



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
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

UCSF Department of Ob/Gyn & Reproductive Sciences
1825 4th Street, 3rd Floor | San Francisco, CA 94158