



World
Maternal
Mental
Health
Day

Maternal Mental Health Matters 2019
Begin Before Birth Canada
Progress in Intervention & Prevention
May 1, 2019 from 9:00-18:30

Maternal Mental Health Matters 2019, Begin Before Birth Symposium, @ McGill, May 1, 2019.

World Maternal Mental Health Day 2019 reminds us that maternal mental health has lasting consequences for Mom and also for her child's development. One in five women experiences significant perinatal mental health problems but we know that interventions can work.

Progress in Prevention and Intervention

This year's focus is **Progress in Intervention & Prevention**. Talks encompass high- and low-resource settings in Canada, USA, Australia, Vietnam and Nepal, including indigenous, immigrant and migrant communities, as well as unique post-disaster implications for expectant mothers.

Location: Robert Palmer Howard Amphitheatre, McGill University, McIntyre Bldg, 3655 Promenade Sir-William-Osler, Mtl, QC H3G 0B1

9:00		Registration - Tea/Coffee
9:30		Opening remarks Shari Baum, PhD Vice Dean, Life Sciences School of Communication Sciences and Disorders McGill University
9:45		Kieran O'Donnell, PhD Assistant Professor, Department of Psychiatry, McGill University; Researcher, Ludmer Centre and Douglas Hospital Research Centre; Azrieli Global Scholar in Child & Brain Development. Welcome to Begin Before Birth Canada 2019 An expert in perinatal influences on early-childhood development, and the biological embedding of early adversity, Dr O'Donnell will provide a summary of the MMHM 2019 symposium and state of the science on the impact of maternal perinatal mental health on mothers and their child's cognitive development.
10:00		Liisa Galea, PhD Professor, Scientific Advisor WHRI, Editor in Chief FIN; Director, Graduate Program in Neuroscience; Distinguished University Scholar, Dept Psychology; Djavad Mowafaghian Centre for Brain Health at University of British Columbia Neurobiology of Pregnancy and Motherhood: Implications for maternal mental health Dr Galea's laboratory is interested in how hormones affect brain and behavior, in particular, the effects of pregnancy and mothering on brain function and morphology. She will discuss biological factors during perinatal period that affect susceptibility and treatment.
10:35		Elizabeth A. O'Connor, PhD Associate Director, Kaiser Permanente Research Affiliates Evidence-Based Practice Center, Portland, Oregon Interventions to prevent maternal perinatal depression Elizabeth O'Connor, PhD, is a behavioral health psychologist whose research centers on systematic evidence reviews and review methodology, with a focus on behavioral health topics such as depression, suicide, obesity, and health lifestyle counseling.
11:30		Tea/Coffee Break



**Begin Before Birth Canada
Progress in Intervention & Prevention**

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11:45



Cindy-Lee Dennis, PhD, FCAHS

Professor in Nursing and Medicine, Dept. of Psychiatry; Women's Health Research Chair, Li Ka Shing Knowledge Institute, St. Michael's Hospital; Fellow, Canadian Academy of Health Sciences, University of Toronto

Preconception Care: Preventive Opportunities and New International Initiative

Dr Dennis is the principal investigator of six large, multi-site studies related to breastfeeding exclusivity and perinatal depression. She is also examining the relationship between maternal and paternal postpartum depression and early child development and analyzing why immigrant women are at higher risk to develop postpartum depression.

12:20



Suzanne King, PhD

Full Professor, Depart. Psychiatry / Associate member, Dept. Psychology & Human Development, Faculty of Edu., McGill University; Associate member, Dept. Psychology, Université de Montréal; Principle Investigator, Psychosocial Research Division, Douglas Hospital Research Centre

Prenatal & Postnatal Efforts to Prevent the Effects of Prenatal Maternal Stress on the Unborn Child: Natural Disasters as Natural Experiments

Dr. King has studied the effects of prenatal maternal stress from natural disasters (ice storm, wild fire and floods) for 20+ years. Her studies test the ability of quality prenatal care, an expressive writing intervention, social support from the partner, and parenting skills in buffering the unborn child from maladaptive fetal programming.

12:45

Lunch (provided) and poster session, lobby

2:00

MC: Welcome back, notes about the afternoon

2:10



Towards a 'Mom-Centered' Model of Care

Shannon Hennig, MA Director of Communication & Program Development, [Family First Maternal Wellness Centre](#), Saskatchewan; Program Director, Maternal Mental Health Research Collaboration ([MM:RC](#)), Univ. of Massachusetts Medical School

A patient researcher and healthcare professional with a passion for maternal mental health. Her research focused on the relationship between women and their healthcare providers during the perinatal period and how these impact mental health care. She will discuss the vital importance of 'mom-centered' care that enables women to make informed health decisions during the perinatal period.



Sara Beckel,

President, Liliun Health, Saskatchewan, Canada; Doula Canada trained labour and postpartum Doula

A certified labour and postpartum Doula with over eight years experience working with perinatal women. She is a maternal mental health advocate and works to normalize conversations about perinatal mood and anxiety disorders with her clients and families. She will speak about her collaborative work to develop a streamlined maternal mental health program that supports women at all stages of the perinatal period.

2:35



Jane Fisher, PhD

Finkel Professor, Global Health, Monash University; Director, Global and Women's Health; Head, Division of Social Sciences in Public Health and Preventive Medicine, Monash University, Australia; Immediate Past President International Marcé Society for Perinatal Mental Health

Family First offers individual guidance and online support from doulas and other experts throughout the first year after childbirth.

Maternal mental health and interventions for early childhood health and development in resource-constrained settings

Dr Fisher is a Clinical and Health Psychologist and expert technical advisor (WHO, UNICEF, UNFP). Her research focuses on gender-based risks to



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mental health and psychological functioning from adolescence to mid-life, and on parenting capabilities and early childhood development in low- and high-income settings: Australia, Vietnam and Nepal.

3:30

Tea/Coffee Break

3:45



Perinatal depression in Inuit communities

Zoua M. Vang, PhD

Associate Professor, Depart.Sociology; Associate Member, Department of Obstetrics and Gynecology, McGill University. Founding Director, Indigenous Maternal-Infant Health & Well-being (IMIHW) lab at McGill.

Her research focuses on social determinants of maternal-infant health for immigrants, racial/ethnic minorities, and Indigenous peoples. She leads a longitudinal study on the impacts of childbirth evacuation on perinatal depression and infant growth/development among Inuit mothers and infants from Nunavik.



Martha Greig, Traditional Midwife

Former President (2006-2008) & Vice President (1992-1994), Pauktuutit. Former Health Coordinator, Inuit Tapirisat of Canada (1984-1988) & Pauktuutit (1988-1992).

During her time at Pauktuutit, the national representative organization of Inuit women in Canada, Ms. Greig carried out a seminal study on traditional Inuit birthing practices that drew on interviews with elders across Inuit Nunangat. Throughout her long career as a traditional midwife, Ms. Greig caught 323 babies. She is now retired.

4:15



Kieran O'Donnell, PhD

Precision Perinatal Mental Health: Challenges and Opportunities

Refer to bio above.

4:30

Moderators: [Dr Kieran O'Donnell](#) and [Lynne McVey](#)

Panel: Service delivery, experiences and challenges

Panelists: Each of the symposium lecturers will say a few words about service delivery experiences and challenges within the context of their expertise and research.

Q&A: Brainstorm and discussion.

Goal: to develop recommendations to guide health policy development.

5:50



Lynne McVey, MSc Nursing

President and CEO, Academic Mission, Montreal West Island Integrated University Health and Social Service Centre

Closing remarks

6:00

Reception

Program: <http://ludmercentre.ca/events/mmhm2019>

For more information: <http://bbb.ludmercentre.ca>

Resources and tips: <http://bbb.ludmercentre.ca/pregnancy-what-can-help>

Montreal Map of Perinatal Services: <http://bbb.ludmercentre.ca/map>

Contact: info@LudmerCentre.ca