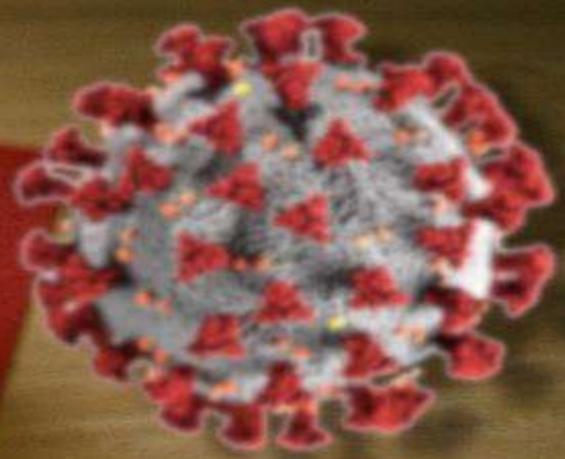


Health & Wellness in the Age of Quarantine Webinar





CENTER FOR THE WOMEN OF NEW YORK



YOUR HOST TODAY

Victoria Pilotti, CWNY President

Good morning and welcome to CWNY's Health & Wellness in the Age of Quarantine webinar. This is the third episode in a three-part series about coping with COVID-19.

If you'd missed our previous webinars and would like to view them, please send us a message at events@cwny.org. We will forward you a link.

Subscribe to our newsletter <https://conta.cc/3bYFKbG> for more information about our upcoming programs.

About CWNy

Center for the Women of New York



Since our founding in October of 1987, the Center has shown that women working together can be an effective force. We are a voluntary, non-profit organization, dependent on dues from our members and on the volunteer efforts of business, professional and community women and men in New York City.

We advocate strongly for women's full equality by partnering with like-minded organizations and elected officials. We participate in women's marches and organize symposia on topics like domestic violence and human trafficking. We help women in crisis through referrals to social services.

At the Center for the Women of New York, we believe education is a cornerstone of women's economic independence. To that end, we offer classes in conversational ESL, computer skills, and other topics, and an annual Career Conference to enable women to gain employment and rise in the workplace.

Whether we're marching for worthy causes, celebrating women's accomplishments in leadership, the arts, or sports, camaraderie is a hallmark of CWNy. We've come a long way since the Second Wave of the Women's Movement in the latter half of the 20th century, and while there are many struggles ahead, we love getting together to celebrate how far we've come.

HOUSEKEEPING



**Tell us how
we did in
the survey**

A copy of the slides will be
available at the link below
after the presentation

[http://cwny.org/past-
events/](http://cwny.org/past-events/)

Q&A

Your questions will be addressed after the last panelist has presented.

Use the Chat Box at the bottom of your Zoom meeting screen to ask a question.

If you dialed in, email your questions to **events@cwny.org**





The 2019 outbreak of COVID-19 has impacted our lives in unprecedented ways. Throughout the world, people in affected communities have had to change the way they work and live.

Mainstream media outlets have reported that the pandemic is causing a mental health crisis. Many people feel overwhelmed by our new social norms and daily routines which include social-distancing, wearing personal protective equipment (PPE) in public and teleworking. In other cases, people have lost their jobs and need to find new sources of revenue. These conditions can create a sense of doubt and uncertainty.

Our expert panelists want you to know that you're not alone and they will offer ways to help reduce anxiety and stress, increase overall happiness and promote a sense of well-being in the age of quarantine.

OUR SPEAKERS TODAY



Marianna Zara

Psychotherapist
Certified Recovery Coach



Izzy Jacobus

Certified Nutritionist
Certified Trainer



Paige Bellenbaum

Founding Director
The Motherhood Center
of New York





AGENDA

- Stress and Anxiety related to COVID-19
- Nutrition and Exercise in the Age of Quarantine
- Perinatal Mood and Anxiety Disorders in the Time of COVID-19
- Coping mechanisms: Tips and Strategies



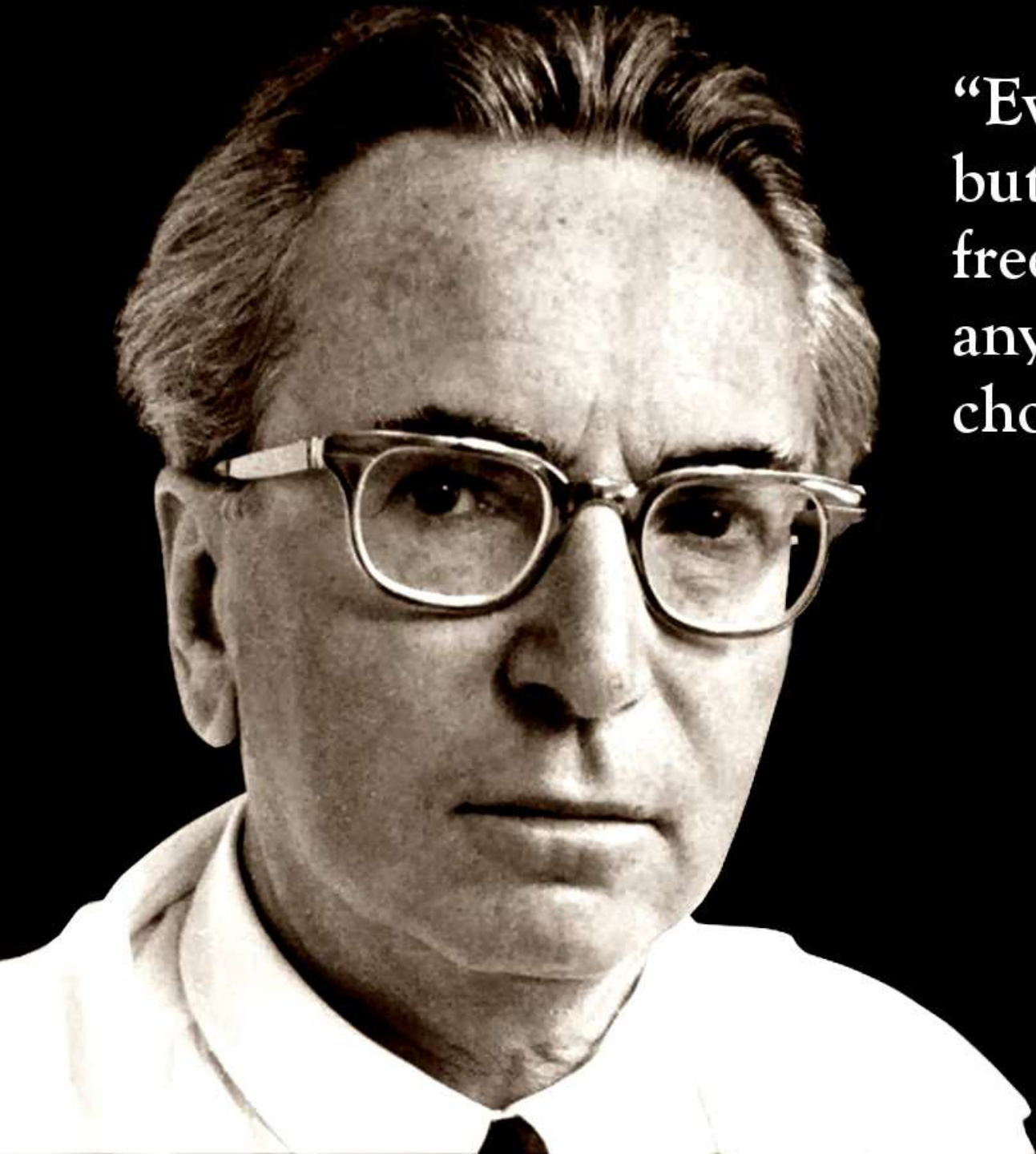
Part 01

Mental Health During COVID-19



Marianna Zara LCSW

- Marianna is a Licensed Clinical Social Worker and Certified Recovery Coach. She earned her Masters of Social Work at Adelphi University and completed her post-graduate clinical training at the Institute of Developmental Psychotherapy in NYC.
- She is trained in Family Therapy, Post Traumatic Stress Disorder, and Mindfulness. For 25 years, Marianna has worked with individuals, couples, and groups to foster wellness and meaning in their lives. She utilizes psychodynamic, CBT, DBT, relational, and holistic treatment approaches allowing a person to access a comfortable, effective process toward personal growth, empowerment and resolution.
- Marianna believes in the value of the therapeutic relationship, meeting a person where they are and respecting their needs and goals.



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl





Thank you!

Contact me by email or phone



Offering Virtual Sessions



Part 02

Nutrition & Exercise During a Pandemic

Izzy Jacobus

Certified Nutrition Coach

(NEI) Certified Personal Trainer

(NASM)

- Izzy is a Brooklyn-based personal trainer, nutrition coach, activist and musician.
- He is a vegan community leader, former co-founder of Vegans of New York and founder of Animals First on the Second, a global animal advocacy movement.
- Izzy previously held positions as the Nutrition Counselor for Brooklyn Nurse Practitioners Clinic and the Retail and Operations Manager for Brave GentleMan, the only cruelty-free and sustainable luxury menswear line in the world.
- He is now operating a private personal training /coaching studio, The Workout Plant, in Williamsburg and working with clients around the world online at TheWorkoutPlant.com.



1: Nutrition

Nutrition
& supplementation for
general health and the
immune system



2: Self-care & wellness practices



What are some of the best ways to stay healthy during the Quarantine?

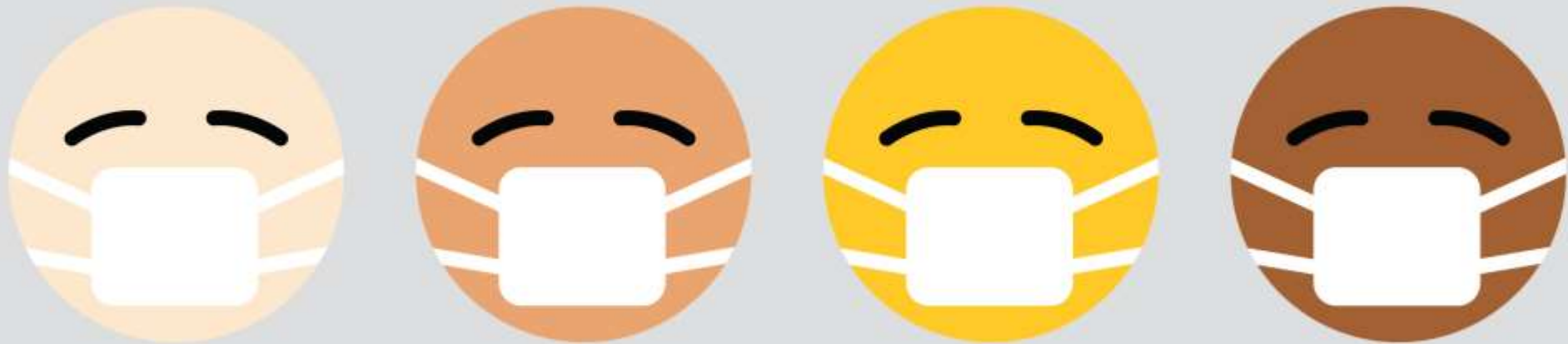
3: Exercise & Cardiovascular Strength

Learn about effective cardiovascular strength training exercises to improve your health and boost your chances of combating disease.



4: Protocols for managing COVID-19 related infections

Best practices for home care health as related to COVID-19





CONTACT

IZZY JACOBUS

917.992.2395
izzy@theworkoutplant.com

385 Graham Ave.
Brooklyn, NY 11211

THANK YOU!



Part 03

Perinatal mood & anxiety disorders (Postpartum Depression)

Paige Bellenbaum

LCSW

- Paige is the Founding Director and Chief External Relations Officer at The Motherhood Center of New York.
- After the birth of her first child, Paige suffered from severe postpartum depression that nearly ended her life. Once she began to heal, she became committed to fighting for education, screening and treatment for postpartum depression so that no more women would have to suffer silently.
- She drafted legislation in New York State that was championed by State Senator Liz Krueger, mandating education and strongly encouraging screening of all new and expecting mothers that was signed into law in 2014.
- Paige continues to be an outspoken advocate on the issue of postpartum depression and uses her own story as a tool for change.
- She has appeared on the Today Show, NPR, PBS Newshour and in Women's Health Magazine, The Wall Street Journal, and several other media.



THE
MOTHERHOOD
CENTER *of New York*

*Perinatal Mood and Anxiety Disorders and Virtual
Treatment in the Time of Covid-19*

OUR MISSION

**The Motherhood Center aims to effectively
diagnose and treat women suffering from
perinatal mood and anxiety disorders (AKA
Postpartum Depression)**

Perinatal Mood and Anxiety Disorders

Each year, over half a million new U.S. mothers do not receive adequate treatment for postpartum mood and anxiety disorders (PMADs)

What are PMADS?

PMADs, or perinatal mood and anxiety disorders, are a group of illnesses that affect at least 1 in 5 women during pregnancy and the postpartum period, causing emotional and physical problems that make it hard for women to function adequately (ie care for themselves/babies/family).

PMADs include:

- **Perinatal Depression** – low mood, sadness, helplessness, hopelessness
- **Perinatal Anxiety** – constant worry, intrusive thoughts, can turn off brain
- **Perinatal OCD** – obsessive thoughts, rituals, avoidance of obsessive stimuli
- **Perinatal PTSD** – tension, nightmares, flashbacks
- **Postpartum Psychosis** - delusions, hallucinations, paranoia, disorganization

Why are PMADs important?

- In general, 1 in 5 women experience a PMAD in the perinatal period
- Up to 80% of cases go undiagnosed or untreated due to stigma, lack of awareness and scarcity of specialized treatment options
- Up to 40% of low-income women experience a PMAD in the perinatal period
- 50% of PMADs develop during pregnancy
- **PMADs are the # one complication associated with childbirth**
- Untreated PMADs can lead to poor mother / baby attachment and developmental delays in children
- PMADs are the #2 reason for maternal mortality in the U.S.
- In the most severe cases, untreated PMADs can lead to suicide and / or infanticide

PMAD RISK FACTORS

- History of mental illness – personal or familial
- Stressful life events and circumstances: finances, relationships, physical/sexual abuse, substance use, recent or unresolved loss, coronavirus, etc.
- Previous PMAD (50-75% chance of repeat)
- Unplanned or unwanted pregnancy
- Traumatic birth or NICU experience

THE MOTHERHOOD CENTER'S VIRTUAL CLINICAL TREATMENT OFFERINGS

IN THE TIME OF COVID-19

TMC'S Virtual Day Program

- The Motherhood Center has responded swiftly to the COVID-19 national crisis by moving our one-of-a-kind Perinatal Partial Hospitalization Program to a tele-mental health platform as of March 16, 2020
- This Tele-Perinatal PHP provides high-quality, intensive treatment for women who are pregnant or postpartum experiencing acute symptoms of anxiety, depression, bipolar disorder, PTSD, OCD or postpartum psychosis
- The Motherhood Center's Tele-Perinatal Partial Hospitalization Program and all treatment modalities are being offered at a REDUCED COST

TMC's Virtual Day Program

To prevent further worsening of illness, it is imperative that women get the evidence-based mental health treatment they need during this critical time. The Motherhood Center's Tele-Perinatal PHP provides women with necessary therapeutic treatment, which includes but is not limited to:

- **skills development** to manage acute symptoms
- **dyadic interventions** to increase bonding and attachment
- **medication management** to mitigate mood and other mental health symptoms. These specialized interventions are provided by our highly trained licensed clinicians who are experts in treating perinatal mood disorders

TMC's Virtual Day Program

Every patient admitted to the Tele-Perinatal PHP endorses moderate to severe mood and/or anxiety symptoms that impair daily functioning in one or more key areas: *ability to care for self, baby/children, household, or employment.*

Common symptoms include:

- passive suicidal ideation
- obsessional ruminations
- sleep and appetite disturbance
- disrupted attachment (in pregnancy or to infant)
- depressed mood
- panic attacks
- irritability (often resulting in conflicts with partners/family members)
- “scary thoughts” where they fear harm will come to baby

TMC's Virtual Day Program

The main goals of the Tele-Perinatal PHP are to:

- stabilize acute symptoms that put mothers and their families at risk of harm to self or others
- prevent in-patient hospitalization which results in separation between mother and baby
- provide step-down care from in-patient hospitalization stays
- reduce acute symptoms and return patient to adequate level of functioning
- increase effective coping skills to decrease impaired functioning and judgment
- address attachment/bonding impairment between mother and baby
- stabilize the family system during this vulnerable period of adjustment to new roles

TMC's Virtual Day Program

Group therapy is central to the Tele-Perinatal PHP and patients connect and participate with other expectant and new mothers, along with their babies, in daily therapeutic groups through Zoom's HIPAA compliant video platform led by our skilled psychologists, psychiatrists and social workers. Evidence-based groups provided include:

- Interpersonal Psychotherapy
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Trauma-Informed Movement Therapy
- DBT-Informed Art Therapy
- Dyadic (mother/baby attachment) Therapy
- Partner's Support Group

TMC's Virtual Day Program

In addition to the daily groups, each Tele-Perinatal PHP patient receives:

- a comprehensive psychiatric evaluation and psychosocial assessment upon admission
- a treatment plan with agreed upon treatment goals, updated every two weeks
- risk assessment and safety planning (daily when indicated)
- 1-2 medication management sessions per week
- 2-3 individual therapy sessions per week
- family sessions
- collaboration with other providers as needed
- virtual nursery services
- after-hours support via staffed urgent line
- partner's support group
- discharge planning to ensure appropriate continued treatment and connection to step-down resources

The Motherhood Center's Virtual Outpatient Offerings

The Motherhood Center continues to offer virtual outpatient treatment. Our Psychologists, Social Workers and Post-Doctoral students provide individual therapy, and our Reproductive Psychiatrists continue to provide medication management with the perinatal population, as well as med consults for women that are trying to conceive at a reduced cost.

Reduced Cost for all Outpatient Treatment:

- Individual Therapy
- Medication Management
- Trying to Conceive Consultations

VIRTUAL SUPPORT GROUPS

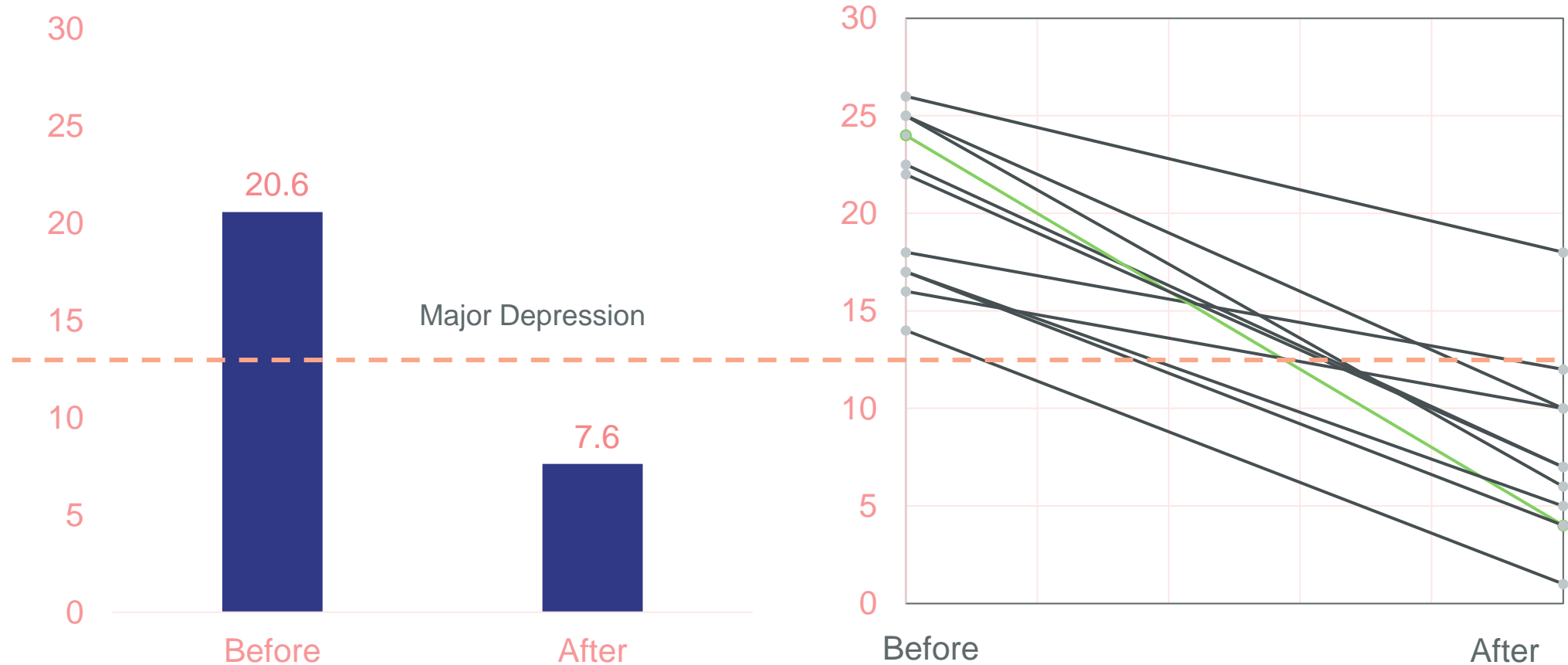
- Perinatal Mood and Anxiety Support Groups for New and Expecting Moms
 - Partners Support Group
 - CBT-I Adult Sleep Support Group
 - Pregnancy During the Time of Covid-19 Support Groups
 - Miscarriage and Loss Support Group
 - Supporting Healthy Relationships for Couples
-

EDUCATIONAL WEBINAR SERIES

- **Managing Anxiety in the Time of Coronavirus as a Parent**
- **Pregnancy, Delivery and the Postpartum Period in the Time of Coronavirus**
- **Navigating your Relationship in the Time of Coronavirus – Under One Roof**
- **Mindfulness to Reduce Stress and Worry**
- **Virtual Day Program Open House**
- **Sleep Strategies for Mom's and Babies During Times of High Anxiety**
- **Raising Kids at Home in the Time of Coronavirus with Attention to Special Needs Children**
- **Infertility in the Time of Coronavirus**

We help women experiencing PMADs get well...

- Mothers come to the PHP with an average Edinburgh Postnatal Depression Scale (EPDS) of 21
- Leave with an EPDS of less than 8



(1) The Edinburgh Postnatal Depression Scale (EPDS) is a 10-item questionnaire that was developed to identify women who have postpartum depression, and the most commonly used scale for perinatal women. It is scored out of 30. A score of 10 or above indicates possible depression, above 13 indicates a likely major depressive episode.

The Motherhood Center Space

- 8,000 sq. ft. facility located at 32nd street and Lexington in Manhattan
 - Two large group rooms
 - Nine offices
 - Breakroom / Art Therapy Room / Communal Kitchen
 - Nursery





Group Therapy
Room



Nursery Room

Thank You!

*For additional information or to follow up please
contact:*

Paige Bellenbaum, LMSW
Chief External Relations Officer
pbellenbaum@themothhoodcenter.com
(212) 335-0034



Q&A

We're ready for your questions!

Use the Chat Box at the bottom of your Zoom meeting screen to ask a question.

If you dialed in, email your questions to **events@cwny.org**



A big thank you to our expert panelists!



Marianna Zara

Psychotherapist
Certified Recovery Coach



Izzy Jacobus

Certified Nutritionist
Certified Trainer



Paige Bellenbaum

Founding Director
The Motherhood Center
of New York





Resources

Part 1: Coping with Stress & Anxiety Related to COVID-19

- Anxiety and Depression Association of America (ADAA): [COVID-19 Helpful Resources](#)
- Centers for Disease Control and Prevention (CDC): [CDC COVID-19 Stress and Coping](#)
- Child Mind Institute: [Supporting Families During COVID-19](#)
- National Suicide Prevention Hotline: [Emotional Wellbeing During the COVID-19 Outbreak](#)
- NYC Well: [Mental health resources](#)
- Office of Mental Health: [COVID-19 Resources](#)
- The National Alliance on Mental Illness (NAMI): [COVID-19 Guide](#)



Resources

Part 2: Nutrition & Exercise during COVID-19

- CNN: [How to stay fit when the gym is closed and you are stuck at home](#)
- Harvard School of Public Health: [Food, nutrition & safety during a pandemic](#)
- Nutrition.org: [How to stay fit and healthy during a pandemic](#)
- Nuvance Health: [Exercise is Essential during COVID-19](#)
- PETA.org: [Simple Vegan Recipes](#)
- World Health Organization: [Be Active during COVID-19](#)
- [Nutrition for Adults during COVID-19](#)
- The New York Times: [You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now](#)



Resources

Part 3: Perinatal Mood & Anxiety Disorders

- Child Mind Institute: [Beyond Postpartum Depression](#)
- Healthy Children.org: [Depression During & After Pregnancy: Your Not Alone](#)
- National Institute of Mental Health: [Perinatal Depression](#)
- Postpartum Support International: [Pregnancy & Postpartum Mental Health Overview](#)
- Program for Early Parent Support (PEPS): [Coming out of the darkness](#)
- Psychology Today: [How to Help Women With Perinatal Mood and Anxiety Disorders](#)
- The Motherhood Center of New York (TMC): [WHAT ARE PERINATAL MOOD AND ANXIETY DISORDERS? \(PMADS\)](#)

UPCOMING CWNVY EVENTS

- WOMEN IN THE MILITARY INTERVIEW
- WOMEN ARTIST EXHIBIT
- TRAFFICKING PANEL DISCUSSION
- WALKING GROUP
- BOOK CLUB



CURRENT SERVICES

- CAREGIVERS PHONE SUPPORT GROUP
- CONVERSATIONAL ENGLISH AS A SECOND LANGUAGE (ESL) CLASS
- COMPUTER CLASS
- LEGAL CLINIC
- REFERRAL SERVICES

Help CWNY continue
providing educational
programs

cwny.org/donations/

cwny.org/membership
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Center for the Women of New York



THANK YOU!

Please stay in touch.



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• <https://bit.ly/2YjWjuH>



• info@cwny.org