



Florida's 7th Annual Perinatal Mental Health Conference: ***Making A Difference Together***
Conference Executive Summary

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Thank you to our members and supporters that made the 7th Annual Perinatal Mental Health Conference a success! We also extend our gratitude to our speakers and attendees for their memorable contributions. Our deepest appreciation goes to the mothers, fathers, and children that inspire and are impacted by our work.

The Florida Maternal Mental Health Collaborative (www.flmomsmatter.org) is a group of stakeholders throughout Florida dedicated to ensuring every woman in Florida and her family receives the help and support they need for optimal mental health and well-being. We engage leaders of human services organizations around the state within a steering committee and larger numbers of professionals, advocates, and families throughout the state via work groups and general membership. Annually we host a dynamic, data driven, clinically impactful perinatal mental health conference.

The 2022 conference was a multi-disciplinary learning opportunity that brought together more than 100 professionals and various organizations throughout Florida who serve women, babies, and families. A total of 20 presentations included national and state experts on perinatal mental health ranging from physicians, Midwives, Doulas, to caregivers. Topics focused on the areas of policy making and change, health equity, disparities, substance abuse, PPD in women of color, paternal mental health, innovations in clinical care, and maternal health. Our insightful preconference workshop on loss and grief was facilitated by **Ms. Anna L Woods**, who addressed approaching grief throughout the life course.

Special guests included **Senator Gayle Harrel** who opened the conference with an address focusing on politically advocating for maternal & perinatal mental health policies. She shared some anecdotal experiences and her delight that the FLMMHC has been and continues to organize widely as it is the key to making change happen. Senator Harrell concluded by encouraging us all to get to know your legislators and communicate with them prepared with stories and action items.

Dr. Kara Zivin, PhD, MS, MA presented an outstanding keynote address focused on *Implications of recent health policy for women's reproductive mental health*. She showed that having access to health care or coverage doesn't automatically result in quality care or care access. Dr. Zivin highlighted the care system, its perceived barriers, and shocks, so that we could be clear on what the major influences are behind the gaps/errors. Potential policy changes that could address the issues were provided.

Time Woman of the year, midwife extraordinaire **Jennie Joseph, LM, CPM** delivered the final keynote address *Operationalizing Perinatal Equity, Quality, and Safety in Materno-toxic Zones- Every Person, Every Time*. Midwife Joseph championed the message for us to center our practices around our clients/patients and respect every person, every time.

Finally, the 2022 FLMMHC Excellence in Perinatal Mental Healthcare Award Recipient was revealed to be **Sharon Ross-Donaldson**, CEO/President at the Center for Health Equity, Inc! We assuredly support her and her work in health equity.

Feedback from participants disclosed that the keynote addresses and patient stories were most impactful and considered as participants 'favorite' parts. Suggested and requested topics for the future included: OB Trauma, more on grief and addiction during pregnancy, medications, fatherhood engagement, infertility, and interdisciplinary collaboration.

Overall FLMMHC's 7th Annual Perinatal Mental Health Conference was an epic success that has many anticipating the next one! The conference was a thorough and engaging way to address perinatal mental health equity, loss and grief, disparities, policies, research, interdisciplinary care, and more. If you are a provider, patient, or advocate focused on improving Perinatal Mental Health care, this conference is an event you should be sure not to miss. The conference is not the only opportunity for you to be active and involved with the FLMMHC. Go to www.FLmomsmatter.org and join the collaborative's year-round workgroups.