



June 2021

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Thanks to our Diamond Members



Exciting updates from our Regional Groups and Special Interest Groups - many ways for our members to get involved and make connections!

President Louise Howard

Regional Group Updates

Australasian Group

The Australasian group have been very busy developing strategic alliances with Australia's largest early parenting support organisation, Tresillian Family Care Centres, as well as with the professional association for Australasian obstetricians, RANZCOG.

With the assistance of a new communications support specialist, the Australasian groups have also been developing both media and social media strategies in order to increase the organization profile.

The strategy has progressed to the first joint conference, [Paradigms in Parenting, Perinatal Mental Health and Wellbeing](#), which will be held in the virtual space on September 9 and 10, 2021.

The conference team have received more



In addition, Australasian President, Deborah Sims, represented the Marcé at the Australasian Women's Health Summit, sponsored by RANZCOG. One hundred experts were hosted at Federal Parliament, on 27th of May, for eight hours of action-focused forums, panels and discussions. Recommendations were developed on:

- Strategies for inclusion, such as use of inclusive language for women who; are diverse in culture and language, have refugee or asylum seeker status, have disabilities or identify as being LGBTI+
- coordinated and integrated care versus isolated services
- service development using design thinking in partnership with consumer representatives
- multidisciplinary and multimodal centers of excellence
- champions for change to develop locally responsive services in regional and remote areas
- and social prescribing of support services

~ Deborah Sims, President, the Australasian Regional Group

Portuguese Regional Group

Publication

2021 Special issue published in the Brazilian Journal of Psychiatry, the official journal of the The Marcé Society Portuguese Speaking Group, under the theme "[Perinatal Mental Health: Research and Intervention](#)"



Intervention

VIDA "[When life does not choose a time to born](#)"

Design and implementation of the intervention program VIDA protocol.

Free on-line intervention, group sessions offered to mothers, fathers and babies.

Training

Bi-monthly sessions are taking place to share good research practices in perinatal mental health with parents, mothers and infants.

- In 2020, five sessions were held with researchers from Brazil and Portugal.
- This year, the first session occurred on the 23th of April, where the Cres (Ser)

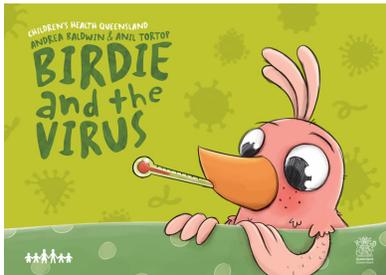
project, related to the promotion of mental health in pregnancy and early childhood, was discussed.

- The second session will take place on the June 25th, where the master's thesis on research project will be discussed.
- Training in the intervention program VIDA "When life does not choose a time to born."

Meeting

- Biennial Conference of the Marcé Society, October of 2020, in Iowa City, United States, the Symposia *Breastfeeding and postpartum depression and Biological and emotional markers of parents-infant relationship*, was presented by the members of the group.
- Third Annual Meeting of The Marcé Society Portuguese Speaking Group took place on the November 3th of 2020, in Brazil.
- Preparation is underway for the 4th Annual Meeting of The Marcé Society Portuguese Speaking Group in Portugal.

Dissemination



Translation of the book [Birdie and the Virus](#), developed by Children's Health Queensland through the Queensland Center for Perinatal and Infant Mental Health, into Portuguese.

- Dissemination of the intervention program VIDA "[When life does not choose a time to born](#)" protocol to professionals and academics.
- Program Vida folders, in partnership with a Brazilian private maternity hospital, were released on 5th May to promote Maternal Mental Health.
- 2021 Maternal Mental Health Awareness Week, videos talking about the importance of prevention, promotion and support for maternal mental health recorded by members were posted on instagram @marce_portugueses_speaking.
- On May 5, Interactional Maternal Mental Health Day, the video was shared of a puerperal woman and the importance of having been cared by specialists during this period.

~ Bárbara Figueiredo, Co-President, Portuguese Speaking Regional Group

Spanish Regional Group



Sociedad
Marcé
Española
(MARES)

This past May we have started with the first edition of the course: "**Advances in Reproductive and Perinatal Mental Health**" organized by MARES together with the University of Zaragoza.

It is held online, and MARES members benefit from free MARES membership for the next year (2022).

In this first edition we have had the pleasure of having many prestigious professionals such as

Prof. Asunción Lara Cantú, who gave the inaugural lecture.

This course is conducted entirely in Spanish and it is aimed at graduates in medicine (family medicine, psychiatry, pediatrics, obstetrics and gynecology), psychology and nursing.

The main objective is to update knowledge in the field of reproductive and perinatal

mental health. Specifically, regarding:

- [1] the bio-psycho-social contextual variables of women from pregnancy planning to postpartum.
- [2] the protective and risk factors (psychopathology) associated with infertility and psychopathology during pregnancy and postpartum.
- [3] the clinical characteristics of the most prevalent mental disorders in women during pregnancy and postpartum.
- [4] the recommendations of the main national and international Clinical Practice Organizations/Guidelines regarding screening, evaluation, prevention and treatment.
- [5] the evidence-based mental health promotion, prevention and psychological and pharmacological treatment programs for the most prevalent prenatal and postnatal mental disorders.
- [6] the transdiagnostic approach in assessment, diagnosis and treatment of perinatal emotional disorders, as well as the use of ICTs for assessment and intervention.

The second edition will be held in September 2021 and we encourage everybody to register and take advantage of this great opportunity for learning in this field.

Any questions or suggestions, please do not hesitate to get in touch with us in this mail: secretaria@sociedadmarce.org

~ Elena Crespo, Representative, Sociedad Marcé Espanola (MARES)



Fathers Special Interest Group

The Fathers SIG advocates for the inclusion of fathers when studying and treating perinatal mental illness.

The Fathers SIG hosted a roundtable at the International Marcé Society Biennial Scientific Meeting 2020 to provide education about research, clinical practice, and policies on fathers during the perinatal period. During the roundtable, we opened membership to all Marcé members who were interested in or currently incorporating fathers into their work. Currently, we have over 50 members worldwide and growing.

We recently submitted a review paper on the importance of fathers during the perinatal period to the *Archives of Women's Mental Health* for the 40th anniversary special issue.

We are currently working on developing a communication plan to be able to distribute

We are encouraging any clinicians or researchers interested in fathers to join our SIG and we are aiming for representation from each Marcé regional

information and create dialogue amongst the SIG to ensure the community stays informed about cutting-edge research and clinical practices.

[group. Please contact the Executive Office to participate.](#)

Finally, we hope to engage more with each Marcé regional group to emphasize the importance of fathers to their general membership.

~ Sheehan Fisher, Chair, Fathers SIG

Reproductive Mental Health Forensics Special Interest Group

The Reproductive Mental Health Forensics Special Interest Group has gotten off to a great start, with international representation, and a preliminary plan to work toward three specific goals:

- Developing a position paper addressing the international diagnostic and legal considerations of postpartum psychosis
- Exploring avenues for creating a screening questionnaire for postpartum psychosis
- Investigating the process of creating a specific category for women's reproductive mental health within the DSM

While these are daunting projects, the increasing focus and changing attitudes and legislation around postpartum psychosis and infanticide have energized our team and informed our efforts.

If you would like to learn more about the Reproductive Mental Health Forensics SIG, please [contact the Executive Office](#).

~ Diana Barnes, Chair, Reproductive Mental Health Forensics SIG

Pregnancy Loss and Newborn Death Special Interest Group

The Pregnancy Loss and Newborn Death Special Interest Group is moving forward!

In an effort to be truly open to international dialogue, there will be a series of meeting this July and August across a variety of time zones. The goal is to establish leadership infrastructure via formation of regional groupings. A summary of topics discussed to date and an outline of the initial committee structure will be shared prior to the meetings.

If you are interested in joining the Pregnancy Loss and Newborn Death SIG distribution list, and/or attending the Regional meetings, please [contact the Executive Office](#).

~ Deb Rich, Chair, Pregnancy Loss and Newborn Death SIG

Highlights from the Listserv

- FETZIMA (levomilnacipran) in pregnancy
- Commentary on perinatal Latinas with anxiety during COVID-19
- On-line Short Course at King's College London: Approaches to Cross-Disciplinary Qualitative Health Research
- Anxiety Screening Recommendation in US
- OCD - Clomipramine suggestion in breastfeeding

Members can access the listserv archives [here](#) (you must log in to view the archives).

Diamond Members

With appreciation for those who have supported International Marcé with Diamond membership:

Fiona Alderdice
John Cox
Berta Ferreira
Florecia Galeano
Masako Nagata
Yumi Nishikii
Alejandra Silva
Karina Toledo
Jaya Prabha Vijayan
Hiroshi Yamashita

Consider becoming a Diamond member for 2021! Contact the [Executive Office](#).

