

## Message from the President

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#### Secretariat

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Dear Members,

As you know, from 26-28 October in Brisbane we will be holding our Biennial Scientific Meeting of the Australasian Chapter of the Marcé Society for Perinatal Mental Health.

**I would like to remind you that, as a valued member, you will receive a discounted early bird rate of \$525 if you register before 11 September (discounted from \$665).**

**You can find out more about the conference at:**  
[www.marceconference.com.au](http://www.marceconference.com.au)

I hope you will attend this exciting event, which is a wonderful opportunity to network together and learn from globally renowned experts in perinatal mental health. You will also be able to catch up with everyone at the soiree on the evening of Friday 27 October. Our major themes are addiction in the perinatal period, assisted reproduction, pregnancy loss, interpersonal violence and fatherhood.

We would be pleased if you would help spread the word about this event. I have attached an event flyer to this email, which you might like to post on your work noticeboard or give to a colleague. Your colleagues will also receive the membership discount if they sign up before registering for the conference. For your convenience I have also attached a membership form for 2017 in case your subscription is not current.

Thank you for your assistance and for being a valued society member. You will receive updates about the conference as planning progresses.

I look forward to seeing you all in October.

Lyndall White  
*President Australasian Marcé Society*



# Young Researcher Award

## Young Researcher Award

- a. This award is for early career researchers and RANZCP trainees to support their career development and research in the field Perinatal and Infant Psychiatry. The award is based on best presentations by young researchers at the Biennial Australasian Marcé Conference.
- b. Award: Registration, 2 nights' Accommodation and Return Airfare from the nearest capital city to Australasian Marcé Conference.
- c. Eligibility: The applicant must be a member of the Australasian Marcé Society at the time of application. Previous recipients are not eligible. The applicant must be either a RANZCP trainee or pre-doctoral early career researcher undertaking research in the field of Perinatal and Infant Psychiatry. The applicant needs to be presenting their research at the Biennial Australasian Marcé Conference as a paper or poster.

Process: To be eligible for this award, applicants need to submit 3,000-5,000 electronic version of their research paper or poster prior to the Biennial Australasian Conference.

***Applications close 30<sup>th</sup> June 2017***



When the bough bends; resilience in the perinatal period

The Marcé Society

Australasian Marcé Society for Perinatal Mental Health 2017 Conference

Brisbane Convention & Exhibition Centre  
26 to 28 October 2017

For further details visit  
[www.marcesociety.com.au](http://www.marcesociety.com.au)

## Study Recruitment



# Are you pregnant?

We want to hear from you!



Link to study:

[https://swinburnefhad.au1.qualtrics.com/jfe/form/SV\\_9yvz04t0nNWzeNT](https://swinburnefhad.au1.qualtrics.com/jfe/form/SV_9yvz04t0nNWzeNT)

For more information contact:

[rbaskin@swin.edu.au](mailto:rbaskin@swin.edu.au) or  
[rgalligan@swin.edu.au](mailto:rgalligan@swin.edu.au)

**Who can participate:** Pregnant women between 18 and 24 weeks gestation, over the age of 18 and currently living in Australia. *If you are not yet 18 weeks gestation and interested in this study please retain a copy of the link or email [rbaskin@swin.edu.au](mailto:rbaskin@swin.edu.au) to participate at a later time.*

**What is the study:** This vital research will be exploring eating behaviours, attitudes to motherhood, social support and other important factors across pregnancy and the first few months after birth for both women with and without an experience of an eating disorder.

**What does participation involve:** Participation will involve completing an online questionnaire during the second trimester, third trimester and early postpartum. These questionnaires will take between 30 and 45 minutes to complete.

**Prize Draw:** At the completion of each questionnaire you will be entered into a prize draw to win one of four \$200 "Baby Bunting" gift cards. Winners will be notified by email.

If you have any questions, comments or items that you wish to include in the newsletter, please contact the editor via [JPower@mercy.com.au](mailto:JPower@mercy.com.au)

## Upcoming Conferences

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### Australasian Marcé Society for Perinatal Mental Health 2017 Conference

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26 - 28 October 2017, Brisbane

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#### Exploring:

- Maternal death and psychosocial stress
- Interpersonal violence
- Surrogacy and adoption
- Substance use and abuse in pregnancy
- Post-traumatic stress disorder
- And more...



*With keynote speaker  
**Dr Prabha Chandra** from  
the National Institute of  
Mental Health and  
Neurosciences, India*

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Register at [marceconference.com.au](http://marceconference.com.au)



# Mercy Perinatal Mental Health Symposium

Saturday, 19 August 2017  
Park Hyatt, Melbourne

For GPs, Midwives, Obstetricians and all those caring for pregnant women - cutting edge updates on Perinatal Mental Health:

- Too much worry? The impact of prenatal stress
- To medicate or not to medicate? Navigating the legal and ethical minefield of prescribing in pregnancy
- Supporting parents through perinatal loss
- Bonding and attachment: finding connections between parents and their infants
- When more help is needed – a guide to postnatal supports

## Tickets

[mercyperinatal.com/event/perinatal-mental-health-seminar](http://mercyperinatal.com/event/perinatal-mental-health-seminar)

Limited places – book early to avoid disappointment!

Early bird special until 30 April 2017

\$230 General Admission    \$180 Midwife/Student Admission

Email: [mercyperinatal@mercy.com.au](mailto:mercyperinatal@mercy.com.au)    Phone: 03 8458 4753



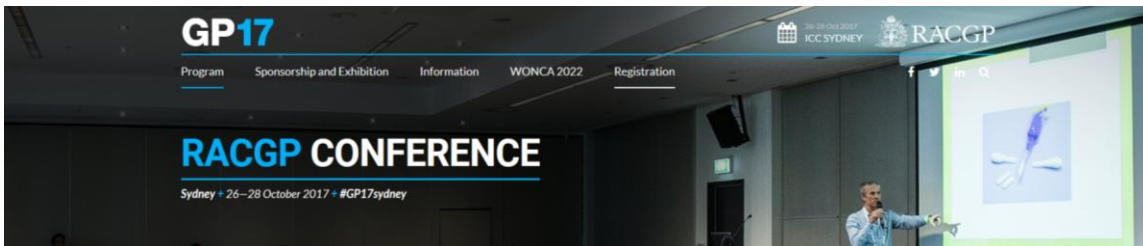


# Mercy Perinatal Mental Health Symposium

Saturday, 19 August 2017 - Park Hyatt, Melbourne


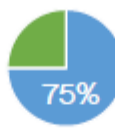

8.00 - 8.20	<b>Registration</b>	
8.20 - 8.30	<b>Welcome</b>	Dean Stevenson
8.30 - 8.45	<b>Session 1: Overview</b> Saving lives and making life worth living: the importance of perinatal mental health	Prof Sue Walker
8.45 - 9.15	First things first - Defining Perinatal Mental Health? Expectations of wellness vs illness.	Prof Anne Buist
9.15 - 9.45	How does prenatal stress impact on the woman and her baby? What midwives and doctors should know.	Dr Jo Power
9.45 - 10.00	<b>Clinician's toolkit: Assessing on the run</b> The practicalities of perinatal mental health assessment in the clinic.	Panel of experts
10.00 - 10.30	<b>Break</b>	
	<b>Session 2: Prescribing medication - yes or no?</b> Everything you need to know: scientific, ethical, legal and clinical considerations	
10.30 - 11.00	How to ensure informed consent when prescribing for pregnant and breast feeding women.	Dr Martien Snellen
11.00 - 11.30	The science and the art of prescribing for perinatal anxiety and depression.	Dr Gaynor Blankley
11.30 - 12.00	Challenging patients: bipolar affective disorder in the perinatal period.	Dr Martien Snellen
12.00 - 12.15	<b>Clinician's toolkit: Prescribing on the run</b> Which drug, what dose, how to monitor? Your questions answered.	Panel of experts
12.15 - 13.15	<b>Lunch</b>	
	<b>Session 3: Parents are born</b> Helping parents with the life changing role of parenthood	
13.15 - 13.45	Bonding: What do we mean by mother-infant attachment, and how do we facilitate it?	Prof Anne Buist
13.45 - 14.15	The birth of a dad: successful transition and paternal mental health.	Matthew Roberts, O'Connell Family Centre
14.15 - 14.30	<b>Clinician's toolkit: Good grief</b> The tragedy of perinatal loss: breaking bad news well, the acute care and beyond.	Panel of experts
14.30 - 15.00	<b>Break</b>	
	<b>Session 4: Now we are home!</b> Life after discharge	
15.00 - 15.45	Tailoring postnatal care to patient needs: Primary Care, Outpatients or A Mother Baby Unit?	Werribee Mercy Hospital – Mother Baby Unit
15.45 - 16.15	No sleep, no support: how mindfulness can bring some order and calm to new parents' lives.	Dr Kristine Mercuri
16.15 - 16.30	<b>Clinician's toolkit: Mental health emergencies:</b> Where to go, what to do? Urgent assessment, emergency referrals, CAT explained.	Panel of experts
16.30 - 16.45	<b>Farewell</b>	
16.45	<b>Please join us for drinks – all delegates welcome</b>	






For further information regarding the upcoming RACGP conference, please visit <http://gp17.com.au>

## Maternal Mental Health is a priority

 <p>2 in 10 women have a mental health problem during pregnancy and in the first year following the birth</p>	 <p>Over 75% of women do not get diagnosed and do not receive adequate treatment and support.</p>	 <p>Not having adequate treatment has important consequences for the mother, the baby, the family, and society in general</p>
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### Why do we need to declare a World Maternal Mental Health Day?




- To give more visibility to this problem
- To combat social stigma
- To improve detection (diagnosis) and treatment
- To earmark more resources to maternal and infant mental health

Participate!

Join the campaign and spread the word!

#maternalMHmatters  
#SaludMentalMaternalImporta  
wmmhday.postpartum.net



Let's declare the first Wednesday of May each year to be **Maternal Mental Health Day.**

Maternal Mental Health Matters.

Author: RSD. Acknowledgments: Icon designed by [Drewco](#) from [www.fatcolor.com](#), Icon made by [Soundforce](#) from [www.fatcolor.com](#)

## Useful Websites

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<b>Marcé Society</b> (Australasian Branch)	<a href="http://www.marcesociety.com.au">www.marcesociety.com.au</a>
<b><i>beyondblue</i></b>	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b><i>beyondblue</i> online training</b>	<a href="http://www.thinkgp.com.au/beyondblue">www.thinkgp.com.au/beyondblue</a>
<b>Clinical Practice Guidelines</b>	<a href="http://www.beyondblue.org.au/guidelines">www.beyondblue.org.au/guidelines</a>
<b>From the Heart WA</b>	<a href="http://www.fromtheheartwa.org.au">www.fromtheheartwa.org.au</a>
<b>Gidget Foundation</b>	<a href="http://www.gidgetfoundation.com.au">www.gidgetfoundation.com.au</a>
<b>Helen Mayo House</b>	<a href="http://www.wch.sa.gov.au/services/az/divisions/mentalhealth/helenmayo/index.html">www.wch.sa.gov.au/services/az/divisions/mentalhealth/helenmayo/index.html</a>
<b>Just Speak Up</b>	<a href="http://www.OnlySpeakUp.com.au">www.OnlySpeakUp.com.au</a>
<b>Mothers Matter</b>	<a href="http://www.mothersmatter.co.nz">www.mothersmatter.co.nz</a>
<b>PANDA</b>	<a href="http://www.panda.org.au">www.panda.org.au</a>
<b>PIRI</b> (Parent-Infant Research Institute)	<a href="http://www.piri.org.au">www.piri.org.au</a>
<b>SA Perinatal Guidelines</b>	<a href="http://www.health.sa.gov.au/ppg/Default.aspx?PageContentID=1416&amp;tabid=35">www.health.sa.gov.au/ppg/Default.aspx?PageContentID=1416&amp;tabid=35</a>
<b>St John of God Healthcare</b>	<a href="http://www.beatbabyblues.com.au">www.beatbabyblues.com.au</a>
<b>WA Perinatal Mental Health Unit</b>	
For health professionals	<a href="http://www.wnhs.health.wa.gov.au/wapmhu.php">www.wnhs.health.wa.gov.au/wapmhu.php</a>
For consumers	<a href="http://www.wnhs.health.wa.gov.au/emotionalhealth.php">www.wnhs.health.wa.gov.au/emotionalhealth.php</a>
<b>What Were We Thinking?</b>	<a href="http://www.whatwerewethinking.org.au">www.whatwerewethinking.org.au</a>



# Australasian Marcé Society: Office Bearers

## Executive Committee

The Australasian Chapter Committee consists of the following office bearers, who are elected at the Annual General Meeting.

### Executive Committee Members

President:	Dr Lyndall White, Queensland
President-Elect:	Dr Caroline Zanetti, WA
Immediate Past-President:	Dr Anne Sved-Williams AM, SA
Secretary:	Mrs Deborah Sims, NSW
Treasurer:	Mrs Leanda Verrier, WA
Editor:	Dr Josephine Power, Victoria
Consumer Representative:	Ms Terri Smith, CEO, Panda
Indigenous & Torres Strait Islander Representative:	Dr Lenore Geia, Qld

### Committee Members

Dr Sylvia Lim-Gibson, NSW  
Dr Liz MacDonald, Christchurch, NZ  
Dr Nicola Beamish, Tasmania  
Dr Rebecca Hill, SA  
Ms Rosie Smith, Porirua, NZ  
Dr Julia Feutrill, WA  
Dr Heather Mattner, SA

### Members at Large

Professor Megan Galbally, WA  
Professor Jane Fisher, Victoria  
Dr Gaynor Blankley, Victoria