30 PM	Ballroom	Closing remarks

### REGISTER NOW!

[www.hmhb-mt.org/perinatal-conference](http://www.hmhb-mt.org/perinatal-conference)

### CONTINUING EDUCATION

This activity has been approved for *AMA PRA Category 1 Credit™*. The accreditation allows for CE hours for nurses and social workers and is approved for PMH-Certification.

### THANK YOU SPONSORS!



## SESSION DESCRIPTIONS - THURSDAY, NOVEMBER 7TH

**9:15 - 11:00 AM | Ballroom**

### **Perinatal Mood and Anxiety Disorders, What all Caregivers Should Know**

**Speakers: Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC and Diana Lynn Barnes, Psy.D, PMH-C**

This presentation will provide those new to the field with basic knowledge about prevalence, risk factors, impact, and diagnoses in the perinatal period. For experienced clinicians, this presentation will serve as a foundational review.

**11:15 AM - 12:45 PM | Ballroom**

### **Integrative Assessment, Diagnosis and Treatment Options for the Postpartum Period**

**Speaker: Christine White Deeble, ND**

This session will offer a broader understanding of the contributing biochemical, neurotransmitter, and hormonal elements involved in perinatal mood disorders. Participants will learn about the testing and treatment options, beyond the more commonly utilized psychotherapy and pharmaceutical interventions available to clients who are seeking Naturopathic or Functional Medicine. Additionally, benefits of these augmentative treatments on the path to wellness during pregnancy and postpartum will be highlighted.

**1:45 - 3:45 PM | Copper 1**

### **Professional Mental Health Track**

#### **Taking the Work Deeper, Case Studies in Perinatal Mental Health: Common Disorders**

**Speakers: Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC and Diana Lynn Barnes, Psy.D, PMH-C**

By using vignettes based on clinical cases of perinatal depression, obsessive compulsive disorder, and post-traumatic stress disorder, mental health providers will gain skills in assessment, treatment planning, and interventions.

**1:45 - 3:45 PM | Copper 2**

### **Prescriber Track**

#### **Diagnosis and Treatment of Perinatal Mental Illness**

**Speaker: Miriam Schultz, MD**

With content specifically designed for health care providers who are prescribing medications for the treatment of PMADs, clinicians will have the opportunity to receive advanced training for the treatment of women in the perinatal period. Screening and diagnosis, pharmacological interventions specific to PMADs, and additional considerations for supports will be presented in the form of case studies.

**1:45 - 3:45 PM | Copper 3**

### **Community-Based Supports Track**

#### **The Path from Screening to Resource in the Perinatal Period**

**Speaker: Stephanie Morton, MSW**

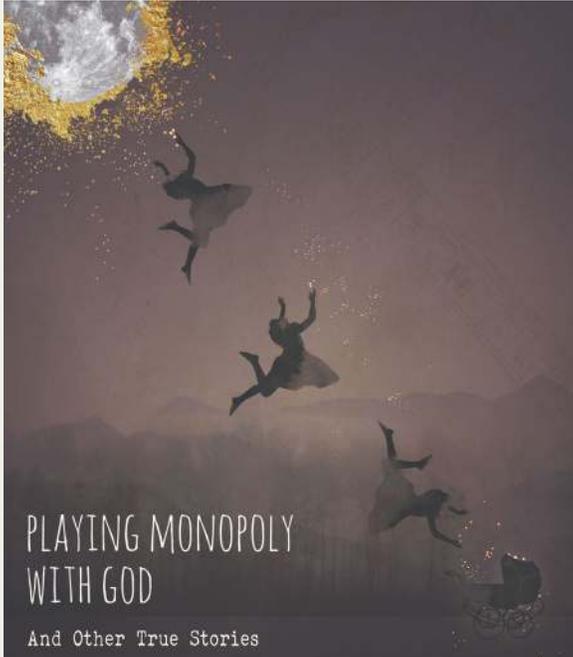
This session will focus on accessing and cultivating community resources to support families in the perinatal period and beyond. The session will begin with a brief discussion of the importance of community-based supports for families in the perinatal period and will present evidence on the impact of community connection on health outcomes for women and children. In addition, a host of examples of community based-supports in Montana will be provided to help with identification of resources already existing in our communities.

**4:00 - 5:00 PM | Ballroom**

**Maternal Mental Health Matters in Montana and Networking by Region**

**Speaker: Brie Oliver**

In this session, Brie Oliver, executive director of Healthy Mothers, Healthy Babies - The Montana Coalition, will give an update on maternal mental health across Montana. Conference attendees will then be organized by region and have the opportunity to meet others working to improve maternal mental health in their communities and co-create a plan to take home that will help put the knowledge gained at the training into action.



**7:00 - 9:00 PM | Ballroom**

**Performance of “Playing Monopoly with God & Other True Stories” by Melissa Bangs**

**CASH BAR**

A True Tale of Motherhood, Madness and the Journey Home

Join Melissa for an evening of true stories full of bewilderment, chaos and hilarity. Bangs has a knack for telling true stories that cut to the bone of our shared, vulnerable human condition. Her true gift, however, comes in the moments in which she’s able to strip away the shame or agony of an experience and transform the room into an uproar of laughter.

In September 2012, Melissa Bangs gave birth to her beautiful daughter. A month later, dramatically sleep deprived, she is admitted to the psych ward. After nearly a month, she is sent home with a bipolar diagnosis and on

lithium. What comes next is an extraordinary journey.

On her path back to wholeness, Bangs read her entire hospital record. Somewhere, around page 87, there is a nurse’s note reads, “Patient says she will do comedy on this experience.” Upon reading this, Bangs laughed out loud.

The psych team couldn’t have possibly known that Bangs did comedy for a stint, as a student, at NYC’s Upright Citizens’ Brigade. They couldn’t have known that transforming details from the most painful experience of her life into a room full of laughter would prove healing for thousands.

“I sat in the dark and watched Melissa in the spotlight tell her story and I marveled at the sheer guts and immense talent it took to do this right. When it was over I felt changed. Opened up. Exhilarated and exhausted. What I felt was nothing short of awe.” (A Review, Mamalode)

7:00 PM - Doors Open with Cash Bar

7:30 - 8:30 PM - Show

8:30 - 9:00 PM - A conversation with Melissa Bangs and Zero to Five-Butte about the importance of maternal mental health.

## SESSION DESCRIPTIONS - FRIDAY, NOVEMBER 8TH

**8:45 - 10:30 AM | Ballroom**

**The Ripple Effect: From System, to Caregiver, to Mother, to Child**

**Speakers: Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC and Diana Lynn Barnes, Psy.D, PMH-C**

This presentation offers insight into the ways in which early childhood trauma impacts the attachment relationship and parenting. We will also review considerations in clinical care, including implicit bias and cultural humility, as well as parallel process.

**10:45 AM - 12:15 PM | Ballroom**

**Breast is Best or Fed is Best?**

**Speakers: Miriam Schultz, MD and Melissa M. Zimmerman, FNP, IBCLC**

This presentation will unpack the difficult decisions a woman makes about how to feed her baby when she is experiencing a perinatal mood or anxiety disorder. Protective benefits for maternal mental health of breastfeeding will be shared, along with protective benefits of sleep. This presentation will provide participants increased awareness of the importance of maintaining a supportive relationship while a woman with a PMAD navigates the decision of "Breast is Best or Fed is Best," offer strategies on how to breastfeed and get sleep, and provide an opportunity to use real stories to learn how to improve clinical skills related to this important piece of motherhood.

**1:15 - 3:15 PM | Copper 1**

**Professional Mental Health Track**

**Taking the Work Deeper, Case Studies in Perinatal Mental Health: High Risk Disorders**

**Speakers: Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC and Diana Lynn Barnes, Psy.D, PMH-C**

By using vignettes based on clinical cases of perinatal psychosis and forensic analyses, mental health providers will gain skills in harm reduction, triage, and care. Clinicians will learn about referrals and resources necessary in the care of these complex cases that affect women in the perinatal period.

**1:15 - 3:15 PM | Copper 2**

**Prescriber Track**

**Update on Trauma Research and Substance Use Disorders: Implications and Treatment**

**Speaker: Miriam Schultz, MD**

Some mental health challenges have roots from our youngest years or even earlier. This session will explore topics including epigenetics, intergenerational transmission of trauma, and adverse experiences in childhood, building on the learners understanding of the roles they play in maternal mental health. This session will also connect dots between PMADs, substance use disorder, and contribute to the knowledge base about treatment for these disorders during pregnancy and breastfeeding.

**1:15 - 3:15 PM | Copper 3**

**Community-Based Supports Track**

**Story as Medicine: Survivor Perspectives on Story and Healing**

**Speakers: Melissa Bangs with Kelsey Kyle, April Charlo, and Molly May**

In this panel facilitated by Melissa Bangs, survivor panelists will share how finding and sharing their true stories, stories previously locked in shame and silence, played a profound role in their healing. In all instances, moving each mom from victim to survivor to advocate. Participants will also hear about storytelling efforts in Montana that are offering this healing pathway to many moms.

## SPEAKERS



### **MELISSA BANGS**

Melissa Bangs grew up on a small farm in Missoula, mostly bare foot and surrounded by farm animals. Melissa is no spring chicken. Over three decades, she has worked as a translator, a union organizer in sweatshops, the development director of an international human rights and women's empowerment organization and an organizational consultant. Over the past five years, Melissa has worked as a maternal mental health consultant in partnership with Healthy Mothers, Healthy Babies and as a storyteller/director/producer/facilitator, focused on healing perinatal trauma and loss through our true, hilarious and heart-wrenching stories. Melissa's mantra is: If my story

does nothing else, may it unleash yours.



### **DIANA LYNN BARNES, PSY.D, PMH-C**

Diana Lynn Barnes is a psychotherapist who has been specializing in women's reproductive mental health for over 20 years. Frequently interviewed by the media, she is widely published on all facets of women's mental health around the child-bearing years. She is a past president of Postpartum Support International and currently sits on their President's Advisory council. In 2015 she was appointed as the mental health consultant to the California Commission on the Status of Maternal Mental Health and in 2016 to the California Maternal Mortality Review Panel.

In addition to private practice, Dr. Barnes is an expert on maternal mental health and the criminal justice system and is frequently retained by defense counsel as an expert witness on cases of postpartum psychosis and infanticide, pregnancy denial and neonaticide.

In 2009, Dr. Barnes received a Lifetime Achievement Award from the Eli Lilly Foundation for her extraordinary contributions to the field of maternal mental health and child-bearing-related mood disorders. She maintains a private practice in Sherman Oaks, California.



### **CHRISTINE WHITE DEEBLE, ND**

Dr. White has practiced in Montana since 2002, when she returned home upon completion of her education and residency in family medicine at the National University of Natural Medicine in Portland, Oregon. She has owned and operated the Black Bear Naturopathic Clinic as a small practice until recently convening a new team of naturopathic doctors, health industry experts, and business leaders to found Natura Health and Wellness.

She has worked for several years to develop both a collaborative clinical practice and a successful and sustainable business model for naturopathic doctors and is thrilled to a part of Natura Health and Wellness with an amazing group of providers and staff. When not at the office, she enjoys traveling with her husband, getting her hands dirty in the garden, cooking with new recipes and interesting spices, hunting in the wide open sage lands of Montana, spending time with family, and reading (she usually has three or four books going at any one time).



**GABRIELLE KAUFMAN, MA, LPCC, BC-DMT, NCC**

Gabrielle Kaufman is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is the director of Training and Technical Assistance for the Los Angeles County Perinatal Mental Health Task Force. Prior to this, she directed the New Moms Connect Program of Jewish Family Service of Los Angeles, where she provided services to new parents, particularly those experiencing symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and she currently facilitates support groups for single parents and women with postpartum depression. Ms. Kaufman has published articles on parenting, and served as editor for Bringing Light To Motherhood. She is the Los Angeles coordinator for Postpartum Support International and has a private counseling practice in Los Angeles.



**STEPHANIE MORTON, MSW**

Stephanie Morton was born and raised in St. Ignatius, Montana and attended college at the University of Oregon, where she earned a degree in Anthropology. After working in accounting at the UO Museum of Natural and Cultural History, she moved to Seattle and worked in several non-profits supporting children and families. In 2014, she returned to Montana to work in her family's small businesses and completed her Masters in Social Work at the University of Montana. She is putting her skills and passion to work as the Program Manager at Healthy Mothers, Healthy Babies and most enjoys meeting and learning from folks across the state. In her free time, Stephanie enjoys being outdoors with her numerous animals, listening to political podcasts, and spending time with her family and friends.



**BRIE OLIVER**

Brie Oliver is the Executive Director of Healthy Mothers, Healthy Babies, The Montana Coalition, Inc. (HMHB), a statewide non-profit with a focus on improving the health, well-being and safety of children aged 0-3, including pregnancy. She brings deep experience working with pregnant women, young children and their families, and the systems that support them to the work of HMHB. She has received numerous commendations for her dedication to improving maternal and child health in Montana. Brie worked for more than a decade in the field as a public health home visiting nurse and lactation consultant, who most recently managed the maternal and child health program at Lewis and Clark Public Health, before she came to work at HMHB. Brie was born and raised in Helena, Montana, graduated with honors from the College of Nursing at Montana State University, and is a proud mom of three.



**MIRIAM SCHULTZ, MD**

Dr. Schultz is a reproductive psychiatrist practicing in Berkeley, California. After experiencing struggles getting her own health care needs met as a young adult, she decided she wanted to be the doctor she never had. She did her medical training at Stanford University where she waffled between obstetrics and psychiatry, eventually choosing psychiatry with a focus on women's mental health. After psychiatric residency at NYU and Bellevue hospitals, she was attending faculty at the Manhattan VA hospital. For the last 10 years she has had a private practice in psychiatry, with a focus on women in their reproductive years. She was a faculty psychiatrist for Maternal Mental Health Now, an advocacy and training organization in Los Angeles county. She helped develop and currently staffs a Perinatal Psychiatry provider-to-provider Phone Consultation service for Dignity Health, a hospital network across California, Arizona and Nevada; the mission is to help front-line providers in underserved areas integrate perinatal mental health care into their practices. She is also a member of "Lifeline4Moms", a national network of organizations trying to expand access to perinatal mental healthcare.



**MELISSA M. ZIMMERMAN, FNP, IBCLC**

Melissa Zimmerman, FNP-C is a board certified Family Nurse Practitioner. She earned her Master of Science in Nursing from Kaplan University, and her Bachelor of Science in Nursing from Montana State University. She is board certified through the American Nurses Credentialing Center. Prior to becoming a Family Nurse Practitioner, she worked as an R.N. in the St. Peter's Women and Children's Unit for six years and on the Surgical, Pediatric, Oncology floor for two years before that. She also worked at Shodair Children's Hospital and Seattle Children's Hospital and Regional Medical Center. Melissa is an International Board Certified Lactation Consultant (IBCLC) and Certified Pediatric Nurse. She is a member of the Sigma Theta Tau, International Honor Society in Nursing and the Golden Key, International Honor Society.