



THE ELLEN STORY
COMMISSION ON

POSTPARTUM DEPRESSION

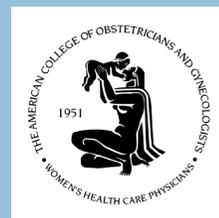
THE ELLEN STORY COMMISSION ON POSTPARTUM
DEPRESSION, IN PARTNERSHIP WITH MA-ACOG
AND MCPAP FOR MOMS, WELCOMES YOU TO

The 4th Annual

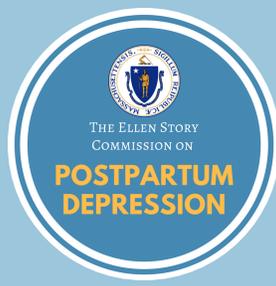
PERINATAL MENTAL HEALTH AWARENESS DAY 2018:

**promoting recovery from substance
use disorder for mothers and families**

WEDNESDAY, MAY 9, 12-3PM
GREAT HALL,
MASSACHUSETTS STATE HOUSE



Massachusetts Child Psychiatry Access Project
MCPAP
For Moms



Senator Joan Lovely & Representative James O'Day
Co-Chairs, The Ellen Story Commission on Postpartum Depression

OPENING REMARKS:

Lieutenant Governor Karyn Polito

The Commonwealth of Massachusetts

Karyn Polito is the 72nd Lieutenant Governor of Massachusetts. She began her public service in local government, serving as a member of the Shrewsbury Board of Selectmen and then as a state representative for five terms. Preventing sexual assault and domestic violence have been priorities for Lt. Governor Polito, and she now serves as chair of the Governor's Council to address these important issues. Lt. Governor Polito is a lifelong resident of Shrewsbury where she lives with her husband and two children.

Commissioner Monica Bharel

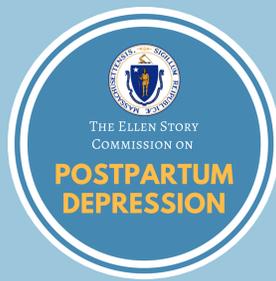
Massachusetts Department of Public Health

Monica Bharel, MD, MPH, became Commissioner of the Massachusetts Department of Public Health in February of 2015. As Commissioner, she is responsible for implementing the state's response to the opioid crisis, as well as leading the Department's efforts in reducing health disparities, finding public health solutions for health care reform, developing innovative solutions using data and evidence-based practices, and other health care quality improvement initiatives.

Nancy Byatt

Massachusetts Child Psychiatry Access Project (MCPAP) for Moms, Co-sponsor

Nancy Byatt, DO, MS, MBA, is the Director of the Division of Women's Mental Health with the Department of Psychiatry at the University of Massachusetts Medical School. As a psychiatrist, physician-scientist, and perinatal mental health expert, Dr. Byatt has focused her career on improving health care systems to promote maternal mental health. She is an Associate Professor of Psychiatry, Ob/Gyn, and Quantitative Health Sciences. She is the Founding Medical Director of MCPAP for Moms, a statewide program that has impacted state and national policies and funding regarding perinatal mental health and increased access to perinatal mental health care for thousands of women. She frequently serves on national advisory boards and expert work groups focused on improving perinatal mental health. Her academic achievements have led to over 100 peer-reviewed publications, book chapters and national presentations and numerous national awards. In her role, Dr. Byatt oversees the clinical, educational, research and educational initiatives related to Women's Mental Health.



SPEAKING PROGRAM:

The Lullaby Project

The Lullaby Project, initiated by Carnegie Hall, brings pregnant women and new mothers together with professional musicians to write original lullabies for their babies. The project is completed in three sessions: reflection and brainstorming, songwriting, and recording. The project provides innovative prenatal support to families in difficult circumstances, supporting maternal health and child development and strengthening the bond between parent and child. Palaver has completed two Lullaby Projects in a partnership with Boston Medical Center. In June 2017, project participant Caitlin Gillespie performed her lullaby, “Harper Rose,” at Carnegie Hall, alongside two members of Palaver.

In December 2017, we worked with several mothers who were invited to perform their lullabies alongside Palaver Strings at the Huntington Ave Theater. The concert program, *a dormir a sonar*, will explore the dynamic of unconditional love between parent and featured a special collaboration with pianist Moisés Fernández Via.

Roseanna Means, MD

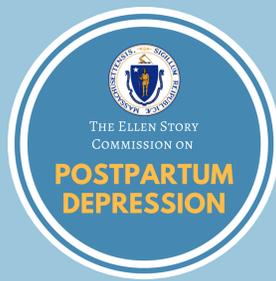
Founder, Health Care Without Walls

Roseanna H. Means is the Founder and President of Health Care Without Walls (formerly: Women of Means), a non-profit organization of volunteer physicians and staff nurses who have provided free medical care and care coordination for homeless and battered women and families in Boston since 1999.

She has been recognized for distinguished community service by Massachusetts Medical Society, Health Care for All, MIT Alumni Association, Tufts University Alumni Association, and Harvard Medical School. In 2008, Dr. Means was awarded an honorary Doctor of Humane Letters by Babson College. In 2010, she was recognized as a Community Health Leader by the Robert Wood Johnson Foundation and in 2011, she was named a CNN Hero. In 2012, she was recognized as a Woman of Courage and Conviction by the Boston Chapter of the National Council of Negro Women and in 2017, was named one of Boston’s Top Doctors by Boston Magazine.

In addition to her role as President of Health Care Without Walls, Dr. Means has been a primary care physician on the staff of Brigham & Women’s Hospital since 1984 and serves as an Associate Professor of Medicine at Harvard Medical School. Prior to launching HCWW, Dr. Means was the Program Medical Director of the Boston Health Care for the Homeless Program, where she was also the Medical Director of the Barbara McInnis House, a 75-bed residential recuperative facility for homeless persons.

A graduate of MIT (BS and MSc) and Tufts University School of Medicine (MD), she completed her residency in Internal Medicine at the Brigham and Women’s Hospital.



Ilse Rosario & Junior Rosario

A family in recovery

Ilse and Junior Rosario are a couple who have battled long term addiction together and after much suffering have been set free by the saving grace of Jesus Christ. They now have 4 years clean and sober. They have 2 lovely daughters and eagerly await the birth of their third.

Kristen Piskator, Peer Mom

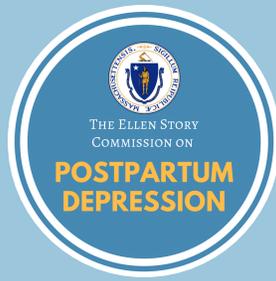
Moms Do Care

Kristen is a mother of 4 who has been in recovery for 6 years. She used medication assisted treatment in the form of methadone to gain both recovery and positive thinking. Her youngest daughter was born on methadone and because of that experience she decided to work with pregnant and post-partum mothers. She has been working with these women for about 2 years now and she loves what she does. Her main goal is to give these women hope and make it possible for them to parent their children.

Katherine Callaghan, MD

University of Massachusetts Medical School Green Clinic

Katherine M Callaghan is a graduate of UMassMedical School as well as a residency in Obstetrics and Gynecology from UMassMemorial in Worcester Mass. Upon joining the faculty of the University of Massachusetts Medical School in 2014, she set out to specifically to improve the medical management of pregnant patients dependent on opioids. She led a committee of nurses, pharmacists, addiction specialists and administrators in drafting, finalizing and implementing in-patient protocols for initiating Medication Assisted Treatment (MAT) in the pregnant patient, including both a methadone protocol and a buprenorphine protocol. As part of the Massachusetts Perinatal Quality Collaborative, she helped create a toolkit for providers working with pregnant women with Opioid Use Disorder. In 2015, she founded the Karen W Green Clinic for Pregnancy and Recovery, a multidisciplinary clinic providing comprehensive prenatal care and addiction treatment to women with a variety of substance use disorders. "The Green Clinic" now provides obstetrical care, Medication Assisted Treatment, psychiatric care, social work support and other services to women seeking recovery or actively using substances. As an Ob/Gyn, buprenorphine provider, and community leader in the care of women with opioid use disorder, she continues to fight to improve care and services for this underserved and unique population.



PARTICIPATING ORGANIZATIONS:

Beverly Hospital

Boston North Post Partum Health Coalition

Brazelton Touchpoints Center and the Brazelton Institute

Brigham and Women's Mental Health

Child & Family Services

DPH

Family Connections

Greater Lynn PPD/Lynn Comm. Health Center

Group Peer Support

LC Home Visits

Leggett Group

Mass Lactation Consultant Assoc.

MCPAP for Moms

MGH Center for Women's Mental Health

Moms Do Care

North Shore Postpartum Help

Pentucket Perinatal Mental Health Coalition/Anna Jacques Hospital

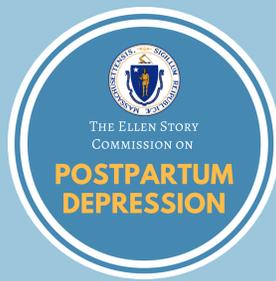
Postpartum Support International

Sage Therapeutics

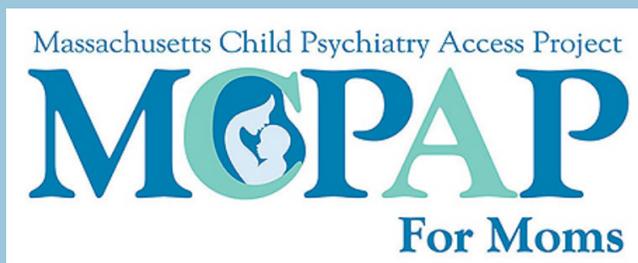
The Children's Trust

UMASS Departments of Ob/Gyn

William James College- CFD



THANK YOU TO OUR SPONSORS:



A three-part approach for addressing high rates of untreated mental and substance use disorders has dramatically expanded the clinical workforce available to detect, assess, and treat mental and substance use disorders among pregnant and postpartum women. Targeted to obstetricians and other frontline providers, the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms helps providers identify, assess, and treat mental and substance use disorders by providing (1) in-person training, educational resources and tool-kits, (2) immediate access to telephone consultation, and rapid access to in-person consultation when indicated, and (3) referrals to help women access community resources. MCPAP for Moms provides access to referral to mental health resources and immediate psychiatric telephone consultation with perinatal psychiatrists for obstetric, pediatric, adult psychiatric, adult primary care providers, or any other provider serving pregnant or postpartum women. Practices throughout Massachusetts have access to MCPAP for Moms Provider Toolkit (available at www.mcpapformoms.org) and real time telephonic consultation. Consultations address and provide support on many topics including diagnoses, treatment planning, advice on psychotherapy and community supports, strategies for medication treatment (when indicated) and adjustments, and review of the evidence regarding medication treatment during preconception, pregnancy, and lactation. MCPAP for Moms perinatal psychiatrists are also available to see patients for one-time face-to-face consultations, after which they send a detailed written assessment that includes treatment recommendations to the referring provider. All MCPAP for Moms services are payor-blind and available to all patients regardless of insurance status. MCPAP for Moms Resource and Referral Specialists work with health care providers and patients and provide information about, and referrals to, individual and group psychotherapy, psychopharmacologic providers, and family based treatments such as support groups that are geographically convenient for the patient and compatible with her insurance.

To date, the program has trained 70% of the state's obstetric practices, which covers >80% of the 72,000 annual deliveries in Massachusetts. The program allows every pregnant woman in the state of Massachusetts to have access to mental health care because all providers in the state, caring for pregnancy and postpartum women, can call for consultation and access resources.