

Conference on Maternal and Infant Mental Health: Fostering Resilience and Early Interventions



Bureau for Behavioral
Health and Health
Facilities

William R. Sharpe, Jr. Hospital
Weston, West Virginia
July 15, 2010

CONFERENCE ON MATERNAL AND INFANT MENTAL HEALTH

Fostering Resilience and Early Interventions

Location: William R. Sharpe, Jr. Hospital, Weston, WV

Date: July 15, 2010

Program Description:

Psychiatric disorders affecting women during pregnancy and in the early years after childbirth are complicated and have a long-lasting impact, not only on the women's lives but also on their children's. Mood and anxiety disorders, schizophrenia and personality disorders as well as alcohol/substance abuse are only a few examples of such conditions.

Children born to mothers with mental illness are at increased risk for an array of mental health challenges ranging from temperamental difficulties to severe psychiatric disorders. Fetal alcohol syndrome and reactive attachment disorder are two of the most severe examples of these disorders. Issues related to lack of maternal prenatal care, prematurity, and poverty as well as difficulties accessing care further complicate the picture for children and their mothers.

This conference focuses on describing the clinical characteristics of different psychiatric conditions known to occur during pregnancy and the early years after childbirth. Additionally, this conference addresses the impact of such problems on the overall development and mental health of their children. Specifically, this conference addresses the unique concerns of mothers with alcohol and other substance abuse problems, as well as the impact of domestic violence, neglect, and childhood abuse on the entire family.

Emphasis is placed on how to foster the resilience of mothers and young children living under adverse life circumstances. Speakers discuss providing comprehensive community mental health services ranging from assisting day care teachers, to working together with pediatricians. The activities of Brain under Construction, the Perinatal Partnership and the West Virginia Healthy Start/Helping Appalachian Parents and infants (HAPI) Project are discussed in detail, as well as initiatives in the state of Pennsylvania for the early identification of signs of developmental delays.

Specific Objectives:

- 1- Learn about different psychiatric disorders affecting women during pregnancy and the early years after child birth.
- 2- Describe the impact of maternal mental illness on children's development and mental health.
- 3- Discuss the different psychiatric and mental health services available for women with young children, as well as for their children.

Sponsors:

This one day conference is sponsored by the West Virginia Council of the American Academy of Child and Adolescent Psychiatry, the Monongalia County Early Head Start, the Family Resource Network, William R. Sharpe, Jr. Hospital and the Department of Behavioral Medicine and Psychiatry at West Virginia University.

Venue: William R. Sharpe, Jr. Hospital, Weston, WV

Date and Time: July 15th, 2010 from 9:00 am to 4:00 pm.

Registration Fee: The conference is free. Registration is required. You may register by contacting Siham Muntasser (email: smuntasser@hsc.wvu.edu; phone 304 269-1210 ext 235) or Elizabeth Young (Elizabeth.M.Young@wv.gov)

Educational Credits: This program is pending approval for 7.0 continuing education hours for nurses, physicians and social workers; 6.0 hours of continuing education for psychologists.

Organizing Committee: Siham Muntasser, Suzanne Smart, Elizabeth Young.

Lunch: Lunch and beverages will be provided by the Friends Auxiliary. Lunch boxes can be purchased for \$5.00. Tea, coffee and cold beverages for the coffee breaks are complimentary. For lunch you may choose *Ham Salad* or *Chicken Salad*. Please let us know your choice when you register.

ACKNOWLEDGMENT

This conference was made possible through a grant from the American Academy of Child and Adolescent Psychiatry (AACAP).

PROGRAM

- 8:45 - 9:00 *Registration*
- 9:00 - 9:10 Welcoming Remarks and Introduction
Siham Muntasser, M.D.
- 9:10 - 10:00 Psychiatric Disorders Affecting Women during Pregnancy and in the
Early Years after Childbirth
Christi Cooper-Lehki, D.O.
- 10:00 - 10:50 Impact of Parental Psychopathology on Children's Development and
Mental Health
Lauren Swager, M.D.
- 10:50 - 11:00 *Break*
- 11:00 - 11:50 Developing Comprehensive Community-Based Mental Health
Services for Young Children
John McGonigle, Ph.D.
- 12:00 - 13:00 *Lunch with Speaker*
The Activities of West Virginia Perinatal Partnership at the Service of
New Mothers and their Babies
Stefan Maxwell, M.D., M.F.M.
- 13:00 - 13:50 How Can We Foster Infants' Resilience in Our Communities?
*Panel Discussion: Bridgette Balasko, M.D, Lisa Maxey, Suzanne
Smart, Penny Womeldorff, M.A., L.S.W.*
- 13:50 - 14:00 *Break*
- 14:00 - 14:50 A Trauma-Informed Approach to Supporting Child Abuse Victims
and their Caregivers
Laura Capage, Ph.D.
- 14:50 - 15:40 Women's Specialized Substance Abuse Treatment Programs
in West Virginia
Kelly D. Cielensky, M.B.A.
- 15:40 - 16:00 Conclusive Remarks
Robert Keefover, M.D.
- 16:00 *Adjourn*

Faculty:

Bridgette Balasko, M.D.	Resident, Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV
Laura Capage, Ph.D	Director, Monongalia County Child Advocacy Center, Morgantown, WV
Kelly D. Cielensky, M.B.A.	Program Coordinator, Bureau for Behavioral Health Services; Division on Alcoholism and Drug Use, West Virginia Department of Health and Human Resources, Charleston, WV
Christi Cooper-Lehki, D.O.	Assistant Professor of Psychiatry, Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV
Robert Keefover, M.D.	Professor Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV Medical Director, William R. Sharpe, Jr. Hospital, Weston, WV
Lisa Maxey	Coordinator, United Way Family Resource Network, Morgantown, WV
Stefan Maxwell, M.D.	Chief of Pediatrics and Director of Neonatal Intensive Care Services, CAMC Women and Children's Hospital. Chair, Committee on Drug Use During Pregnancy of the WV Perinatal Partnership, Charleston, WV
Jon McGonigle, Ph.D.	Professor of Psychology, Department of Psychiatry, Western Psychiatric Institute, University of Pittsburgh, Pittsburgh, PA
Siham Muntasser, M.D.	Assistant Professor of Psychiatry, Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV
Suzanne Smart	Community Liaison for Monongalia County Early Head Start, Morgantown, WV
Lauren Swager, M.D.	Assistant Professor of Psychiatry, Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV
Penny Womeldorff, M.A, L.S.W.	Director, WV Healthy Start/HAPI Project (Helping Appalachian Parents and Infants), Department of Obstetrics and Gynecology, West Virginia University School of Medicine, Morgantown, WV
Elizabeth Young, L.C.S.W.	Assistant Professor, Department of Behavioral Medicine and Psychiatry, West Virginia University School of Medicine, Morgantown, WV