

Presenters

Cheryl Tatano Beck, DNSc, CNM, FAAN

Dr. Cheryl Beck is a professor at the University of Connecticut, School of Nursing. Her Doctor of Nursing Science degree is from Boston University. Cheryl is a fellow in the American Academy of Nursing & she has received numerous awards such as the Eastern Nursing Research Society's Distinguished Researcher Award. Over the past 20 years Cheryl has focused her research efforts on developing a research program on postpartum mood and anxiety disorders. She has extensively researched these devastating disorders that plague new mothers using both qualitative and quantitative research methods. Based on the findings from her series of qualitative studies, Cheryl has developed the Postpartum Depression Screening Scale (PDSS). She is a prolific writer who has published over 100 journal articles on such topics as postpartum depression, postpartum onset of panic disorder, birth trauma & PTSD due to childbirth. Currently Cheryl's research efforts are focused on (1) birth trauma and PTSD after childbirth, (2) the effect of DHA on postpartum depression, and (3) assessing the psychometrics of the Postpartum Depression Screening Scale-telephone administration.

Jovita Maureen Crasta, M.D.

Dr. Jovita Crasta serves as the Vice Chairperson for the Department of Psychiatry at South Nassau Communities Hospital. She is also the Medical Director and Chief of Community Psychiatry for the hospital's Mental Health Counseling Center. She received her medical degree in 1980 from St. John's Medical College in Bangalore, India and has also trained at Nassau County Medical Center and at Capital Hill Hospital in Washington D.C. Dr. Crasta is currently a member of the American Medical Women's Association, the American Psychiatric Association and the Women and Depression Neuroscience Advisory Board. She is also a gifted national and local medical speaker on depression and psychiatric illness, presenting on topics such as current treatment for depression, women and mood disorders, anxiety disorders and pregnancy & lactation antidepressant treatment.

Sandra R. Wolkoff, LCSW

Sandra Wolkoff is the Director of the Marks Family Right from the Start 0-3+ Center, the early childhood mental health site of North Shore Child and Family Guidance Center. Ms. Wolkoff is also the director of Training and Consultation Services at the Center where she has developed curricula for frontline professionals, including educators and clinicians, who work with young children and their families. Ms. Wolkoff was the host of the cablevision program, *Ages and Stages*, that highlighted issues of child and family life, is managing editor of the award winning *Parent and preschooler Newsletter*, and a frequent lecturer and free lance writer on children's development. She was a trainer for the New York City Mental Health Association on children's emotional development post trauma (9-11) and has also worked as a trainer with the Permanent Judicial Commission on Justice for Children. She is currently a doctoral candidate at Adelphi University and editor of the newly released, "Raising Young Children Well: Insights and Ideas for Parents and Teachers".

Sonia Murdock

Sonia Murdock is an international parental mental health advocate and consultant. Sonia's experience of supporting her sister through postpartum depression and postpartum psychosis led her to co-found the Postpartum Resource Center of New York, Inc. in 1998. She serves as the Executive Director of this non-profit, self-help organization. In 2001 the Postpartum Resource Center of New York, Inc. received the Postpartum Support International Jane Honikman Award in recognition as a model postpartum parent support network. Sonia is a perinatal mood disorders trainer and guest speaker. She has been interviewed nationally and internationally for radio, print and television. She has served on the Boards of Downstate New York Healthy Start Project Governance Board, Mercy Haven, National Association of Mothers' Centers, New York State Perinatal Association and Postpartum Support International (PSI). She is a past president of Postpartum Support International and currently serves on their President's Advisory Council. Sonia is the recipient of many awards including being named one of *Volvo for Life's Top 100 Heroes of 2005*.

Mary Jo Codey

Mary Jo Codey was the First Lady of New Jersey from November 2004 to January 2006 and has been married to her husband, the state's 33rd Governor, Richard J. Codey, for 25 years. She has earned a bachelors degree and master's degree in elementary education, from Caldwell College and Seton Hall University respectively. She is a gifted educator and counselor, and is a staunch advocate for individuals whose lives have been affected by mental illness. Personal experiences with both clinical depression and breast cancer have motivated Mrs. Codey to speak out on both of these serious health issues. Having suffered from Post Partum Depression (PPD) with both her pregnancies, as First Lady she helped to launch a statewide campaign offering evidence-based data as well as local screening and medical resources for women, their families and health care professionals. Through this multidimensional campaign, New Jersey became the nation's first state to commit resources to uninsured new mothers for PPD screenings and treatment. The Codeys also played a key role in the passage of New Jersey's groundbreaking Postpartum Depression Screening & Education Law, which took effect in October 2006. Mrs. Codey has been tireless in sharing her story through public appearances and interviews to raise awareness about PPD, encouraging other women to seek treatment and helping to secure passage of a national law.

Nassau County Perinatal Services Network

Conference Planning Committee

* Angeles Davila & Staff *

Nassau County Department of Health
Perinatal Services Network

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Winthrop University Hospital

* Carmen Cabezas-Hellers *

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North Shore-Long Island Jewish Health System

* Sharon Sussman *

Adelphi University

* Althea Williams *

South Nassau Communities Hospital

* Sandy Wolkoff *

North Shore Family & Child Guidance Center



*Nassau County
Perinatal Services Network Presents:
6th Annual Conference*

*It's Not Just the Blues:
A New Look at
Perinatal Mood Disorders*

*Thursday, May 24, 2007
8:30 AM to 3:00 PM
South Nassau Communities Hospital
Auditorium*





It's Not Just the Blues:

A New Look at Perinatal Mood Disorders

Network Mission

The mission of the Nassau County Department of Health Perinatal Services Network is to collaborate with key stakeholders to implement broad population-based interventions that will enhance, promote and improve pregnancy outcomes. The Network conducts Health Education sessions for pregnant and parenting women and also links them to essential Health & Human Services programs that benefit them and their families.

Conference Objectives

- 1) To define Perinatal Mood Disorders and the impact they have on women & families
- 2) To learn about the Beck Postpartum Depression Screening Scale
- 3) To gain an understanding of the best practices, challenges, models of treatment and support for Perinatal Mood Disorders
- 4) To address issues of access to services and treatment for Perinatal Mood Disorders in Nassau County
- 5) To have a mother who has recovered from a Perinatal Mood Disorder share her experiences regarding her diagnosis and treatment.

Who Should Attend:

Health & Human Service Professionals who serve pregnant & parenting women and their families.

Conference Program

8:30-9:00	Registration & Breakfast
9:00-9:15	<u>Welcome/Introduction</u> Sheila D'Nodal, MD, South Nassau Communities Hospital
	Abby J. Greenberg, MD, Acting Commissioner, Nassau County Health Department
9:15-10:00	<u>Defining Perinatal Mood Disorders & the Impact they have on Women, Families & Society</u> Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut
10:00-10:10	Break
10:10-11:10	<u>Postpartum Depression Screening Scale</u> Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut
11:10-12:10	<u>Medication & Treatment for Pregnant and Lactating Women</u> Jovita Crasta, MD, Medical Director Mental Health Counseling Center South Nassau Communities Hospital
12:10-1:00	Lunch Special Guest Speaker: Mary Jo Codey Former First Lady of New Jersey
	<u>Dealing with Maternal Depression:</u> <u>Speak Up When You're Down</u> (30 minutes)
1:00-2:00	<u>Models of Treatment Interventions</u> <u>Outpatient Treatment Model-</u> Sandra Wolkoff, LCSW, Director Marks Family Right From the Start, 0-3 Center North Shore Child & Family Guidance Center
	<u>Community Support -</u> Sonia Murdock, Executive Director & Co-founder Postpartum Resource Center of New York, Inc.
2:00-2:20	Questions & Answers
2:20-2:45	Sharon Chesna President, National Perinatal Association Former Chair, Association of Perinatal Networks of New York
2:45-3:00	Closing Remarks & Evaluations

Registration

Please register by May 18, 2007.
Registration is essential, space is limited.
Please contact Kirstin Connors to register:

By phone—(516) 572-0954

By fax—(516) 572-0922

By email—khotzler@nassaucountyny.gov

By mail—NCPSN

26 Main Street

Hempstead, NY 11550

Breakfast and lunch will be served

* Valet Parking available for a fee*

*** NO WALK INS ***

Name

Organization/Hospital

Phone Number

Email Address

CME Credits

South Nassau Communities Hospital is accredited by the Medical Society of the State of New York to sponsor continuing medical education for physicians. South Nassau Communities Hospital designates this continuing medical education activity as meeting the criteria for 5 credit hours in Category I of the Physician's Recognition Award of the American Medical Association.

Nursing Credits

This Educational Design | activity has been presented by Winthrop University Hospital which is approved as a provider of continuing education by the American Association of Critical Care Nurses (AACN) for 5.5 contact hours Category 0. AACN Provider Number 00013271.

Sponsored by:

South Nassau Communities Hospital

Funded by:

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