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Identifying and Treating Maternal Depression: Strategies & Considerations for Health Plans

PRESENTER BIOGRAPHIES (In order of appearance on the program)

NANCY CHOCKLEY, MBA is the founding President and CEO of the National Institute for Health Care Management (NIHCM) and NIHCM Foundation, and has led the organizations since their inception in 1993, steering them through one of the most interesting decades of health care policy. She has spearheaded NIHCM Foundation's work in obesity, pharmaceuticals, prevention, children's health and the uninsured. Ms. Chockley is a national voice in the health care arena and has been featured on many broadcasts such as ABC World News Tonight, NBC News, BBC and CNN, and in numerous print outlets such as *The Wall Street Journal*, *The New York Times*, and *The Washington Post*. Ms. Chockley received her MBA. in 1983 and her BA, with Distinction in Economics, in 1980 from the University of Virginia. Prior to founding NIHCM, Ms. Chockley was a principal in the Strategy Practice of Mercer Management Consulting where she had worked with a variety of industries, including health care and pharmaceuticals, since 1985. Her experience spans the areas of business strategy development, best practices benchmarking and strategy implementation.

KATHRYN SANTORO, MA, is a Program Manager at NIHCM Foundation. Ms. Santoro manages two grants with the Health Resources and Services Administration's Maternal and Child Health Bureau (MCHB), where she is responsible for research and policy analysis of issues related to maternal, child and adolescent health. Ms. Santoro joined NIHCM Foundation in September 2004 after receiving her master's degree in Public Policy from the George Washington University with a focus on women's health policy. Ms. Santoro also previously worked for Women in Government/Digene Corporation as a Project Consultant compiling a state-by-state report card on access to cervical cancer screening. While pursuing her master's degree, Ms. Santoro worked for a health policy consulting firm as a Communications Assistant and as a Graduate Intern for a Washington, D.C. based women's and children's policy research organization. Ms. Santoro attended Villanova University in Villanova, PA and graduated with a BA cum laude in Political Science in 2002.

SAMANTHA MELTZER-BRODY, MD, MPH is the Director of the Perinatal Psychiatry Program of the University of North Carolina Center for Women's Mood Disorders, a comprehensive women's mental health program providing clinical care and research for psychiatric disorders across the female reproductive life cycle including depression during pregnancy and postpartum (perinatal depression), premenstrual dysphoric disorder (PMDD) and peri-menopausal mood symptoms. Dr. Meltzer-Brody's current research efforts are focused

primarily on perinatal depression. Specifically, she recently received a five year NIH Career Development Grant, to investigate the psychophysiological and genetic models of psychiatric illness associated with postpartum depression (PPD). She has published numerous manuscripts in the field of women's mental health and serves as the mental health consultant for the North Carolina Women's Health Report Card. Dr. Meltzer-Brody also has research grant funding from The Foundation for Hope and Astra Zeneca.

Dr. Meltzer-Brody received her MD from Northwestern University Medical School, completed a residency in Psychiatry at Duke University Medical School and received a MPH while a Robert Wood Johnson Clinical Scholar at the University of North Carolina at Chapel Hill.

KIMBERLY ANN YONKERS, MD is a Professor in the Departments of Psychiatry and Obstetrics, Gynecology and Reproductive Sciences at the Yale School of Medicine. She administrates a research program focused on women's mental health. She has long standing interests in sex differences in psychiatric illness as well as the interface of psychiatry and obstetrics and gynecology. Her work with pregnant and postpartum women has illustrated the course of depression and anxiety disorders in pregnancy and the postpartum period and documented mental health care for pregnant and postpartum women. She has also published evaluations of the effectiveness of screening women for mood and anxiety disorders in pregnancy.

Reciprocally, she has been involved in the assessment of the possible effects of psychiatric illnesses and their treatments on perinatal outcomes. In an ongoing cohort study funded by NICHD, she and her team recruited approximately 2800 women and interviewed them three times during pregnancy to assess whether depression is a risk factor for preterm delivery, independent of antidepressant treatment. She has also been working on studies to evaluate the treatment of pregnant and postpartum women with substance use problems.

Dr. Yonkers has held numerous offices including President of the North American Society for Psychosocial Obstetrics & Gynecology, Secretary of the International Association for Women's Mental Health, Program Committee for Biological Psychiatry, Member of the Committee of Women for the American Psychiatric Association and Member of the American Psychiatric Association DSM-V Task force. She is also chair of the Adult Psychopathology and Disorders of Aging Study Section and has consulted to numerous governmental bodies including the Surgeon General's Workshop on Women's Mental Health, Secretary's Advisory Commission on Infant Mortality, the Federal Healthy Start Initiative and the Centers for Disease Control and Prevention.

MICHAEL O'HARA, PHD is co-director (along with Dr. Scott Stuart) of the Iowa Depression and Clinical Research Center (IDCRC). Dr. O'Hara's research addresses psychological/psychiatric problems that women experience during pregnancy and the postpartum period. Work of the laboratory includes funded research on psychotherapy and pharmacotherapy for postpartum depression, longitudinal studies of stress and psychopathology during pregnancy and the post partum, and the impact of maternal psychopathology on child development. A public health component includes training nurses in the community to develop effective screening and referral programs for depressed pregnant and postpartum women. Additionally, for several years there has been an ongoing effort to train bachelors' level case managers to

deliver brief psychotherapy to depressed women in their homes. Finally, the IDCRC has been active in developing educational materials aimed at improving the ability of primary care providers to detect, assess, and treat postpartum depression.

In addition to his work at IDCRC, Dr. O'Hara is Professor of Psychology and a Starch Faculty Fellow at the University of Iowa. He received his PhD from the University of Pittsburgh in 1980 and has spent his entire academic career at the University. He has published extensively on the topic of perinatal and postpartum depression.

MINDY B. LEGERE, LMFT has been with WellPoint since 2003 and is currently the manager of Health Service Programs for WellPoint Behavioral Health. Ms. Legere was hired to lead the development and implementation of the Co-Existing Depression & Anxiety (CODA) Program. Following an extremely successful implementation of the program in California, Ms. Legere was tasked with expanding the program to other WellPoint states. The CODA Program was presented at the 2007 URAC 8th Annual Quality Summit & Exhibit and the 2008 CMSA's 18th Annual Conference. Ms. Legere then lent her leadership skills to the development and implementation of a comprehensive Maternity Depression Program that launched in 2008. Her leadership has been critical in bridging the gap to meet the ongoing needs of members with comorbid medical and behavioral health conditions.

Prior to joining WellPoint, Ms. Legere worked for several nationally recognized health-related not-for-profit agencies. In this capacity, she was responsible for the development and oversight of the programs and services for the constituents that she served.

A Licensed Marriage and Family Therapist, Ms. Legere received a bachelor's degree in Psychology and her master's degree in Marriage and Family Therapy from the University of San Diego. She has over 15 years experience in the behavioral health industry.