



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service



2024 Perinatal and Infant Mental Health Symposium



**Harry Perkins Institute Of Medical Research
6 Verdun Street, Nedlands WA 6009**

**Transforming perspectives: Perinatal and Infant
Mental Health for a diverse and inclusive world**

Welcome

Transforming perspectives: Perinatal and Infant Mental Health for a diverse and inclusive world is a proud partnership between the Women and Newborn Health Service (WNHS) Statewide Perinatal and Infant Mental Health Program (SPIMHP), Women and Infant Research Foundation (WIRF) and Perinatal Anxiety and Depression Australia (PANDA). To access further resources in regard to the symposium please use the below QR code.

We hope you enjoy the day.



The Symposium Organising Committee:

- Natalie Heard (Chair)
- Katie Johnson
- Va Bola
- Carolyn Bright
- Gillian Ennis
- Kym Fry
- Chinar Goel
- Phoebe Joyce



A note about special dietary requirements

Some people indicated special dietary requirements in their registration. For those to whom this applies, you will find your food marked as such during break times. If there are any issues in regard to this please let a staff member know.

Menu

Morning Tea

Tea and Coffee – Sausage Rolls – Yoghurt, granola and berry pots – Assorted freshly baked muffins – Sliced Fresh fruit platters

Lunch

Tea, Coffee and Water/Juice station – Fresh Fruit Platter – Tortilla wraps – Thai Beef Rice noodle salad boxes (GF) – Assorted Sushi – Baskets of fresh fruit – Brownie – Fruit Tarts

Afternoon Tea

Tea & Coffee – Carrot Cake – Villi's butter chicken pie (GF option available) – Mini Doughnuts

Speakers

Professor Leonie Callaway, Rochelle Matacz & Karen Griffin, Dr Jayne Kotz & Dr Trish Ratajczak, Dr Marnie Rowan, Dr Carol Kaplanian CF, Dr Vincent Mancini, Samantha Stewart, Julie Borninkhof & Julie Levin



Transforming Perspectives: Perinatal and Infant mental health for a diverse and inclusive world – Friday 3rd May 2024

Time	Program
8.00	Registration
8.30	Welcome 8.30 - Introductions - Carolyn Bright, Consultant Clinical Psychologist Director 8.32 - Welcome - George Eskander, A/Executive Director of the Women and Newborn Health Service 8.35 - Welcome to Country - Geri Hayden 8.45 - Official opening - Dr Katrina Stratton MLA 8.58 - Housekeeping - Carolyn Bright, Consultant Clinical Psychologist Director
Session 1 chair: Kym Fry	
9:00	Professor Leonie Callaway – More than meets the eye: Weaving research and clinical practice together
9:30	Rochelle Matacz and Karen Griffin - Nurturing Beginnings in Western Australia: The Pregnancy to Parenthood Perinatal and Infant Mental Health Service Model
10:00	Panel Questions (20 mins)
10:20	Morning tea (20 mins)
Session 2 chair: Carolyn Bright	
10:40	Dr Jayne Kotz and Dr Trish Ratajczak – Decolonising Perinatal Care - a bold innovation to mental health assessment and care model for Birthing on Country
11:10	Dr Carol Kaplanian CF - Reproductive coercion in the perinatal period - impact on mental health; from a migrant and refugee perspective
11:40	Panel Questions (20 mins)
12:00	Lunch (60 mins)
Session 3 chair: Natalie Heard	
13:00	Dr Marnie Rowan - Breastfeeding the preterm and early term baby: The challenges of transitioning home from the NICU
13:30	Dr Vincent Mancini - Putting fathers into 'family integrated care' in Western Australian NICUs
14:00	Panel Questions (20 mins)
14:20	Afternoon Tea (20 mins)
Session 4 chair: Phoebe Joyce	
14:40	Samantha Stewart - Lived Experience
15:10	Julie Borninkhof & Julie Levin - Strengthening families in the Perinatal Period – PANDA's model of care and service design
15:40	Panel Questions (20 mins)
16:00	Acknowledgments and Farewell Closing Dr Julia Feutrill
16.30	Close





Professor Leonie Callaway

Professor Leonie Callaway is a general and obstetric physician. She has a half day per week private practice at the Wesley Medical Centre, where she focuses on preconception care, obstetric medicine and complex subacute general medicine. She holds roles as Executive Director of the Women, Children and Families Stream for Metro North, and is Director of Research in Women's and Newborn Services. She has supervised over 20 PhD scholars, has been a recipient of over 20 million dollars in research funding and has in excess of 180 papers.

She is a RACP examiner and has had a significant role in physician training and medical education. At present, she is the Co-Chair of the Queensland Maternal and Perinatal Quality Council. Her area of clinical and research expertise relates to pregnancy medicine and life course medicine – which includes preconception care, and an understanding of the developmental origins of adult health and disease. She has interests in obesity, metabolism, diabetes, hypertension, adverse childhood experiences and weight-based stigma and discrimination. Leonie has a passionate interest in doctors wellbeing and the broad range of issues that confront women in medicine.



Rochelle Matacz

In a world where a baby's mental health often goes unnoticed, Rochelle Matacz is passionate about championing the well-being of our youngest community members. As the founder Pregnancy to Parenthood (P2P), she pioneers an integrated perinatal infant mental health (PIMH) service and interdisciplinary training program in Western Australia (WA), serving the most vulnerable families and reshaping the way we support parent and infant early childhood mental health.



Rochelle is a Zero to Three Fellow and WAIMH Award recipient and recently received The Deborah J. Weatherston Infant Mental Health Leadership Award and became an honorary lifetime member of the Australian Association for Infant Mental Health (AAIMI)



Karen Griffin

Karen is an internationally endorsed Infant Mental Health Practitioner. She has worked in the PIMH sector for many years developing, managing, and delivering early intervention programs. She is dedicated to supporting families facing challenges during early parenthood to foster healthy early relationships so children can thrive and develop optimally.

Karen was the Clinical Lead and ABC Project Coordinator for Lifespan Psychology Centre, who partnered with Ngala and Pregnancy to Parenthood for the pilot project.





Dr Jayne Kotz (PhD, RNP, MW, CHN) is a Senior Research Fellow (PhD) at Ngangk Yira Institute for Change at Murdoch University in Western Australia. She has over 35 years' experience working as a Nurse Practitioner, Midwife and Child Health Nurse in communities. Her practice included research, health promotion and community development, policy planning, management, and advocacy. She has worked along First Nations peoples in their communities across rural and remote Western Australia, Victoria, the Northern Territory, Tanzania, Vanuatu, and in corrective services.

The past 15 years has been focused on Culturally respectful approach to researching and codesigning supportive strategies to improve maternal and infant health and wellbeing for First Nations peoples which includes the Kimberley Mums Mood Scale and Baby Coming You Ready.

Dr Trish Ratajczak

Trish is a Palawa woman from Lutruwita (Tasmania) with connections to descendent Mannalargenna chief of the Pairrebeene/Trawlwoolway Clan. Trish is a Senior Research Fellow for the 'Baby Coming You Ready' program.

Trish is a registered clinical midwife of 13 years in the tertiary setting and has been a strong advocate and educator for upcoming health professionals on Aboriginal health and cultural security for the past 13 years in the universities in Western Australia. Trish is also an early childhood educator and is committed to supporting positive impact and change with community.



Dr Carol Kaplanian CF

Carol has completed a PhD on 'Honour-based Violence in Jordan' and has a Bachelor's Degree in social work and social policy, plus a Masters in social work. Carol was also awarded the Grace Vaughn award for human rights for her PhD work on honour killings. She specialises in clinical counselling and working with victims of torture and trauma, the latter of which involved spending an extensive amount of time working in Jordanian refugee camps offering counselling and education to refugees.



She has recently started in the position of Senior Cultural Diversity Advisor for the Department of Communities in Western Australia. She assists child protection workers with complex cases by reviewing the matter and advising accordingly. She was the State Coordinator for Female Genital Cutting/Mutilation program (training and education) at the Women and Newborn Health Service. She was responsible for developing training on Family and Domestic Violence (CaLD communities). Carol has also worked in clinical settings with refugee and migrant women as well as women who have experienced family violence. Carol widely consults on matters relating to forced marriage and trafficking of women. She has also worked in perpetrator accountability programs and is also currently also working at the Sexual Assault Resource Centre in Western Australia. She also nationally consults on matters related to honour-based violence and is highly regarded as one of the only experts in this area across Australia.

Carol is in the process of publishing her PhD into a series of publications. Her research area interest lies in the topic of trauma, gender-based violence, domestic violence, refugee and asylum seeker issues, sexual violence and is specialised in complex forms of violence against women and children. Carol has also been awarded a 2020 Churchill Fellowship to investigate family and domestic violence amongst the migrant and refugee populations. This fellowship has enabled Carol to travel to Norway, Sweden, Denmark, United Kingdom, New Zealand and Canada to investigate models of care that have been developed to work with refugee and migrant women experiencing family and domestic violence. Carol has now published her report and is implementing her recommendations widely.



**Dr Marnie K Rowan (B Pharm MBBS (Hons)
FRACGP FABM IBCLC)**

Dr Marnie Rowan graduated in Pharmacy at Curtin University (1989) prior to studying Medicine at UWA, graduating MBBS(Hons) in 2001. She worked at Sir Charles Gairdner hospital prior to GP training (2008) and qualified as a IBCLC (2013). Marnie gained Fellowship of the Academy of Breastfeeding Medicine (ABM) in 2019. She has a private breastfeeding medicine practice with a special interest in supporting breastfeeding and in the presence of mental health difficulties. Marnie also works in the psychiatry consultation liaison service at KEMH with a particular interest in the experiences of parents in the NICU. Marnie volunteered as an ABA Breastfeeding Counsellor (2000-2009). She worked with the Hartmann Human Lactation Research Group at UWA (2007-2013).



Marnie has been a member of ABM since 2007 and was ABM Australia New Zealand Regional Co-ordinator (2010-2021). She currently serves as Chair of the Board of Breastfeeding Medicine Network of Australia/New Zealand. She is married with 3 mostly adult children and loves to sing and swim in the ocean.

Dr Vincent Mancini (Ph.D. Clinical Psychology)



Vincent is a Senior Research Fellow in the Human Development and Community Wellbeing Team at Telethon Kids Institute, and the University of Western Australia Law School. He maintains a diverse portfolio of research projects – though all share the same vision of helping to improve the health and wellbeing of Australian children starting from the earliest point possible.

With a child's health and wellbeing most strongly influenced by their caregivers, Vincent's work often focuses on understanding the link between caregivers and child health – with a specific interest on the unique role that fathers (including father figures).



Samantha Stewart

I had been lost, hopelessly drifting in a sea of depression & sleep deprivation. Kept afloat, but barely by a combination of Venlafaxine, lorazepam, temazepam (to name a few), two screaming babies and stubbornness.

Now a passionate advocate, trying to spread awareness around perinatal mental health.



Julie Borninkhof



Julie Borninkhof is the Chief Executive Officer of PANDA - Perinatal Depression & Anxiety Australia. She has worked as a Clinical Psychologist for over 19 years across all ages and stages of the lifespan is a nationally recognised leader in the area of clinical governance, primary health care and mental health reform.

Julie has worked clinically to support people from a range of backgrounds, including people experiencing and at risk of homelessness, and broader social disadvantage. She has specialised in supporting people experiencing suicidal ideation, trauma, grief and loss and those with personality disorders.

Julie is passionate about purpose driven leadership and the work the team at PANDA does to support parents across the country.

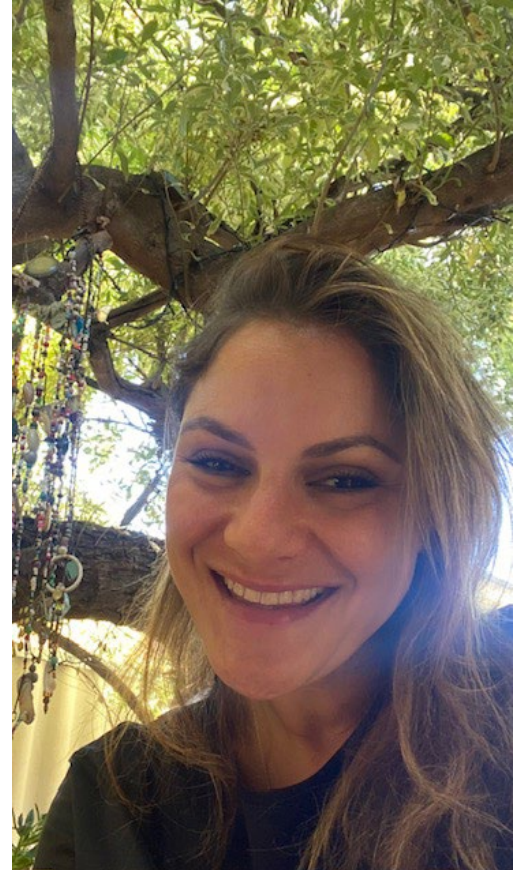


Julie Levin

Julie Levin is a Peer Practitioner working in the Counselling and Support Team on the PANDA national helpline. Julie has living experience of perinatal mental health and is a passionate advocate for embedding peer work within the mental health sector.

She has qualifications in both Mental Health and Peer Support Work and is also a member of the Consumer Advisory Council at King Edward Memorial Hospital.

Julie also works in a voluntary capacity as a peer support worker in her local community, specialising in recovery-oriented practice. She is particularly passionate about working within a person-centred framework and creating a space for the consumer to be supported holistically and collaboratively in their recovery journey.



We are always looking for ways to improve at NMHS and we would like to request your feedback on today's Symposium.

Your opinions matter to us and your feedback is used to improve how we work and ensure we deliver a consistently high-quality service.

Please use the below QR code to answer some questions related to the event.



This document can be made available in alternative formats on request.

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