



## **Perinatal Mental Health Symposium Program May 10 & 11, 2018**



**Location:** Evergreen Community Spaces - 1709 8th Avenue NE

Special thanks to Early Childhood Coalitions Alberta for supporting Dr. Rosen's travel.



**This symposium is designed to better inform and equip professionals serving pregnant women and new parents struggling with depression and anxiety.**

**Join us to learn about:**

- Breaking through the barriers of stigma and fear to address mental health needs during pregnancy and postpartum
- Bridging community supports for families through a greater awareness of resources
- Supporting the father in the postpartum depression experience as caregiver or client
- Keeping baby safe during vulnerable parent mental health situations
- Using body awareness and breathing strategies to support staff and client wellness and alleviate the physical responses to stress and anxiety
- And much more...

## **Special Guest Presenters**

**Dr. Benjamin Rosen - Keynote Speaker - May 10<sup>th</sup>**  
***“An Emerging Understanding about Fathers and Perinatal Mental Health”***

Benjamin Rosen is a psychiatrist and assistant professor in the department of psychiatry at the University of Toronto. He specializes in Fathers and Men's Mental Health at Mount Sinai Hospital in Toronto. Benjamin received his MD at McMaster University, his MSc in Health Policy at the London School of Economics and he completed residency training in psychiatry at the University of Toronto. Benjamin is collaborating with another psychiatrist, Dr. Andrew Howlett to build Canada's first academic men's mental health program. Benjamin's research interests relate to Fathers' Mental Health and increasing access to psychological services for men. Benjamin is a co-founder of the Fathers' Mental Health Network: a network of clinicians, researchers, educators and fathers that aims to generate knowledge, research and solutions that support men in their role as fathers.



**Dr. Jody Carrington- Keynote Speaker - May 11<sup>th</sup>**  
***“The Importance of Relationship in Supporting Families with PPD”***

Dr. Jody Carrington is a Clinical Psychologist who has spent most of her career working with children and families who have experienced trauma. For 10 years, she worked on the Mental Health Inpatient Unit of the Alberta Children's Hospital, where she became a believer in the power of relationship in assisting children and their families who are struggling with emotional dysregulation. Dr. Carrington will be presenting on the critical importance of relationship and building connections in supporting families experiencing perinatal mental health issues.



## **Dr. Dawn Kingston – Keynote Speaker – May 11<sup>th</sup>** **“A Calgary Plan for Perinatal Mental Health Support”**

Dr. Dawn Kingston is an Associate Professor in the Faculty of Nursing at the U of Calgary. She and her team are passionate about helping women and their families have the best start to life by improving maternal mental health, especially during pregnancy. She holds the Lois Hole Hospital Cross-Provincial Chair in Perinatal Mental Health, as well as a national New Investigator Award from Canadian Institutes of Health Research. Her research focuses on improving perinatal mental healthcare by developing and evaluating approaches for screening and treating women who struggle with depression and anxiety during pregnancy. Interim findings of trials using prenatal e-screening, e-referral, and e-therapy show dramatic decreases in prenatal anxiety and depression and prevention of postpartum depression. Over the next 3 years, Dawn and her team will be collaborating with Alberta Health Services to conduct an extensive scale-up evaluation of an App that will offer e-screening, e-referral, and e-therapy to pregnant women as part of routine prenatal care in select Alberta communities.



## **Sharon Storton - The Mental Health Impact of Traumatic Birth Experiences**

Sharon is a Registered Psychologist with over two decades of experience in the healing arts. Sharon earned her Master of Arts degree in Counselling Psychology, with a Health Psychology emphasis, and subsequently earned a Master of Science degree in Interdisciplinary Studies (Applied Psychology, Social Work, and Women's Studies) with an emphasis on Women's Mental Health. Sharon has developed a dual specialty: perinatal mental health (pre-conception, pregnancy, birth, and postnatal), and supporting individuals and their families healing from traumatic stress (which can include extremely challenging events, as well as grief). The overlaps in these two fields are surprisingly significant.



## **Katherine Bright – Assessing Perinatal Mental Health Concerns**

Katherine Bright is a Doctoral Candidate in the Faculty of Nursing. She is a trainee with the Alberta Children's Hospital Research Institute. She has her BSc in Kinesiology, Nursing Diploma, her BN with a focus in adult mental health, and her MN from U of C exploring the transition into motherhood for women who gave birth to very low weight babies. She has advanced training in Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Mindfulness based stress reduction interventions, and Interpersonal Psychotherapy. Her primary focus in her clinical work, is on improving women's mental health through early screening, accurate identification, treatment, and referrals during the perinatal period. Katherine's doctoral research will build off of her work on the psychologic impact of parenthood and explore the effectiveness and feasibility of psychological therapy delivered online for women and men seeking fertility treatment. This research is aimed at optimizing individual, couple, pregnancy, infant, and child outcomes for individuals who require fertility treatment. This research has the potential to guide policy and procedure development that promotes healthy parents and healthy children.



## **Catherine Nelson Reid - Anxiety and Breathwork**

My teaching comes totally from the heart – which I believe is our highest teacher. I consistently strive to teach from a place of total compassion and my belief that we all have everything we need inside, and everything we have we need. As we draw inwards we begin to hear and we begin to feel. We come to our center, our core, our authentic essence. Each time we come back to our mat, to our breath, to our center - the opportunity is there to come home, to dig a little deeper inward and remember our beauty within. Each day we come to the mat we come to be with ourselves. It is the bravest of work. We stop, we find our breath and we just are, wherever that is, in that moment.



## Chantal Chagnon – Opening and Closing Ceremony

Chantal is a Cree Ojibwe Metis singer, drummer, artist, storyteller, actor, educator, facilitator, social justice advocator and activist with roots in Muskeg Lake Cree Nation, Saskatchewan. Chantal is passionate about building awareness and sharing understanding of aboriginal culture, spirituality, social justice, and political issues.



## Dr. Lianne Tomfohr-Madsen & Emily Cameron - Transitions into Parenthood: Making a Difference through Early Intervention

Dr. Tomfohr is an Assistant Professor of Psychology at the University of Calgary and holds a Clinical Psychology Professorship in Child Health at the Alberta Children's Hospital. Emily Cameron is currently in her first year of a doctoral degree in Clinical Psychology at the University of Calgary. Dr. Lianne Tomfohr-Madsen & Emily Cameron will explore insomnia in mothers and fathers over the transition into parenthood, and infant sleep problems in early postpartum. They will discuss emerging research and current knowledge about how early intervention can help mitigate the impact and trajectory of sleep difficulties using a family-based approach.



## Honey Watts – PPD Peer Support: Mothers Helping Mothers

Honey Watts has thirty-five years of experience working in the area of Postpartum Depression. She has a Master's Degree of Counselling and a Master's Degree in Adult Learning. Over the years Honey has been a leader in the sector, and has both designed and facilitated PPD groups, peer volunteer programs and training/education sessions. Currently Honey serves as the President of the Board with Calgary Learns.



## Families Matter Presenters

**Jory McMillan (MSW)** - is a Registered Clinical Social Worker who has been practicing for 19 years, the last 13 of which have largely been focused on children and youth. Jory and wife, Amanda McMillan, designed the curriculum and co-facilitate the PPD Information and Education group for Dads based on research and their own family experience of PPD. Jory also facilitates the Be A Great Dad © program for Families Matter.

**Amanda McMillan (BA)** - is an Individualized Support Worker on the PPD team at Families Matter since 2013, working with both moms and dads, as well as facilitating a Postpartum Support Group. She co-leads the PPD Information and Education Group for Dads with her husband Jory. Amanda's Psychology degree focused on the perinatal period.

**Devon Bonville-Wills** - is a story-teller with toys, a wanna-be Lego architect, and an aspiring crayon artist. He bring 20 years of experience in working with children and families as an Early Childhood Educator and Youth Counsellor. With a Therapeutic Play Intervention specialty, he has found that the best way to support family attachment and relationships is through fun and engaging activities that build connection, resiliency, empathy, and acceptance.

**Lindsay Burness** - is the Coordinator of the Individualized Support program at Families Matter. She has been with the agency since 2015. Lindsay and her team work with a variety of families in a one-on-one capacity at our Family Centres and in their homes, to build parental resiliency, provide support and connect them to resources. Lindsay also facilitates educational offerings for families through programs such as Date Night and Circle of Security.

**Cheryl Childs** - is the Coordinator of the Postpartum Support Program at Families Matter. Cheryl started working with mothers and their families in 1993 as a PPD Peer Support Volunteer. Over the past two decades, Cheryl has facilitated Postpartum Support Groups, provided one-on-one support to families in-home, and offered professionals postpartum education and training to service providers in the community. Cheryl is leading the Postpartum Peer Support program and introduced a Prenatal Support group in 2018.

## Perinatal Mental Health Symposium Schedule

### DAY ONE – MAY 10th

7:30 – 8:30	Registration Sign-in			
	Continental Breakfast in Grand Oak Room			
8:30 – 8:45	Opening Ceremony: Chantal Chagnon - Grand Oak Room			
8:45 – 10:15	Keynote Speaker: Dr. Benjamin Rosen – <i>“An Emerging Understanding about Fathers and Perinatal Mental Health”</i> - Grand Oak Room			
10:15 – 10:30	Health Break – Refreshments in Grand Oak Room			
10:30 – 12:00	Workshop A1 Grand Oak Room	Workshop A2 Maple Studio	Workshop A3 Pine Studio	Workshop A4 Spruce Studio
	Transitions into Parenthood: Making a Difference through Early Intervention	Perinatal Mental Health 101: Essential knowledge for service providers	Parent-Child Attachment and Postpartum Depression	Secrets Mothers Keep... Let's Talk about Postpartum Scary Thoughts
12:00 – 1:00	Lunch in Grand Oak Room			
1:00 – 2:30	Workshop B1 Grand Oak Room	Workshop B2 Maple Studio	Workshop B3 Pine Studio	Workshop B4 Spruce Studio
	Dr. Benjamin Rosen: Fathers and Perinatal Mental Health	Perinatal Mental Health 201: Strategies for one- on-one work with families	Group Support for Parents with PPD: What works	Anxiety & Breathwork Workshop
2:30 – 2:45	Health Break – Refreshments in Grand Oak Room			
2:45 – 4:15	Workshop C1 Grand Oak Room	Workshop C2 Maple Studio	Workshop C3 Pine Studio	Workshop C4 Spruce Studio
	Secrets Mothers Keep... Let's Talk about Postpartum Scary Thoughts	PPD Peer Support – Mothers Helping Mothers	Parent-Child Attachment and Postpartum Depression	Anxiety & Breathwork Workshop
4:15 – 4:30	Closing – Day One – Door Prize Draw			

### DAY TWO – MAY 11th

8:00 – 9:00	Continental breakfast in Grand Oak Room			
9:00– 9:15	Opening Ceremony: Chantal Chagnon – Grand Oak Room			
9:15 – 10:45	Keynote Speaker: Dr. Dawn Kingston – <i>“A Calgary Plan for Perinatal Mental Health Support”</i> Grand Oak Room			
10:45 – 11:00	Health Break – Refreshments in Grand Oak Room			
11:00 – 12:30	Workshop D1 Grand Oak Room	Workshop D2 Maple Studio	Workshop D3 Pine Studio	Workshop D4 Spruce Studio
	Sharon Storton: The Mental Health Impact of Traumatic Birth Experiences	Engaging and Supporting Fathers in the PPD Journey	Katherine Bright: Assessing Perinatal Mental Health Concerns	Anxiety & Breathwork Workshop
12:30 – 1:30	Lunch in Grand Oak Room			
1:30 – 2:00	The Voice of Parents: <i>“It's Not Forever, It's Just For Now”</i> - a short film about the experience of Postpartum Depression - Grand Oak Room			
2:00 – 3:30	Keynote Speaker: Dr. Jody Carrington: <i>“The Importance of Relationship in Supporting Families Experiencing PPD”</i> - Grand Oak Room			
3:30 – 4:00	Closing ceremony: Chantal Chagnon - Grand Oak Room Door Prize Draw			

## Workshop Descriptions

### Workshops A – Thursday, 10:30 a.m. – 12:00 p.m.

#### **Transitions into Parenthood: Making a Difference through Early Intervention**

##### *Workshop A1*

##### **Presenters: Dr. Lianne Tomfohr-Madsen & Emily Cameron**

Dr. Lianne Tomfohr-Madsen & Emily Cameron will explore insomnia in mothers and fathers over the transition into parenthood, and infant sleep problems in early postpartum. They will discuss emerging research and current knowledge about how early intervention can help mitigate the impact and trajectory of sleep difficulties using a family-based approach.

#### **Perinatal Mental Health 101: Essential knowledge for service providers**

##### *Workshop A2*

##### **Presenter: Cheryl Childs**

This workshop is designed for service providers who are looking for an introduction to postpartum depression and other mental health issues that may emerge or be exacerbated during pregnancy or after the birth of a child. The session will cover the fundamentals about perinatal mood disorders, including current research and emerging new issues, to help provide a good foundation of understanding for service providers.

#### **Parent-Child Attachment and Postpartum Depression**

##### *Workshop A3*

##### **Presenter: Devon Bonville-Wills**

Parents who are struggling with postpartum depression and anxiety may find it very difficult to be responsive towards and emotionally available for their child. This can have a significant impact on their baby's social-emotional development if left unaddressed. Devon will discuss the importance of helping families to nurture healthy attachment and will share strategies that service providers can use to support parents in connecting with their babies as they work through their depression and anxiety.

#### **Secrets Mothers Keep... Let's Talk about Postpartum Scary Thoughts**

##### *Workshops A4, C1*

##### **Presenter: Amanda McMillan**

Participants will gain a deeper understanding as to what postpartum scary thoughts are, and what they are not. Learn what to look for and develop skills in engaging authentically in speaking about scary thoughts. The information shared will help service providers feel more confident in assessing risk, and better equipped to offer understanding and provide support.

### Workshops B – Thursday, 1:00 p.m. – 2:30 p.m.

#### **Fathers and Perinatal Mental Health**

##### *Workshop B1*

##### **Presenter: Dr. Benjamin Rosen**

Building on his keynote presentation, Dr. Rosen's workshop will share information about his research related to fathers' mental health and solutions that support men in their role as fathers. He will discuss what is currently known about the need to improve access to psychological services for fathers in the perinatal period, and what the emerging issues for men are in this area.

#### **Perinatal Mental Health 201: Strategies for one-on-one work with families**

##### *Workshop B2*

##### **Presenter: Lindsay Burness**

This workshop will explore how a service provider who does not have expertise in the area of perinatal mood disorders can make use of information and resources to determine what they can help a family with and when they need to assist parents in accessing other services. Lindsay will share information about community services and resources that are available and discuss how to incorporate them into your one-on-one work with families.

## **Group Support for Parents with PPD: What works**

*Workshop B3*

**Presenters: Cheryl Childs**

The Postpartum Team at Families Matter has been providing a support group for parents for over fifteen years. At this session, PPD Team members will share what they have learned over time about offering an effective support group for parents with postpartum depression – what works well in terms of impactful curriculum content and activities, meeting structure and frequency, how to effectively support both parents, and helpful resources.

## **Anxiety & Breathwork Workshop**

*Workshop B4, C4, D4*

**Presenter: Catherine Nelson-Reid**

Join Catherine Nelson-Reid in an interactive session to learn more about how breathing exercises can soothe the nervous system and help calm anxiety by slowing both breath and heart rate. Breathing exercises also function like meditation, drawing the focus to the breath and clearing our minds of racing thoughts. Catherine will guide you through a typical Anxiety and Breathwork session - you will leave feeling refreshed, with a practical understanding of using breathwork to calm yourself and a valuable tool to guide yourself and others into a more relaxed and focused state. Gentle body movement with emphasis on breathwork. Please dress comfortably. Mats, chairs and bolsters provided.

### **Workshops C – Thursday, 2:45 p.m. – 4:15 p.m.**

## **Secrets Mothers Keep... Let's Talk about Postpartum Scary Thoughts**

*Workshops A4, C1*

**Presenter: Amanda McMillan**

Participants will gain a deeper understanding as to what postpartum scary thoughts are, and what they are not. Learn what to look for and develop skills in engaging authentically in speaking about scary thoughts. The information shared will help service providers feel more confident in assessing risk, and better equipped to offer understanding and provide support.

## **PPD Peer Support – Mothers Helping Mothers**

*Workshop C2*

**Presenter: Honey Watts**

Honey Watts has decades of experience as a service provider working in the area of PPD. She will present on a peer support program she developed to recruit volunteer peer supporters from among mothers who have experienced PPD. Families Matter has been offering this peer support program over the last two years. Come learn about the important ways in which mothers who have been through the struggle and emerged from it are helping mothers who are still working through their experience of PPD, and hear from some of the mothers who are involved in providing peer support.

## **Parent-Child Attachment and Postpartum Depression**

*Workshop C3*

**Presenter: Devon Bonville-Wills**

Parents who are struggling with postpartum depression and anxiety may find it very difficult to be responsive towards and emotionally available for their child. This can have a significant impact on their baby's social-emotional development if left unaddressed. Devon will discuss the importance of helping families to nurture healthy attachment and will share strategies that service providers can use to support parents in connecting with their babies as they work through their depression and anxiety.

## **Anxiety & Breathwork Workshop**

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## Workshops D – Friday, 11:00 a.m. – 12:30 p.m.

### **The Mental Health Impact of Traumatic Birth Experiences**

#### *Workshop D1*

#### **Presenter: Sharon Storton**

Sharon will be sharing on her dual specialty: perinatal mental health (pre-conception, pregnancy, birth, and postnatal), and supporting individuals and their families healing from traumatic stress (which can include extremely challenging events, as well as grief). The overlaps in these two fields are surprisingly significant.

### **Engaging and Supporting Fathers in the PPD Journey**

#### *Workshop D2*

#### **Presenters: Amanda and Jory McMillan**

This session is presented by Amanda and Jory, a married couple who are both service providers and who have experienced PPD firsthand. Together they offer sessions to fathers whose partners are struggling with PPD. The health of the father is fundamentally connected to the healing of the mother experiencing PPD. Often overlooked is the father's own experience in families struggling with PPD. Amanda and Jory will discuss assessing stress and the mental health impact on fathers, signs to watch for, what the latest research tells us, and relevant resources available for fathers.

### **Assessing Perinatal Mental Health Concerns**

#### *Workshop D3*

#### **Presenter: Katherine Bright**

Katherine will share her research and learnings regarding the assessment of perinatal mental health and will discuss the use of the Edinburgh Postpartum Depression Scale, including the potential of using this scale to assess fathers' postpartum mental health.

### **Anxiety & Breathwork Workshop**

#### *Workshop B4, C4, D4*

#### **Presenter: Catherine Nelson-Reid**

Join Catherine Nelson-Reid in an interactive session to learn more about how breathing exercises can soothe the nervous system and help calm anxiety by slowing both breath and heart rate. Breathing exercises also function like meditation, drawing the focus to the breath and clearing our minds of racing thoughts. Catherine will guide you through a typical Anxiety and Breathwork session - you will leave feeling refreshed, with a practical understanding of using breathwork to calm yourself and a valuable tool to guide yourself and others into a more relaxed and focused state. Gentle body movement with emphasis on breathwork. Please dress comfortably. Mats, chairs and bolsters provided.

