



University of California  
San Francisco

# 2nd Annual Bay Area Maternal Mental Health Conference

## *Our Sponsors:*

**Northern California Psychiatric Society  
UCSF Preterm Birth Initiative  
University of San Francisco  
Sigma Theta Tau – Beta Gamma Chapter  
Postpartum Support International**



**Friday, September 15, 2017  
8:00am – 5:00pm**

**UCSF Benioff Children's Hospital  
Robertson Auditorium  
1675 Owens Street  
San Francisco, CA 94158**

## **Purpose**

This is the second annual conference here in the Bay Area that will focus on maternal mental health and well-being, with speakers from throughout the area covering important topics that will improve the care our patients are receiving. We welcome all clinicians who work with women - whether through obstetrics and midwifery, in psychotherapy, providing fertility treatment, psychopharmacologists, pediatricians and family medicine clinicians, and others.

**Course Number: MMC18011**  
**Goals and Objectives**

The goal for this conference is to increase knowledge and competence in the treatment of mothers during pregnancy and postpartum, make clinicians more comfortable working with this population, and improve the treatment these women receive so that it reaches current standards of care.

The more specific objectives for the topics include:

- Incorporate new evidence based psychopharmacology treatments into the management of patients
- Consider the impact of sleep in the diagnosis and treatment of pregnant and postpartum women
- Utilize learned information about trauma to understand mental health postpartum
- Become familiar with the current health policies in the area of mental health in order to work towards improvement in this field as a community
- Appropriately manage special populations, including LGBTQ, underserved minorities, parents of NICU infants, and women with eating disorders.
- Incorporate information from leading treatment programs around the state of California into current practices.



**Program Fees and Registration**

**Early Bird: Before 8/31/17**

Physicians \$200  
Allied Health Professionals \$200  
Residents/Fellows/Students \$100

**Regular Fee: After 9/1/17**

Physicians \$225  
Allied Health Professionals \$255  
Residents/Fellows/Students \$125

**CREDIT:**

UCSF designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Participants should claim only the credit commensurate with the extent of their participation in the activity.

**Space is limited! Register today:**

<http://www.ucsfme.com/2018/MMC18011/info.html>

# Course Outline

**8:00am – 8.30am**

Breakfast, Welcome and Introductions *Anna Glezer, MD*

**8:30am - 9:30am**

Psychopharmacology Update: Management of Bipolar Illness in Pregnancy and Postpartum – *Thalia Robakis, MD*

**9:30am - 10:15am**

Sleep in Pregnancy and Postpartum: Implications for Mood *Jennifer Felder, PhD*

***BREAK at 10:15***

**10:30am – 11:15 am**

Health Policy Update *Nancy Selix, CNM*

**11:15am -12:15pm**

A trauma informed understanding of postpartum psychosis in forensic settings *Diana Barnes, PsyD*

***LUNCH until 1PM***

## **Afternoon Program on Special Populations**

Eating disorders 1-1:30 *Linda Shanti, PsyD*

LGBT 1:30-2 *Patty Robertson, MD, and Vanessa Tilp, CNM*

Maternal mental health in community based settings 2-2:45 *Melissa Nau, MD, Melanie Thomas, MD*

NICU parents 2:45-3:30 *Erin Berkenkotter, PhD and Kelly Ransom, PhD*

***BREAK at 3:30pm***

**3:45-4:30pm**

LA Program – Maternal Mental Health NOW *Gabrielle Kaufmann*

**4:30pm – 5:00pm**

Yoga, Mindfulness, Meditation *Melissa Whippo, LCSW*

**Program Director:**

*Anna Glezer, MD*

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