

9th ANNUAL

Florida Perinatal Mental Health Conference

PARTNERING FOR IMPACT



JANUARY 23-25 , 2025

**AC Hotel Tallahassee
Universities at the Capitol**
801 South Gadsden Street,
Tallahassee, FL 32301

REGISTER NOW

www.flmomsmatter.org | info@flmomsmatter.org

TABLE OF CONTENTS

Table of Contents	2
Perinatal Mental Health Facts	3
Sponsors	4
FLMMHC Vision, Mission, and Goals	5
Agenda	6
Pre-Conference Workshop	6
Day 1	6-7
Day 2	8
Pre-Conference	9-10
Keynote Speakers	11
FLMMHC Director.....	12
FLMMHC Steering Committee Members	13
FLMMHC Workgroup Chairs	14
Conference Presenters	15
Resiliency Panel Moderator & Poster Presenters	16
Notes	17-18

Perinatal Mental Health Facts

Florida's Population in 2021: 22,005,587

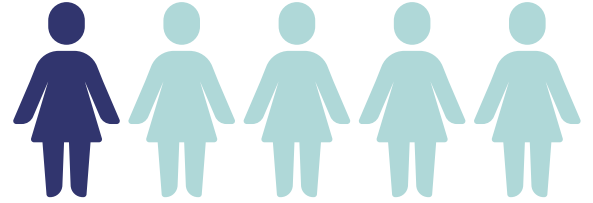
Women of Childbearing Age in 2021 (15-44):
3,977,130

Florida Births in 2021: 216,189

Medicaid covered 45.5% of Births in Florida in
2021

63% of Births in Florida Received Adequate
Prenatal Care Based on the Kotelchuck Index*

*The Kotelchuck Index is a measure of the adequacy of
prenatal care utilization.



**1 in 5 women will experience
a maternal mental health
condition**

**MMH conditions like postpartum depression
are the #1 complication of childbirth¹**

**From 2007 to 2016, 7% of mothers who
gave birth in hospitals had a Substance
Use Disorder (SUD) diagnosis²**

The national prevalence of maternal Opioid
Use Disorder more than quadrupled from
1999 to 2014³



**Less than 15% of women
diagnosed with MMH
condition receive
treatment.**

**10% of new dads will experience
postpartum depression or anxiety.**

**Most maternal mental health
conditions are temporary & treatable.**

1. Gavin NI, Gaynes BN, Lohr KN, Meltzer-Brody S, Gartlehner G, Swinson T. Perinatal depression: a systematic review of prevalence and incidence. *Obstet Gynecol* 2005;106:1071-83.
2. Marian Jarlenski and Elizabeth E. Krans. "Co-occurring Substance Use Disorders Identified Among Delivery Hospitalizations in the United States," *Journal of Addiction Medicine*, December 1, 2020, DOI: 10.1097/ADM.0000000000000792
3. Sarah C. Haight, Jean Y. Ko, Van T. Tong, Michele K. Bohm, and William M. Callaghan. "Opioid Use Disorder Documented at Delivery Hospitalization: United States, 1999-2014," *Morbidity and Mortality Weekly Report*, U.S. Centers for Disease Control and Prevention, August, 10, 2018, DOI: 10.15585/mmwr.mm6731a1

Sponsors List coming soon

If you are interested in sponsoring this event, please reach out
heather.flynn@med.fsu.edu

This conference is hosted by the
Florida Maternal Mental Health Collaborative (FLMMHC).
The FLMMHC engages leaders, professionals, advocates, and families
around Florida to achieve our **vision, mission, and goals.**

VISION

Every woman in Florida and her family will receive the help and support they need for optimal maternal mental health and related conditions.

MISSION

The Florida Maternal Mental Health Collaborative (FLMMHC) brings together statewide partners to close the critical gaps in perinatal mental health equity, education, policy/financing, prevention, treatment, and outcomes for women and their families.

GOALS

1. To increase statewide awareness of perinatal mental health as an underserved medical issue and to eliminate stigma surrounding mental health.
2. To improve statewide capacity to treat perinatal mental health with accessible and evidence-based treatments, and to improve coordination and integration of care among health and service professionals.
3. To ensure that health professionals have the training to effectively screen, treat, and manage perinatal mental health conditions.
4. To address health disparities by targeting efforts specifically for vulnerable groups of women and families (e.g., Medicaid, low income).
5. To ensure women and their families receive support and resources to address holistic and psychosocial needs.

**We appreciate your presence at our annual conference and look forward to your active participation in the ongoing initiatives throughout the year.
For further details, please visit flmomsmatter.org.**

Connect with us on social media @flmomsmatter on Facebook, Instagram, LinkedIn, and Twitter!



AGENDA

PRE-CONFERENCE

Thursday, January 23, 11:00am – 5:00pm

11:00-5:00

Who?

The National Alliance Against Disparities in Patient Health (NADPH)
Empowering Families and Elevating Equity through Awareness, Advocacy, and Action!

Are you passionate about ensuring that every mother, regardless of background, has access to safe, high-quality healthcare? Do you want to be part of the movement shaping the future of maternal health in your community? Then don't miss this exciting opportunity to engage, learn, and take action at the **Maternal Health Community Town Hall** – an interactive, inspiring, and solutions-driven event designed to bring together healthcare professionals, community leaders, mothers, and advocates in a collective effort to address the maternal health crisis.

DAY 1

Friday, January 24, 8:00am–5:30pm

8:00 - 8:45	Registration and Check In	
8:45-9:00	Welcome:	Heather A. Flynn, PhD
9:00-10:00	Keynote:	Crystal Bennett, LMSW Founder and CEO of THRYVE, LLC Visioning New Futures for Reproductive Justice
10:10-10:35	Session 1:	Kirsten Ellingsen, Harleen Hutchinson, Jessica Balos FLMMHC Clinical Workgroup Update Navigating Perinatal Clinical Support: A Trauma-Informed and Culturally Sensitive Approach
10:35-11:00	Session 2:	Stacy Greeter, MD, Jane Kosloff, LICSW, PMH-C and Skylar Ibarra Under the Sea but Over my Head, A Little Mermaid Story: Addressing the Unique Needs of Neurodivergent Pregnancy and Parenthood with openly autistic clinicians.
11:00-11:15	Break	

DAY 1

(Continued)

Friday, January 24, 8:00am-5:30pm

11:15-12:15	Session 3:	Dixie Morgese Chair FLMMHC Policy Workgroup Update Maternal Mental Health Policy Updates
12:15-1:00	Lunch Break/Posters	
1:00-1:40	Session 4:	Dr. Kay Roussos-Ross, University of Florida Innovation in digitally supported interventions to improve perinatal mental health outcomes in obstetrics
1:45-2:15	Session 5:	Dr Tanya Evers, Tallahassee Memorial Hospital Integration of Behavioral Health Care in Family Medicine Resident Clinic.
2:15-2:45	Session 6:	Mirine Richey, MPH, IBCLC Interventions for Opioid Use Disorder During Pregnancy: A Scoping Review
2:45-3:15	Session 7:	Brittany Ranieri, DO Substance Use Disorder in Pregnancy
3:15-3:30	Break	
3:30-4:30	Session 8:	Dr Heather Howard Chair FLMMHC Research Workgroup Update Interprofessional dialogue around the Plan of Safe Care
4:30-5:15	Session 9:	Special Session, Dr. Pam Carbiener 2025 Excellence in Perinatal Mental Health Care Award and Session
5:15-5:30	Wrap up and Discussion from Day 1	

DAY 2*Saturday, January 25, 8:00am-12:15pm*

8:30-9:00	Registration & Check In	
9:00-9:25	Session 10:	Heather Flynn, PhD; Megan Deichen-Hansen, PhD; Amandla Shabaka Haynes MD FL BH Impact Update: Five years of the Florida Psychiatric Access Program: FL BH IMPACT
9:25-10:15	Session 11:	Chris Szorcsik Executive Director Capital Area Healthy Start Coalition C.O.A.S.T. Through Pregnancy,
10:15-10:35	Session 12:	Dr. Amandla Shabaka Haynes Chair FLMMHC Awareness Workgroup 2024 Awareness Highlights: Infant and Maternal Mental Health Special Issues
10:35-11:00	Session 13:	Melissa Newsome Tara R. Foti, PhD, MPH, CPH, Amandeep Ratta, Zara Ladd,Chinyere N. Reid, MBBS, PhD, MPH, CPH, Rafaella Stein Elger, MPH, CPH, Kimberly Fryer, MD, MSCR, Jennifer Marshall, PhD, MPH, CPH Gaps in Screening, Resource Provision, and Mental Health Support: Postpartum Patients' Perspectives
11:00-11:15	Session 14:	Dr Amandla Shabaka Haynes The Florida Maternal Mental Health Resource Directory
11:15-11:45	Session 15:	Trishay “Mama Yata” Young Melanin Mothers Meet CEO & Founder Melanin Mothers Meet: Maternal Mental Health: The Language of Black Women
11:45-12:15	Wrap Up: CEU, Feedback, Wrap up / Future Directions of FLMMHC	

Join Us for the NADPH Maternal Health Pre-Conference



Thursday, January 23
11:00am - 5:00pm

NADPH

**NATIONAL ALLIANCE against
DISPARITIES in PATIENT HEALTH**

Are you passionate about ensuring that every mother, regardless of background, has access to safe, high-quality healthcare? Do you want to be part of the movement shaping the future of maternal health in your community? Then don't miss this exciting opportunity to engage, learn, and take action at the *Maternal Health Community Town Hall* – an interactive, inspiring, and solutions-driven event designed to bring together healthcare professionals, community leaders, mothers, and advocates in a collective effort to address the maternal health crisis.

Event Overview:

This dynamic town hall will feature expert panel discussions, hands-on workshops, and cutting-edge demonstrations of digital and virtual health technologies. Attendees will have the chance to engage directly with healthcare innovators, policymakers, and researchers who are leading the charge in maternal health equity. You'll hear from community voices and participate in breakout sessions that empower you, the Community, to be a part of the solution.

- **Explore Biomedical Research & Clinical Trials** that are driving new discoveries in maternal health.
- **Experience Digital Health Tech Demonstrations** showcasing the latest innovations in virtual care and mobile health for expectant mothers.
- **Shape Policy** by contributing your voice to discussions on maternal health legislation, including the latest initiatives aimed at reducing maternal mortality.
- **Collaborate on Solutions** through interactive sessions that focus on maternal mental health, culturally competent care, and the barriers underserved communities face in accessing quality care.

Why Attend?

- **For Community Members:** This is your chance to share your experiences, learn about new resources, and take action in improving maternal health outcomes for all mothers. Whether you're a mother, a healthcare provider, or simply a community advocate, your voice matters – This event is about you and for you!
- **For Healthcare Professionals:** Learn new best practices in culturally competent care and see how technology can help close gaps in maternal care. Gain valuable insights from leading experts in research and policy.
- **For Corporate Sponsors:** Partner with a vital cause that is at the forefront of public health innovation. Sponsoring this town hall demonstrates your commitment to advancing healthcare equity and supporting maternal wellbeing, providing great exposure and engagement with community influencers, policymakers, and healthcare providers.

What to Expect:

- **Engaging Keynote and Expert Panels:** Hear from thought leaders on the state of maternal health equity and what's being done to improve outcomes.
- **Interactive Workshops:** Develop actionable skills and gain resources to support mothers in your community.
- **Open Forum:** Share your voice in our community-driven discussions to inform future local initiatives.
- **Hands-On Technology Demonstrations:** Discover the future of healthcare with live demos of digital tools designed to improve maternal health outcomes.
- **Networking Opportunities:** Connect with healthcare providers, policymakers, researchers, and advocates dedicated to creating change.

This town hall isn't just about discussing problems – it's about empowering communities to create solutions. Whether you're an individual who cares about maternal health or a company looking to make a meaningful impact, this event will inspire, inform, and ignite action.

Be Part of the
CHANGE



Meet Our Keynote Speaker

**Crystal Bennett,
LMSW**

Founder and CEO of
THRYVE, LLC



Friday, January 24, 2025

Join us as we listen to an amazing presentation from our keynote speaker on “*Visioning New Futures for Reproductive Justice*”

Crystal Bennett is a fierce Black woman who is committed to dismantling oppressive systems to create equitable and just services, policies and programs. She is a mother, a military spouse, an entrepreneur and a self-proclaimed thriver who has dedicated the last 25 years of her life to healing from her own personal trauma and working with individuals and communities to create opportunities for healing that are trauma informed, culturally responsive and person centered. When she isn't working to plant and nourish the seeds for future generations she enjoys movie nights with her family, vacationing by the ocean and exploring the Southern California vineyards.

MEET OUR TEAM




Heather A. Flynn, Ph.D.

FLMMHC Co-founder & Chair

Heather A. Flynn, Ph.D., is a Professor at the Florida State University (FSU), College of Medicine and Chair of the Department of Behavioral Sciences and Social Medicine. She is the Director of the FSU Center for Behavioral Health Integration. Dr. Flynn received her doctorate in clinical psychology from Florida State University and completed a mental health and substance use fellowship at the University of Michigan Medical School in 1998. She served on the faculty at the UM Department of Psychiatry from 1998-2011, where she co-founded the UM Women and Infants Mental Health Program. Dr. Flynn's research is focused on improved identification, treatment, and outcomes for behavioral health disorders, with a particular focus on women and children. As a clinical psychologist, she has worked for over 25 years as a clinician, researcher, and trainer in the behavioral health field. Her work is specifically aimed at developing and testing for behavioral health in medical and community settings. Dr. Flynn is also involved in statewide, national, and international work on improving behavioral health approaches and outcomes. She is the Co-Chair of the Florida Maternal Mental Health Collaborative and the Women & Mood Disorders Task Group Chair within the National Network of Depression Centers. She has worked with teams to develop international quality standards by implementing processes for practitioner and trainer/supervisor certifications in evidence-based behavioral health treatments, including Motivational Interviewing and Interpersonal Psychotherapy. In 2018, Dr. Flynn was appointed to serve on the Florida Governors Mental Health Task Force. She also served as a member of the Florida Statewide Suicide Prevention Task Force, and in 2020 was appointed to the Florida Governors Opioid Task Force. Dr. Flynn is passionate about community-partnered, collaborative work to improve mental health and substance use for families in the US and worldwide.

Planning COMMITTEE

- 
- ✓ Monica Ragans
 - ✓ Melissa Murphy
 - ✓ Cori McGooden
 - ✓ Megan Deichen Hansen
 - ✓ Amandla Shabaka-Haynes
 - ✓ Brandon Weikel
 - ✓ Sharon Ross- Donaldson

FLMMHC Steering Committee

- Alison Yager, JD – Executive Director, Florida Health Justice Project
- Allison Parish, MS, EdS – Project Director, MIECHV Technical Assistance Resource Center, Education Development Center
- Alma Littles, MD – Interim Dean, Senior Associate Dean for Medical Education and Academic Affairs, Florida State University College of Medicine
- Amandla Shabaka-Haynes, MD – Program Manager, FSU Center for Behavioral Health Integration, FLMMHC Awareness Workgroup Chair
- Amy Young – Managing Partner, West Palm Beach, Partner, Tallahassee, Ballard Partners
- Carol Brady – MCH Advocate, Brady & Associates
- Caroline Valencia, MPH – Director, Maternal & Infant Health Initiatives, March of Dimes
- Cathy Timuta, MBA – Chief Executive Officer for the Healthy Start MomCare Network and Chief Executive Officer, Florida Association of Healthy Start Coalitions
- Christopher Cogle, MD – Chief Medical Officer, Florida Medicaid
- Deborah Knudson Gonzalez, MD – Assistant Professor, University of South Florida, College of Medicine Psychiatry and Behavioral Neurosciences
- Dikea 'Kay' Roussos-Ross, MD – Associate Professor, Division of Gynecology, Department of Obstetrics and Gynecology, Department of Psychiatry and Director of Women's Health at Shands Medical Plaza, University of Florida
- Dixie Morgese – FLMMHC Policy Workgroup Chair
- Gabrielle Bargerstock – Executive Director, Healthy Start Coalition of Flagler & Volusia Counties, Inc
- Heather Flynn, PhD – Professor and Chair, Department of Behavioral Sciences and Social Medicine, Florida State University College of Medicine
- Heather Howard, PhD, MSW, LICSW – Associate Professor, Sandler School of Social Work, Florida Atlantic University, FLMMHC Research Workgroup Chair
- Jan Bogie, LMHC – Clinical Director, Healthy Mothers, Healthy Babies Coalition of Palm Beach County
- Kacey Brown, DrPH, MS – Manager, SDOH and Community Partnerships, Aetna
- Karen Harris, MD, MPH – Attending Physician & Residency Program Director, Women's Group of North Florida
- Kelly Rogers – Section Administrator, Maternal and Child Health, Florida Department of Health
- Kirk Hall – Government Analyst, Agency for Health Care Administration
- Kirsten Ellingsen, PhD PLLC – FLMMHC Clinical Workgroup Chair
- Lauren DePaola, MSW – Founder/CEO, Better Beginnings
- Leisa Stanley, PhD, MS – Associate Executive Director, Healthy Start Coalition of Hillsborough County
- Maureen Fura, MPA – CEO & Founder, Mammha
- Maureen Whelihan, M.D., F.A.C.O.G. – Elite GYN Care of The Palm Beaches
- Megan McFall, B.Ed., RN – CEO, Indian River County Healthy Start Coalition
- Megan Deichen-Hansen, MSW, PhD – Research Faculty, Florida State University College of Medicine
- Melanie Brown-Woofter – President/CEO, Florida Behavioral Health Association
- Mimi Graham, EdD – Director, Center for Prevention and Early Intervention Policy (CPEIP) at Florida State University
- Sarah Workman Checcone, JD – Founder & Executive Director, Postpartum Society of Florida, Inc.
- Sharon Ross-Donaldson, MSW, LCSW, CFSW – CEO/President, Center for Health Equity
- Stan Whittaker, MSN, APRN – President, Florida Panhandle Nurse Practitioner Coalition
- Tommy Schechtman, MD, MSPH, FAAP – Pediatric Partners
- Ute Gazioch – Senior Director of Behavioral Health Policy, Florida Behavioral Health Association



FLMMHC Workgroup Chairs



Awareness Workgroup

Amandla Shabaka-Haynes, M.D. is a native of Tallahassee, Florida. She received her B.S. in Biology/Pre-medicine at Xavier University of Louisiana and completed her medical training at the Latin American School of Medicine. She currently serves as Program Manager for pediatric and perinatal behavioral health programs at the Florida State University College of Medicine Center for Behavioral Health Integration. Dr. Haynes has previously served as board member for Capital Area Healthy Start Coalition; Women's Health Liaison and Outreach Specialist at a local Federally Qualified Health Center. She is also a certified Acupuncture Detoxification Specialist. Dr. Haynes is an advocate for the BIPOC birth community, supporting efforts to improve birth outcomes and reduce health inequities. In her volunteer roles, she serves as chair of the Awareness Workgroup of the Florida Maternal Mental Health Collaborative, Advisor for the Sister Friends Tallahassee Birthing Project, and Women's Health Educator for the Melanin Mothers Meet Postpartum Support Program. At her core, Dr. Haynes is a mother, mentor, an active local and international community member, a bilingual health educator, and a lover of food and culture.



Clinical Workgroup

Dr. Kirsten Ellingsen left academic and medical settings to focus on clinical work after having her son a few years ago (to work part time at a private practice). Dr. Ellingsen has certainly increased her hours clinically during the pandemic. Most of her work is supporting children and teens, as well as parents with some treatment working with perinatal and postpartum anxiety and depression. However, an important professional goal is to become increasingly involved in promoting research informed clinical work in perinatal mental health and wellness. She has completed advanced training and applied to take the PMH-C exam to become certified nationally in Perinatal Mental Health from PSI. She also anticipates future participation in research that effectively supports mothers during pregnancy and postpartum, although at this time she is not affiliated with a university of hospital.



Policy Workgroup

Dixie L. Morgese has over twenty-five years of experience working with and advocating for families in multiple service environments. She has developed policy and implemented systems of care to serve communities in the areas of maternal child health, health equity, family risk and resiliency, HIV, trauma and substance use disorder. Until 2020, Ms. Morgese was a Certified Addictions Professional and an Internationally Certified Drug and Alcohol Counselor. She graduated summa cum laude with her bachelor's degree in Human Services from St. Leo University. She has worked many with partners on local, state, and national levels to address social determinants of health, health equity, parent leadership, and family resiliency. She has provided consultation to the Center on Substance Abuse and Child Welfare (NCSACW), the Center for the Study of Social Policy (CSSP), the National Association of Counties (NaCo), the National League of Cities, the Florida Department of Children and Families, and the Florida Department of Health. Currently she provides technical consulting and training and serves on the Advisory Board of the Volusia Recovery Alliance and serves as the Policy Workgroup Chair for the Florida Maternal Mental Health Collaborative. Ms. Morgese recently retired as the Executive Director of the Healthy Start Coalition of Flagler and Volusia Counties, a program that supports the well-being of pregnant women, infants and families. Ms. Morgese self identifies as a woman in recovery from trauma and substance use disorder and continues to work directly with people seeking a pathway to a better quality of life as a coach and recovery sponsor.



Research Workgroup

Dr. Heather Howard's research and clinical expertise focus on gender-specific and trauma-informed care for women that reduces stigma and encourages health empowerment. She has been awarded several local and national foundation grants for clinical research involving women's health issues such as substance use disorders and trauma. Prior to her current tenure-track position at Florida Atlantic University, she was a perinatal social worker specializing in perinatal mental health and maternal substance use for over 20 years. Her clinical and research expertise focused on the treatment of grief and loss, trauma, shared-decision making training for perinatal providers, and prevention and treatment of substance use disorders at a Brown University-based birthing hospital. Dr. Howard's recent peer-reviewed publications focus on factors associated with adherence to the standard of care and the use of shared decision-making with pregnant women presenting with opioid use disorder. These publications emphasize the importance of decreasing stigma for perinatal women who are opioid dependent, and utilizing multi-disciplinary approaches involving clinicians, social workers, and health educators, focusing primarily on health disparities and public health responses to maternal substance use. Dr. Howard is active in the peer-recovery-oriented community in South Florida and created the trauma-informed care-learning module for the Florida Perinatal Quality Collaborative Neonatal Abstinence Syndrome Initiative. She also collaborates with FAU's College of Medicine as a co-investigator and shared-decision-making trainer for the SAMHSA State Opioid Response Grant Curriculum Development and Implementation Project. Dr. Howard's recent publication of a qualitative study involving mothers impacted by substance use and the intersection of the child welfare system suggests that pregnant women need information regarding treatment resources and non-stigmatic support due to the traumatic experience of infant removal.

Conference Presenters

Resiliency Panel

Poster Presenters

Notes

Notes