

OPTIMIZING OUTCOMES



MATERNAL MENTAL HEALTH AND SUBSTANCE USE DISORDERS SUMMIT

Friday, August 16, 2024

**DoubleTree by Hilton
Asheville-Biltmore
115 Hendersonville Road
ASHEVILLE, NC**

**Check-In 7:00 am
Program 8:00 am – 3:30 pm**

The United States faces a maternal health crisis as mortality rates continue to accelerate at an alarming pace. Many elements impact the increased risk of pregnancy complications that lead to maternal death, yet more than 80 percent of these deaths are considered preventable. Notably, racial and ethnic disparities exist as Black, Indigenous, and People of Color (BIPOC) communities are at least two to four times more likely to die from pregnancy-related causes than White women. It is critical to acknowledge that mental and substance use disorders are common conditions that complicate the perinatal period and are currently the leading cause of maternal mortality. North Carolina is particularly affected, having reported disproportionate rates of pregnancy-related deaths from mental health conditions and injuries that are largely attributed to overdose. Moreover, discrimination is recorded as the most prevalent contributory factor.

Through the efforts of NC MATTERS and the Optimizing Outcomes: MMHSUD Summit, healthcare and public health professionals will be uniquely positioned to support a maternal health call to action. The purpose of this event is to provide relevant updates in maternal health screening and treatment options and elevate destigmatizing approaches to integrated care. Participants will have the opportunity to address real world scenarios by engaging in peer-to-peer sharing across varying perinatal care regions and utilizing group breakouts to develop practical work plans that will aid in practice change.

Target Audience

Physicians (OB/GYN, family medicine, primary care, psychiatry, specialists), advanced care practitioners, behavioral health and substance use professionals (psychologists, therapists, social workers, counselors), nurses, doulas and support teams, as well as others interested from across North Carolina



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health



NC MATTERS

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RECRUIT
TRAIN
RETAIN

Learning Objectives

At the conclusion of this competency-based activity, the participant should be able to:

- Review landscape of perinatal mental health and overall impact on maternal mortality in NC.
- Discuss at least two methods to improve the centering of mental health within medical education and practice.
- Identify evidence-based strategies for training healthcare providers in recognizing and reducing barriers to equitable perinatal mental health care.
- Describe innovative ways to overcome barriers to care and improve access to perinatal substance use disorder treatment in rural and historically underserved populations.
- Identify best practices and interventions to address substance use disorders and co-occurring diagnoses among women who are incarcerated.
- Describe how community collaboratives of maternity care stakeholders impact linkages between pregnant Medicaid beneficiaries and substance use/mental health services.
- Describe the impact of alcohol use on pregnancy and associated effects to a baby's development.
- Highlight screening protocols and strategies that healthcare professionals can utilize to respond to or reduce intimate partner violence.
- Summarize Perinatal Psychiatry Access Programs' innovation and strategies for promoting equitable outcomes using a perinatal integrated care model.
- Describe how the healthcare system supported or failed those seeking mental health and/or substance use disorders care.
- Discuss perinatal health themes in a group-based setting to enhance collaborative learning and foster connection.

Faculty

CABARRUS HEALTH ALLIANCE

Sonja Bohannon-Thacker, MSW, LCSW, PMH-C

Director of Behavioral Health Division

CROSSROADS: SEXUAL ASSAULT RESPONSE & RESOURCE CENTER

Devyn Hopkins Waldron, MSW, LCSW-A

Therapist

DUKE UNIVERSITY

Damon Tweedy, MD

Professor of Psychiatry and Behavioral Sciences
Durham VA Staff Psychiatrist

EAST CAROLINA UNIVERSITY

Karlene Cunningham, PhD, HSP, PMH-C

Vice-Chair of Diversity and Inclusion
Interim Co-Director of Behavioral Medicine Division

FLORIDA STATE UNIVERSITY

Megan Deichen Hansen, PhD, MSW

Assistant Professor of Behavioral Science and Social Medicine

HORIZONS

Essence Hairston, LCSW, LCAS, CCS

Horizons-Wake Director of Community Engagement/Integrated Treatment Services
Project Director of Perinatal and Maternal Outpatient SUD Services

MARY BENSON HOUSE

Vanessa Bravo, NCCPSS
Graduate

NC DHHS DIVISION OF PUBLIC HEALTH

Courtney Masters, MSPH, CD-L
NC MATTERS Program Director

Tara Owens Shuler, MEd, LCCE, CD(DONA)

Maternal Health Branch Head

Belinda Pettiford, MPH

Section Chief of Women, Infant, and Community Wellness Section

PRIVATE PRACTICE

Andrea Winkler, LCSW, LCAS

Counselor
CE Trainer and Consultant

PROJECT CARA

Amy Marietta, MD, MPH, FAAFP, FASAM

Medical Director

TIDES, INC.

William (Skip) Johnstone, Jr., MD, JD, MBA, FACOG, FACS

Founder and Medical Director
First Health Physicians Group
Staff Physician

UNC HEALTH CHATHAM HOSPITAL

Kelly Pieh Holder, DO, FACOG, FASAM, MA, IBCLC

Medical Director of Maternity Care Center
Campbell University Chair of Obstetrics and Gynecology

VAYA HEALTH

Jessica Russo, RN

RN Care Manager



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Agenda

- 7:00 am **Registration, Breakfast, Exhibitors, and Networking**
- 7:55 **Welcome and Announcements**
Belinda Pettiford, MPH
- 8:00 **Addressing Preventable Maternal Mortality and Morbidity: A Call to Action**
Tara Owens Shuler, MEd, LCCE, CD(DONA)
- 8:30 **KEYNOTE Facing the Unseen: Centering Mental Health in Medicine**
Damon Tweedy, MD
- 9:30 **Embracing Justice, Birthing Joy: Equitable Paths to Perinatal Mental Health**
Karlene Cunningham, PhD, HSP, PMH-C
- 10:15 **Integrated Care for Pregnancy and Substance Use Disorders: Learning from Teams Across NC**
Sonja Bohannon-Thacker, MSW, LCSW, PMH-C
Essence Hairston, LCSW, LCAS, CCS
William (Skip) Johnstone, Jr., MD, JD, MBA, FACOG, FACS
Amy Marietta, MD, MPH, FAAFP, FASAM
- 11:00 **Break**
- 11:15 **BREAKOUTS**
- Improving Outcomes for Mothers Living with a Co-Occurring Disorder While Incarcerated**
Essence Hairston, LCSW, LCAS, CCS
- Navigating Maternity Services in Medicaid Tailored Plans**
Jessica Russo, RN
- 11:45 **Break**
- 11:50 **BREAKOUTS**
- Fetal Alcohol Spectrum Disorders: The Impact of Alcohol-Exposed Pregnancies**
Kelly Pieh Holder, DO, FACOG, FASAM, MA, IBCLC
- Responding to and Reducing Intimate Partner Violence in the Perinatal Period**
Devyn Hopkins Waldron, MSW, LCSW-A
- 12:20 pm **Lunch, Fellows' Recognition, and Exhibitors**
- 1:15 **KEYNOTE Perinatal Psychiatry Access Programs as a National Approach to Centering Perinatal Health Equity**
Megan Deichen Hansen, PhD, MSW
- 2:15 **Elevating Patients' Voices**
Moderator: Andrea Winkler, LCSW, LCAS
Vanessa Bravo, NCCPSS
- 2:45 **Perinatal Health Roundtable Discussions**
- 3:25 **Closing Remarks**
Courtney Masters, MSPH, CD-L
- 3:30 pm **Adjourn**



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Credit

CME Credit: The Wake Area Health Education Center (Wake AHEC) designates this live activity for a maximum of **6.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



The North Carolina Medical Society is a member of the Southern States CME Collaborative (SSCC). Wake Area Health Education Center is accredited by the SSCC to provide continuing medical education for physicians.

American College of Obstetricians and Gynecology: 6.25 ACOG cognate hours are pending.

Contact Hours: Wake AHEC will provide up to 6.25 Contact Hours to participants.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Registration Fee

- **Fee:** \$25
- Vouchers will be accepted.
- Registration will include online handouts and online certificate of completion.
- Call 919-350-8547 for our Inclement Weather Updates.
- **Please note:** Friday, August 16, 2024 is open to ALL interested professionals. Thursday, August 15, 2024 is a CLOSED program by invitation only for the NC MATTERS Maternal Mental Health Fellowship Program fellows.

Cancellations and Refunds No refunds or credits will be given for cancellations received after August 1, 2024. Substitutions are encouraged.

ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

Conference Site and Hotel Reservations

DoubleTree by Hilton - Asheville - Biltmore

115 Hendersonville Road, Asheville, NC 28803

Tel: **828-274-1800**

- Group name: NC DHHS Meeting
- Group rate: \$99/night - valid until July 26, 2024 or until capacity is reached
- **Click to make reservation**

Please use the link above to book your trip. If you'd like to extend your stay, the group rate can be used two days pre- and/or post-event, but you must call the hotel at 828-274-1800 to secure additional nights. When calling, do not select the "Reservations" option - simply wait for a representative to make your reservation.



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Planning Committee

NC DHHS DIVISION OF PUBLIC HEALTH

**Judith Johnson-Hostler, MA,
LCAS, NCC, LCMHC-A, CSI**
Perinatal Substance Use Project
Coordinator
Alcohol Drug Council of NC
FASD Trainer

**Tara Owens Shuler, MEd, LCCE,
CD(DONA)**
Maternal Health Branch Head

Deborah Smith, MSW, LCSW
Regional SW Consultant

Rachel Urrutia, MD, MSCR
Women's Health Medical
Consultant
UNC-CH Associate Professor
of General Obstetrics,
Gynecology, and Midwifery

NC MATTERS

NC DHHS DIVISION OF PUBLIC HEALTH

Courtney Masters, MSPH, CD-L
NC MATTERS Program Director

UNC CHAPEL HILL

Karen Burns, MSW, LCSW-A
NC MATTERS and NC PAL
Program Director
Research Instructor

Carine Kelleher, MPH
NC MATTERS and NC PAL
Program Manager
Research Specialist

Mary Kimmel, MD
Medical Director (until 7/1/24)

Margo Nathan, MD
Medical Director (after 7/1/24)

Anne Ruminjo, MD, MPH
Conference Course Director
Clinical Education Director

NC STATE UNIVERSITY

Sara Thomson, MSW, LCSW
Assistant Director of
Risk Assessment
VPTM Case Manager

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Melissa Godwin, LCSW
Clinical Associate Professor of
Social Work

WAKE AHEC

Erica Futrell, MSL
Associate Director,
CME & Pharmacy

Sandie Manning, MAEd
Associate Director,
CME & Pharmacy

Lue McKnight, MBA
Project Coordinator,
CME & Pharmacy

Questions? Contact Lue McKnight at 919-350-0469 or lmcknight@wakeahec.org.

NC Maternal Mental Health MATTERS (Making Access to Treatment, Evaluation, Resources, and Screening Better) is North Carolina's Perinatal Psychiatry Access Program. Our vision is for all perinatal patients in North Carolina to have access to timely and high-quality mental health care and substance use treatment services. By offering real-time psychiatric consultation, resource and referral services, and training opportunities to health care professionals across the state, NC MATTERS works to reduce health disparities and increase healthy birth outcomes. NC MATTERS was established with funding from the Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB) with the goal of enhancing systems for screening, assessment, and treatment of depression, substance use, and other behavioral health disorders in pregnant and postpartum patients.

This conference is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$750,000 with an additional 10 percent financed by NC governmental sources for an overall total of \$825,000. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).



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