



The 1st Marcé Africa Maternal Mental Health (M.A.M.A) Virtual Conference

Thursday 16 September 2021
17:00 – 20:00 Central African Time



INVITATION FROM THE CONVENOR

Dear Colleagues

The International Marcé Society for Perinatal Mental Health is an international, interdisciplinary organisation dedicated to supporting research and assistance surrounding prenatal and postpartum mental health for mothers, fathers, and their babies. The overall mission of the International Marcé Society is to sustain an international perinatal mental health community to promote research and high-quality clinical care around the world. The Society aims to promote, facilitate, and communicate about research into all aspects of the mental health of women, men/partners, infants, and their families throughout pregnancy and the first two years after childbirth. This involves a broad range of research activities ranging from basic science through to health services and development of best practice care and prevention. The Society is multidisciplinary and encourages involvement from all disciplines including psychiatrists, psychologists, paediatricians, obstetricians, midwives, nurses, early childhood specialists.

As one of the board members of the executive committee, the current vision is to expand the society and develop a regional group on the African continent. The development of the *Marcé Africa* regional group would be in line with existing regional groups in Europe, North and South America and would be part of the overall mission of establishing international multidisciplinary perinatal mental health care for all.

In line with this mission, and to ensure safety for all during the COVID-19 pandemic, a virtual conference will be held on Thursday 16 September to allow for speakers from various African countries to present aspects of perinatal mental health in Africa and hopefully result in the development of *Marcé Africa* regional group. The conference will be an excellent platform for information exchange and exposure to the latest developments in perinatal mental health from an African perspective.

The virtual conference is free for any health care provider with an interest in Perinatal Mental Health. Please see registration details below and attached scientific programme.

We hope you will join us.

Yours sincerely,

Dr Lavinia Lumu

Board member, Executive committee
The International Marcé Society for Perinatal Mental Health
lavinia.lumu@yahoo.com

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For any further information, please contact the congress secretariat:
Sonja du Plessis on e-mail sonja@londocor.co.za or cell: +27 82 455 7853

You will receive a zoom link and further instructions from the congress secretariat

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INVITED FACULTY

**Keynote speaker: Assistant Professor Saira Kalia, MD
University of Arizona College of Medicine, USA**



Dr. Saira Kalia, is the Adult Psychiatry Outpatient Medical Director at Banner - University Medical Center South. She is also a perinatal psychiatrist, an educator, and serves as the Associate Training Director for the Department of Psychiatry Residency program at the University of Arizona College of Medicine – Tucson. She currently runs the Psychiatry Department's Perinatal Psychiatry Track. Dr. Kalia is well regarded in the Tucson community and has earned numerous accolades for her role as an educator and for her patient-centered care. Most recently, she earned the Arizona Psychiatric Society's Howard E. Wuslin Excellence in Education Award.

Dr Olatunde Olayinka Ayinde (MBBS, MS, FWACP) is a Lecturer and Consultant Psychiatrist at the University of Ibadan and University College Hospital, respectively. He is a recipient of several undergraduate and postgraduate scholarship awards, including the World Bank Scholarship, Heller School Merit Scholarship, Chevron-NNPC scholarship and Federal Government of Nigeria Scholarship. His research interest is in global mental health with particular emphasis on scaling up services for persons with mental disorders in low- and middle-income countries. In the last few years, his research has focused on scaling up services for perinatal depression in Nigeria.



Dr Juliet Nakku (MD) is a Consultant Psychiatrist and Executive Director at Butabika National Referral Teaching hospital and a lecturer in Psychiatry at Makerere University college of health sciences (MUCHS). She holds an MBChB (MUCHS) and Master of Medicine in Psychiatry of Makerere University. She teaches mainly Psychiatry residents in the maternal mental health module and does research in this and other areas of mental health. She was Principal investigator in the recently concluded PRIME study where she led the maternal mental health component in Uganda. In this study she was evaluated the impact of integrating of evidence-based interventions in a primary care in low resource settings. Currently she is a co-investigator in the MDEPTH project which is a trial of Problem-Solving Therapy (PST) for maternal depression in Central Uganda. Dr Nakku has published a number of papers in maternal as well as other areas of mental health particularly in primary care settings. She is also a leader in Psychiatry in the Africa region as World Psychiatric Association (WPA) Zonal Representative and President of the Uganda Psychiatric Association.



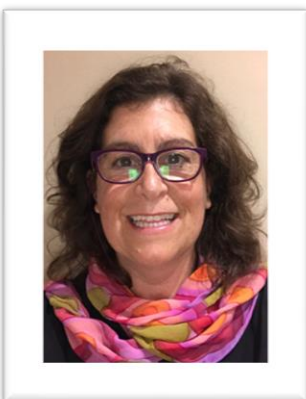
Dr Katie Rose Mahon Sanfilippo is currently a postdoctoral fellow in psychology at Goldsmiths, University of London. She is also an associated lecturer in music at university of Cambridge. Her overall research interests concern the perception, function and application of music. She has undergraduate degrees in psychology and music from Loyola Marymount University, an MSc in Music Mind and Brain and a PhD in psychology from Goldsmiths, University of London. Her PhD, under the supervision for Prof Lauren Stewart and Prof Vivette Glover, investigated the potential of a community-based music intervention to reduce anxiety and depression symptoms in pregnant women from The Gambia, West Africa. Her current research is exploring the application of music-based interventions to support maternal mental health across different cultural contexts in Africa and the UK. She has worked with various policymakers, charities and health organisations to promote maternal mental health in the educational and health policy agendas in The Gambia. She also has experience working in the charity sector in the UK. She has helped to design and conduct evaluations for organizations that use music to aid in the well-being of different marginalized populations.





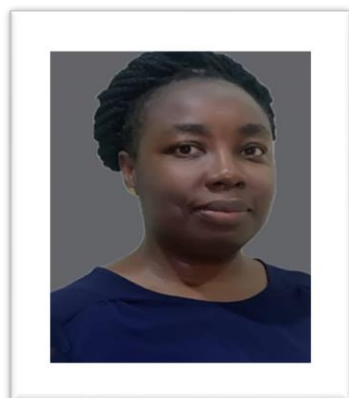
Professor Salome Maswime is an associate professor, Obstetrician and Gynaecologist, and Head of Global Surgery at the University of Cape Town. She is the President of the South African Clinician Scientists Society, vice-president of the Women in Global Health South Africa, trustee of the Board of the Health Systems Trust in South Africa, member of the leadership team of UNITARs Global Surgery Foundation and Associate editor of the South African Journal of Obstetrics and Gynaecology. Salome completed her MBChB at the University of KwaZulu Natal, and qualified as Fellow of the Colleges of Obstetrics and Gynaecology South Africa at the University of the Witwatersrand, and thereafter completed her Masters in Medicine and PhD also at Wits. She was awarded the prestigious Discovery MGH fellowship in 2018 and did postdoctoral research at the Harvard Medical School and Massachusetts General Hospital in the United States. Maswime has worked in various hospitals in South Africa, including Chris Hani Baragwanath Academic Hospital and currently Groote Schuur Hospital. She is currently a Next Einstein fellow and a World Economic Forum Young Scientist. Maswime's research interests are obstetric surgery and placental causes of

stillbirths. She has published her work and presented in numerous conferences internationally. She has served in numerous international committees, boards, and technical working groups. She was recognized as a trailblazer and young achiever by the President of South Africa in 2017, Destiny magazine for Excellence and Tenacity in public service in 2017; and Contribution to maternal health by Africa Forbes, CNBC Africa and Africa Business News in 2018, and received the Research in Health Award in 2020 from the OneAfrica organization



Associate Professor Simone Honikman is the Director, Perinatal Mental Health Project and Associate Professor, University of Cape Town (Ashoka Fellow). Simone has a medical degree and an MPhil in Maternal and Child Health from the University of Cape Town (UCT). She has worked as a medical officer in psychiatry, paediatrics, obstetrics and gynaecology and HIV medicine. In 2002, she founded the Perinatal Mental Health Project, currently located within the Alan J Flisher Centre for Public Mental Health, Department of Psychiatry and Mental Health at UCT. She has collaborated in several global mental health research consortia and has published journal papers and book chapters on maternal mental health. Simone is actively involved in policy writing, advocacy work and multi-media resource development for maternal mental health in low resource settings. She conducts trainings and develops capacity building resources for a wide range of service providers and organisations. She offers executive oversight of an integrated and comprehensive mental health service model that operates at a community-based midwife unit in Cape Town. She is actively involved with the International Marcé Society for Perinatal Mental Health, the Global Alliance for Maternal Mental Health and the African Alliance for Maternal Mental Health and has

contributed to several World Health Organisation initiatives.



Dr Bibilola Oladeji (MBBS, MSc, FWACP) is a Senior Lecturer, College of Medicine, University of Ibadan, and a Consultant Psychiatrist to the University College Hospital, Ibadan and is currently the head of the Department. Her main research interest is in Psychiatric Epidemiology and Implementation Research. She has special interest in Maternal Mental Health and is a member of the Marce Society. She has been involved with trials exploring the integration of mental health care with primary and maternal and child health care using a task sharing approach with funding from the Fogarty International Centre, Grand Challenges Canada and the IDRC. In the context of this work, she has trained hundreds of frontline healthcare providers to identify and provide evidenced based care for common mental disorders. She has several peer reviewed publications in high impact journals.



Dr Linnet Ongeri is a researcher in the field of mental health working at the Centre for Clinical Research in the Kenya Medical Research Institute (KEMRI). She recently completed her postdoctoral fellowship in the Global Initiative for Neuropsychiatric Genetics Education in Research (GINGER) program, hosted jointly by the Harvard T.H. Chan School of Public Health and the Stanley Center for Psychiatric Research. She is currently pursuing her PhD studies examining suicidality in Kenya. Having worked in Kenya for the last 10 years as a medical doctor and later as a psychiatrist, she believes innovative programs that tap into already existing physical and human resources can go a long way to addressing the mental health treatment gap. It is for this same reason that she has been drawn to research approaches that strive to design culturally and regionally appropriate models of integrating mental health care in primary health care. In her prior research work she was the principal investigator of a study on postpartum depression, which sought to establish the magnitude of late pregnancy and postpartum depression among women seeking care at maternal and child health clinics (MCH) in Nairobi and validated a postpartum depression screen in the local language. Most recently, she has served as site-PI for an effectiveness-implementation hybrid type I study of Interpersonal Therapy (IPT) delivered by non-specialists for HIV-positive women facing

gender-based violence. Aside from her research role, Dr. Ongeri is additionally engaged in policy work. She is a member of the presidential mental health national task force as well as various technical working group at the Ministry of Health.



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#TheMAMAconference SCIENTIFIC PROGRAMME

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|---------------|---|
| 17:00 – 17:05 | <i>Introduction and opening</i>
Dr Lavinia Lumu (South Africa) |
| 17:05 – 17:25 | <i>Women's health and Mental health - Providing integrated care</i>
Prof Salome Maswime (South Africa) |
| 17:25 – 17:45 | <i>Screening women for common mental disorders in the perinatal period: Developing a tool for South Africa and practical considerations</i>
Prof Simone Honikman (South Africa) |
| 17:45 – 18:05 | <i>Edinburgh Postnatal Depression Scale (EPDS) screening in Kiswahili: Overcoming the language and cultural barrier</i>
Dr Linnet Ongeru (Kenya) |
| 18:05 – 18:25 | <i>Common perinatal mental disorders -The depressed mother</i>
Dr Bibilola Oladeji (Nigeria) |
| 18:25 – 18:35 | <i>Understanding Music's Role in Maternal Mental Health in The Gambia</i>
Dr Katie Rose Sanfilippo |
| 18:35 – 18:55 | <i>Outcomes of group problem solving therapy on maternal depression in primary health care settings in rural Uganda: An interventional cohort study</i>
Dr Juliet Nakku (Uganda) |
| 18:55 – 19:15 | <i>What about the fathers? - Paternal perinatal mental health</i>
Dr Olatunde Ayinde (Nigeria) |
| 19:15 – 19:45 | <i>Psychopharmacology in pregnancy: Keynote speaker from The International Maré Society</i>
Assistant Professor Saira Kalia (University of Arizona College of Medicine) (Arizona, USA) |
| 19:45 – 20:00 | <i>Discussion & Close</i> |

How to register:

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