

April 23, 2020 – Family Issues During Social Isolation (12:30 to 1:30 PM)

Resolving Family Conflicts

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Dr. Cahalane is Senior Director, Integrated Clinics, Telehealth and Community Liaison at UPMC Western Psychiatric Hospital, University of Pittsburgh Medical Center. He is also Clinical Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine. Dr. Cahalane has oversight of integrated clinics that include the Center for Counseling and Cancer Support at UPMC Hillman Cancer Center, behavioral health services at UPMC Primary care clinics UPMC Womancare clinics and UPMC Center for Integrative Medicine at Shadyside.

He received a BS from St. Francis University, an MSW from Catholic University of America and an MPH and PhD from the University of Pittsburgh. He has co-authored a manual on coping with mental illness for families, co-authored a chapter in *The Handbook of Marital Therapy* and has co-authored numerous journal articles on cognitive therapy.

Abstract:

Social isolation and stress can affect your family relationships. Dr. Jack Cahalane will talk about how families can positively communicate, assign roles, and create routines that help your family to thrive. He will also discuss the difference between family conflict and domestic violence and how those in an abusive situation can get help.

At the completion of this presentation, participants should be able to:

1. Describe origins of family conflict during sheltering at home during covid-19
2. Describe interventions when family conflict emerges when conflict during sheltering at home during covid-19
3. Describe how to organize and manage family routines and activities conflict during sheltering at home during covid-19

References

Brooks, S, Webster R, Smith L, Woodland L, Wessely S, Greenberg S and Gideon J. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet* 2020; 395: 912–20

Campbell A. An Increasing Risk of Family Violence during the Covid-19 **Pandemic**: Strengthening Community Collaborations to Save Lives Forensic Science International: Reports. Elsevier, 2020.

Pregnancy, Childbirth and New Motherhood During the Pandemic

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Eydie L. Moses-Kolko, MD completed her undergraduate education at Brown University and medical school education at the University of Maryland. She completed her psychiatry specialty training and fellowship in clinical psychiatric research at the UPMC Western Psychiatric Hospital (WPH) of the University of Pittsburgh Medical Center prior to joining the faculty as an Assistant Professor in 2001. Dr. Moses-Kolko is a board-certified psychiatrist and Associate Professor of Psychiatry at the University of Pittsburgh School of Medicine and WPH.

Dr. Moses-Kolko has over 20 years of subspecialty clinical experience in women's mental health and perinatal psychiatry. Her clinical practice includes the management of perinatal women with mood disorders in outpatient settings and the integration of behavioral health treatment in OB-GYN clinics. She is the founder of the non-profit organization, Postpartum Pittsburgh, whose mission is to improve access to mental health resources for mothers and clinicians in the Pittsburgh area. She teaches about and has research experience in clinical characterization, treatment, and neurobiology of mood disorders in the perinatal period.

Abstract:

The COVID-19 pandemic has brought new challenges to pregnant and postpartum women given hospital policy changes to mitigate infection and given shelter in place orders that decrease opportunities for social and practical support for families. Dr. Moses-Kolko will review what is known about mother-infant virus transition, perinatal psychiatric symptom clusters that may be exacerbated in the context of the pandemic, as well as treatment and social support opportunities that have emerged in the past month.

Learning Objectives

By the completion of this session, participants should be able to:

1. Describe the compounding of adjustments that pregnant women and new mothers must make related to COVID-19
2. Describe common symptom domains of perinatal mental health worsening with respect to COVID-19
3. Describe new forums and policies which have helped to support mothers and families in these times.

References

Chen H, Guo J, Wang C, Luo F, Yu X, Zhang W, et al. Clinical characteristics and intrauterine vertical transmission potential of COVID-19 infection in nine pregnant women: a retrospective review of medical records. *Lancet* 2020; DOI: 10.1016/S0140-6736(20)30360-3.

Pfefferbaum, B, North, C.S. Mental Health and the Covid-19 Pandemic. *NEJM* 2020.
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