

Infancy
Onward



Supporting First Relationships

Annual Conference on Infant Mental Health



Perinatal Mental Health | August 18, 2017 | Indianapolis, IN

Agenda

- 7:30 Registration Open
- 8:30 Welcome
- 8:45 Opioid Use Disorder in Pregnancy
Tara Benjamin, M.D., M.S., FACOG
- 9:45 Break
- 10:00 Perinatal Mood and Anxiety Disorders – An Overview
Sara Pollard MSN, RN
- 11:45 Lunch
- 12:30 Keynote Presentation:
Indiana's Opioid Epidemic: What is the State of the State in
2017 and How is it Impacting Indiana's Infants & Children?
Leslie Hulvershorn, M.D., M.Sc.
- 2:00 Break
- 2:15 The Neurobiology of Attachment
Joanna Chambers, M.D.
- 3:15 Break
- 3:30 The Challenge of Infant Mortality and Morbidity in Indiana
Maureen Greer
- 4:30 Close; Certificates

Opioid Use Disorder in Pregnancy

-Tara Benjamin, M.D., M.S., FACOG

Director, Maternal Recovery Program, Riley Maternity and Newborn Health

Assistant Clinical Professor, Dept. of Obstetrics & Gynecology

Division of Maternal-Fetal Medicine

Indiana University School of Medicine

Pregnant women with Opioid Use Disorder are the most motivated for recovery as compared to other populations. Prioritizing their care has the potential for a substantial impact on generational addiction and the opioid epidemic in Indiana. In this session, an experienced high risk pregnancy provider of medication assisted treatment will describe management and the barriers incurred in management of the least, lost, and last of the opioid epidemic.

Tara Benjamin, MD, MS is a native of New Iberia, Louisiana. She is board certified in Obstetrics & Gynecology and Maternal-Fetal Medicine. Her Bachelor of Science was obtained from Xavier University of Louisiana and her Medical Doctorate from Harvard Medical School. Her residency was completed at Tulane University and her fellowship at Indiana University School of Medicine where she also received a Master's of Science in Clinical Research. She is the Director of the Maternal Recovery Program for Riley Maternity and Newborn Health and an Assistant Professor in the Department of Obstetrics & Gynecology at Indiana University School of Medicine. Dr. Benjamin has a special interest in Opioid Use Disorder in pregnancy and has a DEA waiver to prescribe buprenorphine for up to 100 patients. Since becoming faculty at IUSM in August 2015, she and her team have managed almost 300 pregnant women with Opioid Use Disorder.



Perinatal Mood & Anxiety Disorders: An Overview

-Sara Pollard MSN, RN, PMHNP-BC, CCFP

Mental Health Consultant

Nurse-Family Partnership, Goodwill Industries of Central & Southern Indiana

I will provide a brief overview of the various perinatal mood and anxiety disorders including depression, GAD, panic disorder, OCD, PTSD, bipolar disorder, and psychosis. Incidence, signs/symptoms, and risk factors will be discussed.

In her formative years, Sara learned firsthand how untreated mental health conditions impact individuals, families, and society. After the birth of her second child, Sara developed symptoms of postpartum depression and anxiety. This experience gave rise to a new-found passion in perinatal mental health. Sara has a desire to help mothers mother and to help those living with a mental health condition not only survive but thrive. Sara received a Bachelor of Science in Nursing from Purdue University and a Master of Science in Nursing from the University of Missouri at Columbia. She is a board-certified psychiatric mental health nurse practitioner with experience in women's mental health. She is a certified compassion fatigue professional and has extensive training and experience in perinatal mood and anxiety disorders, perinatal bereavement, and infant and toddler mental health. Sara enjoys speaking about a variety of topics including perinatal mood and anxiety disorders, adverse childhood experiences, and professional quality of life. She brings a sense of humor, practicality, and compassion to each speaking engagement. Sara is a national trainer for PSI's 2-day Perinatal Mood and Anxiety Disorders, Components of Care. Sara is a member of Infancy Onward, the International Association of Trauma Professionals, and Postpartum Support International. She currently works as the Mental Health Consultant with the Nurse-Family Partnership, an evidence-based nurse home visitation program serving first-time, low-income mothers.



Indiana's Opioid Epidemic: What is the State of the State in 2017 and How is it Impacting Indiana's Infants and Children?

-Leslie Hulvershorn, M.D., M.Sc.

Medical Director, Indiana Division of Mental Health and Addiction
Chief, Adolescent Dual Diagnosis Clinic, Riley Hospital for Children
IU School of Medicine

Dr. Hulvershorn will provide an overview of the opioid crisis in Indiana, the influence of this crisis on the state's children and best practice strategies to assist parents and children.

Dr. Leslie Hulvershorn is a child and adolescent and addiction psychiatrist. She currently serves as the Medical Director for Indiana's Division of Mental Health and Addiction, as well as the director for the Indiana Department of Child Services Psychotropic Medication Consultation Service. She is a clinical researcher funded by the National Institutes of Drug Abuse to study brain development in youth at high risk for the development of substance use disorders. She is also a practicing clinician, treating adolescents with co-occurring psychiatric and substance use disorders at the Riley Hospital for Children outpatient clinic.



The Neurobiology of Attachment

-Joanna Chambers, M.D.

Associate Professor of Clinical Psychiatry
Indiana University School of Medicine

This presentation will cover the history of Attachment Theory. Descriptions of Secure and Insecure attachments in children will be covered as defined by the Strange Situation. The neurobiology of attachment in infants and parents will be described as well as the medical and psychiatric sequelae that can result from insecure attachment. Finally, treatment options to improve attachment outcomes in infants will be discussed.

Dr. Chambers is an Associate Professor of Clinical Psychiatry at the Indiana University School of Medicine. She completed medical school at the Medical College of Georgia and a residency in Psychiatry in the Neurobiology Research Track at Yale University School of Medicine. She has an interest in understanding the psychology and neurobiology of the mother – infant attachment.



Currently, she is the Director of the Integrated Perinatal Psychiatric Clinic at the West 38th Street Clinic in the Eskenazi Health System, where she works together with OB and Pediatrics, focusing on Attachment Theory to improve maternal-fetal bonding and well-being of the mother and infant. In addition to her clinical work, she is participating in research with the Clinical Translational Science Institute on mother-infant attachment in an effort to reduce infant mortality and poor outcomes in infants born with neonatal abstinence syndrome.

The Challenge of Infant Mortality and Morbidity in Indiana

-Maureen Greer, Indiana Perinatal Quality Improvement Collaborative

Infant mortality remains a significant challenge for Indiana. In 2015 Indiana's infant mortality rate was 7.3 per 1,000 live births which was significantly higher than the national rate of 5.9 per 1,000 live births. Black infants are 2.1 times more likely to die than white infants. This session will explore the data related to infant mortality and morbidity and will address efforts being implemented to address this issue.

Maureen Greer is the owner and principal of Emerald Consulting, founded in 2001, specializing in perinatal and early childhood finance, policy, and integrated systems. Since 2012, Maureen and her staff have facilitated the Indiana Perinatal Quality Improvement Collaborative (IPQIC). Over 200 volunteers have committed their expertise and time to address the issues of infant mortality and morbidity which remain the top priority of the Indiana State Department of Health. Prior to establishing Emerald Consulting, Maureen spent 8 years as the Part C Coordinator in Indiana. In that position, she was responsible for a major redesign of the early intervention system including the establishment of central financing, development of a universal application process and the establishment of independent service coordination. Prior to this position, Maureen spent five years at Indiana University directing the training and technical assistance project for early intervention serving families, providers and the health care/medical community. Maureen currently serves as the Executive Director of the IDEA Infant and Toddler Coordinators Association (ITCA). Maureen has served on numerous national Boards and Task Forces. She has served as the President of the National Perinatal Association, the National Part C Coordinators Association, the Indiana Perinatal Network and Parent Care. Maureen has received numerous awards and commendations for her contributions and accomplishments at the state and national level to improve the lives of families and their very young children.



IMH Endorsement® Competencies Met:

Theoretical Foundations:

- Pregnancy and Early Parenthood
- Infant/Very Young Child Development and Behavior
- Attachment, Separation, Trauma, Grief, and Loss
- Mental and Behavioral Disorders in Adults

Direct Service Skills:

- Life Skills
- Safety

Infant Mental Health Endorsement (IMH-E)® is a credential that can be earned by anyone working with or on behalf of very young children and their families, with a focus on strengthening & supporting early relationships that are so crucial to a child's social and emotional development. Endorsement® by Infancy Onward will verify that an applicant has acquired knowledge to promote the delivery of high quality, culturally sensitive, relationship-focused services to infants, toddlers, parents, other caregivers and families.

For more information, please email inquiries to beckygee@mhai.net

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SAVE THE DATE!

Kardatzke Lecture Series on Infant Mental Health
&
Reflective Supervision Training

Featuring Guest Speaker: Kate Rosenblum

October 11, 2017

Ruth Lilly Auditorium
Riley Hospital for Children Outpatient Center
705 Riley Hospital Drive
Indianapolis, IN 46202

Visit www.infancyonward.org to join our email list
and stay informed of future trainings and events!

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