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December 2015

Letter from the President



Dear Marce Colleagues,

It is with great pleasure that I can announce the [Call for Abstracts](#) for the International Marce Conference, September 26-28, 2016. I look forward to a vibrant and exciting time together where we will share ideas, knowledge, and meet with old friends as well as make new ones. I warmly welcome you to Australia and to Melbourne, my hometown, which has many attractions to suit everyone. If you love food, the beach, culture, shopping, the outdoors and a casual lifestyle you will be well looked after. After all, Melbourne has been rated one of the most liveable city in the world for several years!

The Conference will bring together the global perinatal mental health community and is set in a comfortable hotel which will allow us to live together for a few days and build the new "frontiers for the future", to improve the emotional well-being of mothers, fathers and babies. Conference highlights include international experts bringing the latest research, advancements in clinical care and workshops. Stay tuned for ongoing announcements including the Gala dinner surprise, the special small dinners hosted by keynotes speakers, launching of new initiatives and extra conference events such as tours of mother-baby units.

Check out the [conference website!](#)

Jeannette Milgrom
President, International Marce Society for Perinatal Mental Health



Registration is Open!

New Resources for Marce Members, by Marce Members



[New Video: Decisions Regarding Treatment of Depression During Pregnancy](#)

Presented by: Dr. Louise Howard, King's College London

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This activity is supported by an educational grant from Lilly. For further information concerning Lilly grant funding visit www.lillygrantoffice.com.

Lilly had no role or oversight of the material within this program.

Joint Care of Parents and Infants in Perinatal Psychiatry

Authored by Anne-Laure Sutter, Nine Glangeaud, and other Marcé members, this book addresses key issues in perinatal mental health and discusses the different types of psychiatric care that may be appropriate for pregnant women, parents and infants, with emphasis on the need for joint care. The wide range of preventive measures, mainly applicable in primary care and the various potential curative interventions are examined in detail, with coverage of ambulatory care, day care and the role of mother and baby units. The importance of working in networks and joint decision-making strategies is explained. In addition, an overview of maternal perinatal psychopathology is provided and other relevant aspects are fully discussed, including the establishment of parent-infant interactions and the impacts of parental psychiatric illness on parenting skills and infant development. The book will be invaluable for adult and child psychiatrists, psychologists, psychotherapists, midwives, nurses and all others involved in the provision of perinatal psychiatric care.

Available from [Springer International Publishing](#)

Maternal Mental Health: a Learning Programme for Doctors, Nurses and Social Workers

The Perinatal Mental Health Project (PMHP) is an independent initiative based at the University of Cape Town within the Alan J. Flisher Centre for Public Mental Health, in the Department of Psychiatry and Mental Health. The PMHP's mission is to develop and advocate for accessible maternal mental health care that can be delivered effectively at scale, in low resource settings. The website www.pmhp.za.org has a range of resources and materials.

The PMHP have recently collaborated with the Perinatal Education Programme (PEP), who have long been involved with the continued training and education of health professionals. PEP have provided educational opportunities to over 60 000 health professionals over the past 20 years (Woods, Attwell & Ross, 2012) which have been shown to result in significant improvements in knowledge, clinical skills and care practices (Woods & Greenfield, 2010). The PMHP textbook *Maternal Mental Health* is published

by Electronic Book Works under the Bettercare label.

Maternal Mental Health is ideal for doctors, nurses and social workers involved with supporting and caring for mothers during the perinatal period. The book is available online or in print copy (Bettercare) on [Amazon](#) and [Kindle](#). The content included practical approaches to the identification and referral of mothers with mental health problems as well as guidance for first-line management.

Those practitioners who achieve at least 80% in the optional post-test are eligible for a certificate of completion.

Simone Honikman
University of Cape Town, South Africa

Introducing the Postpartum Action Institute

The [Postpartum Action Institute](#) is created for individuals who are committed to confronting the stigma of mental illness and the mythology surrounding new parenthood. In a user-friendly and non-lecture style, PAI provides unique learning experiences for all professionals and community leaders working with expectant and new parents. This Institute is dedicated to the power of professionals and advocates who are willing to improve care during the transition to parenthood. Attendees will practice skills in an interactive and intimate setting - not in a typical classroom. Through innovative training methods over one and a half days, attendees will gain insights not taught in schools or professional conferences.

Shoshana Bennett, Marce Member
Jane Honikman, Marce Society Co-Secretary

[The Perinatal Psychiatry Online Module](#)

At the Virtual Knowledge Network, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, INDIA

This online training is conducted on various aspects of mental health by a joint project between NIMHANS, Bangalore, India and Project ECHO, University of North Mexico School of Medicine, USA.

The Virtual Knowledge Network aims at capacity building for complex health conditions in mental health
Sharing of "best practice" models.

Sharing of "wisdom" along with "clinical practice guidelines".

Continued training "Handholding" and developing a "Learning loop" rather than a single or few sessions.

De-monopolizing specialty knowledge

The weekly online sessions

- Are accessible at any device laptop, tablet or mobile (iOS or android): No cost from user point
- Offer Professional interaction with colleagues with similar interest
- Are linked with an academic tertiary centre
- Offer a mix of work and learning with improved recruitment and retention
- Provide access to specialty consultation with for complex health conditions

The format has two streams:

Clinical Case Presentation

- Assessment and practice in a patient.
- Challenges and opportunities unique to setting.
- Interactive discussion on management.
- Tentative follow up presentation.

Didactic

- Presentation of relevant topic by experts.

About The Perinatal Psychiatry Module

Perinatal psychiatry is a growing specialty in India. There are only a few centres which offer specialized perinatal psychiatry services (mainly outpatient) and only one full fledged Mother Baby Psychiatry Service. Clinicians, including psychiatrists, psychologists, nurses, GPs and Obstetricians, often grapple with the complex scenarios in which women with mental health problems present in pregnancy and the postpartum. A survey conducted prior to the online teaching module indicated that the needs were high and most respondents requested for case based teaching of complex situations that they encountered in their day to day practice in perinatal psychiatry. A `teaser' online session on decision making and informed consent for use of psychotropic medications in pregnancy was conducted prior to the module by Dr. Martien Snellen, a Melbourne based Perinatal Psychiatrist who was a visiting lecturer at NIMHANS, which was hugely popular. This encouraged the planning of the current module.

The current module has four sections: Assessment of mental health in pregnancy; Interventions for mental health problems in pregnancy- pharmacology and psychological interventions; Handling mood disorders in pregnancy; Postpartum mental illness including mother infant bonding disorders.

The modules start with a brief didactic talk and a complex case scenario initiated by the presenter, followed by an interactive discussion. Cases are also presented by professionals who log in and a lively peer discussion is encouraged rounded off by final comments by the experts.

This model helps uses concepts of adult learning and encourages skill building and peer learning.

Each module has a quiz at the end which enables the professional to get a completion certificate.

The perinatal psychiatry module has been very popular and nearly 35 professionals were live at the session with many more accessing the module from the archives.

The multidisciplinary perinatal psychiatry team at NIMHANS consisting of Prabha Chandra, Geetha Desai, Harish T, Sundarnag Ganjekar, Veena Satyanarayana, Thomas Kishore, Abhinav Nahar, Roshan Sutar, and Ragesh G, hope to make this an annual online module with different topics in perinatal psychiatry addressed every time. Cultural issues and pharmacogenomics that are relevant not just to India but to the South Asian region and South Asian users in different countries will be addressed in future sessions.

Prabha Chandra
Marce Member

Charles Street Parent and Baby Day Unit: Reflecting on the early years

Professor John Cox looks back on the creation of a day unit for parents and babies that has been at the forefront of research and training in perinatal mental health.

Click [here](#) to read the full article, published with permission of the Journal of Health Visiting

Marce Members in Bold

[Placentophagy:therapeutic miracle or myth?](#)

Cynthia W. Coyle, Kathryn E. Hulse,
Katherine L. Wisner, Kara E. Driscoll, **Crystal T. Clark**

[Feasibility study and pilot randomised trial of an antenatal depression treatment with infant follow-up](#)

Jeannette Milgrom,
Charlene Holt, Christopher J. Holt, Jessica Ross, **Jennifer Ericksen**,
Alan W. Gemmill

[Maternal attitudes, depression, and anxiety in pregnant and postpartum multiparous women](#)

Laura E. Sockol, **Cynthia L. Battle**

[Experience of care for mental health problems in the antenatal or postnatal period for women in the UK: a systematic review and meta-synthesis of qualitative research](#)

Odette Megnin-Viggars, Iona Symington, **Louise M. Howard**, Stephen Pilling

[Clinical profile and outcomes of women admitted to a psychiatric mother-baby unit](#)

Bettina Christl, Nicole Reilly, Carolyn Yin & **Marie-Paule Austin**

[Postnatal demoralisation among women admitted to a hospital mother-baby unit: validation of a psychometric measure](#)

I. Bobevski, **H. Rowe**, D. M. Clarke, D. P. McKenzie & **J. Fisher**

[Health services utilization of women following a traumatic birth](#) E. Turkstra, **D. K. Creedy**, J. Fenwick,
A. Buist, P. A. Scuffham & **J. Gamble**

Regional Group Updates

Nordic Regional Group

Gratulerer med fødselen av den nordiske Marcé Society og din første konferanse!



Congratulations on the birth of the Nordic Marcé Society and their first conference!

On September 7-8, 2015, President Signe DØrheim commenced the first meeting of the new Marcé regional group. More than 80 enthusiastic delegates attended the program, which was held at the National Center for Infant Mental Health and the Center for Child and Adolescent Mental Health in Oslo, Norway.

The lectures were excellent and they stimulated many interesting discussions. I was fortunate to attend with John Cox and Alain Gregoire to celebrate the new Society. Scandinavian speakers for plenary sessions included Trine Munk-Olsen, who reviewed her major contributions to the epidemiology of perinatal disorders and the prominence of bipolar disorder in postpartum women. Hedvig Noreng presented a very important study of the behavioral effects of prenatal SSRI exposure in exposed vs. nonexposed sibling pairs. Pamela Massoudi spoke about the critical importance of the involvement of fathers in promoting perinatal mental health. Alkistis Skalkidou reviewed her work on the hypothalamic-pituitary-adrenal axis and postpartum depression. In the afternoon, parallel sessions were held in native Scandinavian languages.

The breaks for coffee were buzzing with questions, ideas, and plans for collaboration. The great beauty and culture of Norway's capital city was a wonderful backdrop for a successful event!

Christine Rubertsson, from Uppsala, was chosen as Vice President, and will take over presidential duties when she assumes the office at the next exciting meeting in Sweden, 2017!

Dr. Katherine Wisner
Marce Information Editor and Past President

Spanish Regional Group (MARES)

The Spanish Marce Society branch (MARES) was arranged following the International Association for Women's Mental Health (IAWMH) Congress held in Madrid 2011. As an Emerging Regional Group, we have written a constitution (using the International constitution as a basis); we have set up a website for MARES (www.sociedadmarce.org); and we have held a friendly, informal and multi-disciplinary scientific meeting once a year since 2012 where we have invited speakers such as Nine Glangeaud, Jane Hanley, and Alessandra Bramante.

During this journey, MARES has done a great effort to promote, facilitate, and communicate about research into all aspects of the perinatal mental health in Spanish language and has recruited more than 30 members from Spain and Latin America. Now we are not an emerging group but a Regional Group that wants to work toward the same goals of the International Society within a common spoken language: Spanish.

To reach these goals, we are in the process of creating a new organizational structure that allow us to develop a network between Spain and Latin America, a Latin Alliance. With this aim in mind, we will celebrate a symposium in Spanish at the [18th ISPOG International Congress](#) in Málaga, Spain, on 12-14 May 2016 and we have the pleasure of inviting you all to visit us.

Alfonso Gil
Spanish Marce Society

UKIMS (UK & Ireland) Regional Group

Successful Conference in Manchester, September 2015

The 2015 Scientific Meeting of the United Kingdom and Ireland Marcé Society (UKIMS) was held in The Athenaeum Club, Pall Mall London, organised by Vivette Glover and hosted by the Chair of UKIMS, Michael Craig. This popular event captivated the audience with over 20 presentations from PhD students, clinicians and other researchers. The talks discussed the latest research around the spectrum of perinatal mood disorders and the effect on the infant and family.

The photograph was taken at the AGM and includes Sue Smith (UKIMS Secretary), Jan Cubison (UKIMS Exec), Susan Conroy (UKIMS Treasurer), Vivette Glover and Michael Craig



Jane Hanley
Marce Society, Immediate Past President

Related Conferences



The National Conference on Motherhood and Mental Health, Bangalore, India, 2015

The first national conference on Motherhood and Mental Health in India was held at Convention Center, National Institute of Mental Health and Neuro Sciences, Bangalore on 31st October 2015.

The organizing secretaries were Dr. Geetha Desai and Dr. Harish T. with Dr. Prabha Chandra as the chairperson and a vibrant and young, multidisciplinary organizing committee.

Our partners were the International Association for Womens Mental Health, the Marce' International Society and the White Swan Foundation for Mental Health.

The conference was preceded by an Unconference on Perinatal mental health organized by young mental health professionals working in perinatal psychiatry to discuss: 1. How maternal mental health for Common Mental Disorders could be integrated into routine antenatal and postnatal care; 2. Developing low cost, effective and sustainable models including a stepped care approach for delivering mental health care for mothers for severe mental illness.

The conference saw 150 participants from psychiatry, clinical psychology, psychiatric social work, nursing, obstetrics, pediatrics, counselors, volunteers and basic scientists.

There were two plenary sessions:

- 'Improving mental health and resilience in perinatal mental health' by Prof. Helen Herman

- 'What were we thinking? A new psycho-educational program for couples and their first babies to prevent postpartum common mental disorders' by Prof. Jane Fisher

Two parallel symposia covering the following topics

- Psychopharmacology in pregnancy by Dr. Kristina Hofberg
- Understanding biological underpinning of postpartum psychiatric disorders by Dr. Harish T
- Psychological interventions during pregnancy and postpartum by Dr. Veena Satyanarayana
- Impact of prenatal mental health on pregnancy, fetal and infant outcomes by Prof. Prabha S Chandra

Parallel workshops were held on:

- Decision making about psychotropic in pregnancy
- Mother infant bonding- assessment and interventions
- Anxiety disorders in the perinatal period
- Working with fathers
- Infants of mothers with mental health problems
- Mothers with borderline personality disorder

The conference concluded with a Panel session on 'Multidisciplinary approach to perinatal mental health'.

40 posters were presented.

A Perinatal Psychiatry Training video series for mental health professionals aimed at skill building in assessment and interventions was released on the occasion. The training video DVD and the Unconference were funded by the R.N. Moorthy Foundation, NIMHANS. The White Swan Foundation in collaboration with Perinatal Psychiatry Services, NIMHANS also developed and launched a part of their portal dedicated to public education on perinatal mental health. Please see <http://www.whiteswanfoundation.org/motherhood-and-mental-health/>

The conference got tremendous positive feedback and the participants showed great enthusiasm in enhancing perinatal psychiatry services in different settings and parts of India.

Dr. Prabha Chandra
Marce Member

Marce Members In the News

Leah Susser

[Seleni Institute Sponsors Researchers in Perinatal Mental Health](#)

Announcing Maternal Mental Health Day!

Marce, the Maternal Mental Health Alliance, and Postpartum Support International (PSI) are working together to declare the second Wednesday in May each year as International Maternal Mental Health Day. For more information, please contact Marce Board Member [Angela Bowen](#), and stay tuned for more details!

Coming in January....

In advance of the Biennial Conference, Marce will be electing new Officers. Stay tuned for the Call for Nominations early in 2016!

Thank You to our Diamond Members!

Safiyyah Abdul-Rahman
Najlaa Alhaj
Tahany Banoub
Diana Barnes
Roseanne Clark
John Cox
Jane Honikman
Catherine Lager
Aarti Mehta
Samantha Meltzer-Brody
Lucia Porta Cubas
Lucy Puryear
Verinder Sharma
Milica Stefanovic
Sarah Wakefield
Katherine Wisner
Hiroshi Yamashita

Upcoming Conferences

2016 NASPOG Biennial Meeting
April 8-10, 2016
New York Academy of Medicine, New York City, USA

A full and comprehensive program is planned for the [2016 NASPOG Biennial Meeting](#) including the following symposia & lectures:

- Perinatal Psychiatric Disorders: Challenges in Treatment
- Menopause / Woman-to-Woman/An International Perspective
- Psychosocial Aspects of Fertility and Assisted Reproductive Technology:
- Hormones and the Brain
- Psychosocial Aspects of High Risk Pregnancy
- Substance Abuse in Women
- Eating Disorders & Pregnancy

Marce Society

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