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Women's Mental Health across the Life Course: Stakeholder Meeting on Maternal Health

**The Keck Building
500 Fifth St NW, Room 100
Washington, DC 20001**

December 2, 2019

Goals for the Meeting

This stakeholder meeting will promote a discussion on critical issues related to women's mental health across the life course. It will build on the March 2018 Committee on Population workshop (sponsored by the Office of Women's Health at the U.S. Department of Health and Human Services), *Women's Mental Health across the Life Course through a Sex-Gender Lens*, and it will focus on research gaps and policy/practice implications of the research, with particular attention to maternal mental health. Experts from around the country will present on how factors from adolescence through later life shape women's mental health trajectories. This will include attention to research, data, and policies needed to provide the evidence for sound policy and practice recommendations. Specific goals include:

- Identification of major gaps in data and research needed to advance understanding of women's mental health
- Based on discussion with stakeholders, identification of potentially important target points for policy and practice (e.g., stressors and risk factors specific to different life stages, vulnerable populations), and additional data/research needed to fully inform those targeted strategies.

We will direct specific attention to maternal mental health morbidity, variation in vulnerability across diverse populations (race, ethnicity, SES), and what kind of data/research is needed to identify policies and interventions that do/do not work.

Agenda

9:30 – 9:45 am	OWH welcome, panel introductions, introduction for keynote	Dorothy Fink, M.D. <i>Office on Women's Health, Office of the Assistant Secretary for Health, U.S. Department of Health and Human Services</i>
9:45 – 10:25 am	Keynote address—Current evidence and population patterns (specific focus on reproductive life course; maternal mental health and intergenerational effects)	Pauline M. Maki, Ph.D. <i>University of Illinois at Chicago</i>
10:25 – 10:40 am	Keynote Q&A	Pauline M. Maki, Ph.D. <i>University of Illinois at Chicago</i>
10:40 – 10:45 am	Review of goals and format for the meeting	Debra J. Umberson, Ph.D. <i>University of Texas at Austin</i>
10:45 – 11:00 am	Adolescence, snapshot: Reproductive health experiences, hormones, mental health; implications for maternal mental health, pressing issues & gaps in knowledge	Jhumka Gupta, M.P.H., ScD <i>George Mason College of Health and Human Services</i>
11:00 – 11:10 am	Brainstorming—develop bullet points on key concerns and priorities	Natalie Slopen, ScD <i>University of Maryland College Park</i>
11:10 – 11:25 am	Short full group discussion on bullet points	Natalie Slopen, ScD <i>University of Maryland College Park</i>
11:25-11:50 am	Breakout group discussions <ul style="list-style-type: none"> • Research gaps and policy implications • Evidence-based strategies and policy implications • Stressors and risk factors and policy implications 	Led by Debra Umberson, Stephanie Alexander, and Alexia Blyther
11:50 – 12:35 pm	Lunch Break	
12:35 – 12:50 pm	Adulthood, snapshot: Reproductive health experiences,	Ruta Nonacs, M.D., Ph.D.

	hormones; implications for maternal mental health, pressing issues and gaps in knowledge	<i>Perinatal and Reproductive Psychiatry Clinical Research Program, Massachusetts General Hospital</i>
12:50– 1:00 pm	Brainstorming—develop bullet points on key concerns and priorities	Jennifer L. Payne, M.D. <i>Women’s Mood Disorder Center, Johns Hopkins University</i>
1:00-1:15 pm	Short full group discussion on bullet points	Kimberly Yonkers, M.D. <i>Yale School of Medicine</i>
1:15 – 1:40 pm	Breakout group discussions <ul style="list-style-type: none"> • Research gaps and policy implications • Evidence-based strategies and policy implications • Stressors and risk factors and policy implications 	Led by Debra Umberson, Stephanie Alexander, and Alexia Blyther
1:40 – 1:55 pm	Mid to later life snapshot: Reproductive health history, hormones, women’s mental health, pressing issues and gaps in knowledge	Lauren Osborne, M.D. <i>Women’s Mood Disorder Center, Johns Hopkins University</i>
1:55 – 2:05 pm	Brainstorming—develop bullet points on key concerns and priorities	Lindsay R. Standeven, MD <i>Women’s Mood Disorder Center, Johns Hopkins University</i>
2:05 – 2:20 pm	Short full group discussion on bullet points	Lindsay R. Standeven, MD <i>Women’s Mood Disorder Center, Johns Hopkins University</i>
2:20 – 2:45 pm	Breakout group discussions <ul style="list-style-type: none"> • Research gaps and policy implications • Evidence-based strategies and policy implications • Stressors and risk factors and policy implications 	Led by Debra Umberson, Stephanie Alexander, and Alexia Blyther
2:45 – 3:45 pm	Overall discussion: suggested Action steps for Maternal Mental Health Policy development	Nancy Byatt, DO, MS, MBA, FACLP <i>Massachusetts Child Psychiatry Access Program for Moms</i>
3:45 – 4:00 pm	Wrap up	Debra J. Umberson, Ph.D. <i>University of Texas at Austin</i>

Speakers

Nancy Byatt, DO, MS, MBA, FACLP, is a perinatal psychiatrist and physician-scientist focused on improving health care systems to promote maternal mental health. She is an Associate Professor of Psychiatry, Ob/Gyn, and Population and Quantitative Health Sciences at UMass Medical School. She is the Founding Medical Director of the Massachusetts Child Psychiatry Access Program (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 is the Director of the Division of Women's Mental Health within the Department of Psychiatry at UMass Medical School. She is also the Founding Executive Director of Lifeline4Moms, a center which aims to help the health care community optimize maternal mental health. Dr. Byatt has had continued federal funding for research focused on developing and testing scalable interventions for addressing perinatal mental health and substance use disorders in medical settings. She frequently serves on national advisory boards and expert work groups focused on improving perinatal mental health. Her academic achievements have led to over 60 peer-reviewed publications and book chapters, over 200 presentations and numerous national awards.

Dorothy Fink, M.D., is Deputy Assistant Secretary for Women's Health and Director of the Office on Women's Health in the Office of the Assistant Secretary for Health (OASH) at the U.S. Department of Health and Human Services. She is board certified in endocrinology, internal medicine, and pediatrics, and is recognized as a physician leader on topics such as diabetes, nutrition, and bone health. Previously, her clinical practice focused on women from adolescence through menopause and beyond. She is a nationally certified menopause practitioner and an expert on estrogen. Dr. Fink has done extensive research related to women's health, including evaluation of blood markers to assist in the diagnosis of hypothalamic amenorrhea and investigating the role of diabetes in women's skeletal health. Dr. Fink has presented at national meetings on polycystic ovary syndrome, the female athlete triad, and other bone-related conditions. Most recently, Dr. Fink practiced at the Hospital for Special Surgery and New York Presbyterian Hospital, Cornell University, where she served on the faculty and worked with women to attain optimal health, treated metabolic bone conditions, and improved patients' diabetes care prior to surgery. As a Georgetown University undergraduate focusing on health studies, Dr. Fink developed a passion for public health. She received her medical degree from Georgetown University School of Medicine. She completed her combined internal medicine and pediatrics residency at the University of Pittsburgh Medical Center. She then completed a National Institutes of Health post-doctoral fellowship in endocrinology and metabolism at the Columbia University College of Physicians and Surgeons in New York. During her fellowship, Dr. Fink was selected as a Women's Health Scholar and worked at the Center for Menopause, Hormonal Disorders and Women's Health.

Jhumka Gupta, M.P.H., ScD, is associate professor at George Mason College of Health and Human Services in the Department of Global and Community Health within the College of Health and Human Services. Her research program applies a social epidemiology framework towards advancing the science of gender-based violence against women and girls (e.g. intimate partner violence, sex trafficking). Specifically, she investigates the mental and reproductive health implications of gender-based violence, and conducts intervention studies aimed at reducing violence against women. Her primary focus is with vulnerable populations, both within

and outside of the United States, and includes refugees, immigrants, and communities impacted by conflict. She has authored or co-authored over 50 peer-reviewed publications on these topics. She also serves as Associate Editor of BMC International Health and Human Rights. Prior to coming to Mason, Dr. Gupta was an Assistant Professor at the Yale School of Public Health. She received her M.P.H. in community health from Drexel School of Public Health and her ScD in social epidemiology from the Harvard T.H. Chan School of Public Health.

Pauline M. Maki, Ph.D., is a Professor of Psychiatry and Psychology at the University of Illinois at Chicago. In this role, she also serves as Director of Women's Mental Health Research, Associate Director of the Center for Research on Women and Gender, and Program Director of the K12 BIRCWH program (Building Interdisciplinary Research Careers in Women's Health). Dr. Maki received her Ph.D. in Experimental Psychology from The University of Minnesota, Twin Cities in 1994, and completed postdoctoral training at Johns Hopkins University School of Medicine (1994-1996), and at the National Institute of Aging, through the NIA National Research Council Fellowship (1996-1999). Following this training, Dr. Maki was a tenure-track investigator in the NIA Laboratory of Personality and Cognition, until she joined the UIC faculty in 2002. She has a longstanding interest in the effects of sex hormones and phytoestrogens on cognition, brain function, and psychological well-being in young, midlife and elderly women. For the past 15 years, she has led a program of NIH-funded research on the role of sex steroid hormones on cognition, mood, brain function, and stress responsibility.

Ruta Nonacs, M.D., Ph.D., is a staff psychiatrist with the Perinatal and Reproductive Psychiatry Clinical Research Program at Massachusetts General Hospital, with an appointment as an Instructor in Psychiatry at Harvard Medical School. Dr. Nonacs has received several honors and awards, including a NARSAD (National Alliance for Research on Schizophrenia and Depression) Young Investigators Award for her work on postpartum psychiatric illness in women with bipolar disorder. Her current research has focused on the course and treatment of major depression in women during pregnancy and the postpartum period. She has expertise in the treatment of women with postpartum depression (using medication, as well as psychotherapy). Dr. Ruta Nonacs received her M.D. from Cornell University Medical College and her Ph.D. from Rockefeller University in New York. She completed her residency in psychiatry and her fellowship in perinatal and reproductive psychiatry at Massachusetts General Hospital.

Lauren Osborne, M.D., is assistant director of the Johns Hopkins Women's Mood Disorders Center and assistant professor of psychiatry and behavioral sciences and gynecology and obstetrics. She completed both clinical and research fellowships in women's mental health, and is an expert on the diagnosis and treatment of mood and anxiety disorders during pregnancy, the postpartum, the premenstrual period, and perimenopause. She conducts research on the biological pathways that contribute to mental illness at times of reproductive life cycle transition, working particularly on the role of the immune system. Dr. Osborne graduated from Weill Cornell Medical College and received her training at Columbia University/New York State Psychiatric Institute.

Jennifer L. Payne, M.D., is associate professor of psychiatry and behavioral sciences, and director of the Women's Mood Disorders Center, at Johns Hopkins University. Dr. Jennifer Payne's research interests include clinical trials of novel therapeutics in depression and bipolar

disorder; hormonal influences on mood and mood disorders; women and mood disorders and the genetics of depression. An author of over 40 publications, she presents widely on the above areas of interest most specifically focusing on women. Dr. Payne is a graduate of Washington University where she received her medical degree.

Natalie Slopen, ScD, is an Assistant Professor in the Department of Epidemiology and Biostatistics at the University of Maryland College Park. Dr. Slopen's research focuses on social influences on health, health disparities, and mechanisms through which childhood experiences are embedded to increase risk for later chronic diseases. The overarching goal of her research is to identify processes and conditions that can be targeted by interventions in order to reduce health disparities and promote health over the life course. Dr. Slopen completed her Doctorate of Science in Social Epidemiology at the Harvard School of Public Health, and her postdoctoral fellowship training at the Center on the Developing Child at Harvard University.

Lindsay Standeven, M.D., is an assistant professor of psychiatry and behavioral sciences at Johns Hopkins School of Medicine. She completed her residency training in Psychiatry at Johns Hopkins Hospital in 2018. During residency, Dr. Standeven pursued her longstanding interest in addiction psychiatry and presented her research on cannabis use and treatment admissions among adolescents at the internationally recognized conference, College on Problems of Drug Dependence. She was also selected to receive the Frank L. Coulson, Jr. Award for Clinical Excellence. During the latter part of her training, Dr. Standeven became increasingly interested in women's mental health. She published a commentary in the Journal of Women's Reproductive Health arguing the importance of mental health screening in the perinatal period. She has training in the diagnosis and treatment of mood disorders during pregnancy, postpartum, perimenopausal, and the premenstrual period. Her research has focused on the effects of contraception on mood and the intersection of infertility treatment with mood disorders. She received her M.D. from Stony Brook University School of Medicine.

Debra J. Umberson, Ph.D., is Professor of Sociology, Director of the Population Research Center, and Co-Director of the Texas Aging & Longevity Center at the University of Texas at Austin, where she also holds a courtesy appointment in the Steve Hicks School of Social Work. Dr. Umberson's research focuses on social factors that influence population health with a particular emphasis on aging and life course change, marital and family ties, and gender, sexuality, and racial variation in health disparities. Her recent research, supported by a Robert Wood Johnson Foundation Investigator in Health Policy Research Award and the National Institute on Aging, examines how marital relationships affect health-related behavior and health care, and how those processes vary across gay, lesbian, and heterosexual unions. She is also extending this work to consider relationship and health dynamics in couples with a trans partner. In her newest research, supported by the National Institute on Aging, she focuses on racial/ethnic differences in exposure to the death of family members across the life course and the implications for long-term health and mortality disparities.

Kimberly Yonkers, M.D. is a professor at Yale School of Medicine in the Departments of Psychiatry, Obstetrics, Gynecology and Reproductive Sciences and in the School of Public Health. Her clinical position is Chief for the Yale New Haven Health Division of Psychological Medicine. She is director of research for the Yale New Haven Hospital Division of the Department of Psychiatry and director of the Center for Women and Mothers. Her group

investigates the clinical course, etiopathology, and treatment of psychiatric and substance use disorders as they occur in women. A major component of this work is the occurrence and treatment of illnesses in pregnancy and the postpartum period, and across the menstrual cycle. This area, by its nature, cuts across disciplines and requires psychiatric expertise, as well as knowledge in neuroscience and reproductive biology. Her group published pivotal work in postpartum depression including the fact that 50% of instances of postpartum depression began antenatally and that standard antidepressant treatment is effective for postpartum onset of major depressive episodes. Her work on premenstrual dysphoric disorder, the severe form of premenstrual syndrome, established the efficacy of serotonin reuptake inhibitors as first line treatments. Moreover, her work showed that treatment with these agents could commence either halfway through the menstrual cycle or at symptom onset. Her recent work has explored the impact and treatment of substance use disorders on pregnancy and pregnancy outcomes. Her group devised a screening measure for substance use in pregnancy, the Substance Use Risk Profile-Pregnancy, which is an efficient measure to help identify and assist pregnant women with substance misuse. Additional work in this arena includes finding a therapeutic effect on abstinence of progesterone for women who have postpartum cocaine use, and showing the efficacy of a computerized brief interview, based upon motivational principles, in reducing substance misuse in pregnant and non-pregnant women. She received her M.D. from Columbia College of Physicians and Surgeons.