



PERINATAL
Mental Health and
Substance Use
FORUM

October 8, 2025 | **VIRTUAL**

Amplify.
Activate.
Advance.

**BC WOMEN'S
HOSPITAL+
HEALTH CENTRE**

Provincial Health Services Authority



Hosted by
BC Women's Mental Health and Substance Use Programs + Initiatives

LAND ACKNOWLEDGEMENT

We acknowledge that the work done at the BC Women's Hospital + Health Centre (BCWH), takes place on the unceded, traditional and ancestral territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səlí lwətaʔt̓ (Tsleilwaututh) Nations who have cared for and nurtured the lands and waters around us for all time. Provincial Health Service Authority (PHSA) provides specialized health care services to communities across British Columbia, on the territories of many distinct First Nations. We give thanks for the opportunity to live, work and support care here.

With gratitude and respect, we acknowledge and honour the experiences of all birthers and parents who have shared and continue to share their truths, teach, guide and direct the work of the BCW Mental Health and Substance Use Programs + Initiatives.



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TABLE OF CONTENTS

WELCOME *Message from the Director* 1

2025 PMHSU Forum Committee 2

Forum Schedule 3

Forum Elders..... 4

Elder Lorelei Lyons
Elder Lucy Barney
Grounding Exercise: Smudging and Wisdom Sharing

Forum Hosts: 5

Event Host: *Melissa Dreyer*
Welcome & Opening Blessing: *Elder Lucy Barney*
& Elder Lorelei Lyons
Health Priorities: *Maryna Korchagina*
Program Updates: *Cheryl Davies*
Closing Remarks: *Dr. Sarah Moreheart*

Keynote Speaker: *Dr. Benicio N. Frey* 6

PANEL: *Attachment and Dyad Care* 7

Panelists: *Brooke Bobb-Reid*
Laura Interlandi and Laura Sjolie
Dr. John Krzeczkowski
D. Simone Vigod

Moderator: Dr. Roberto Sassi

LIGHTNING TALKS: *Care Approaches* 8

Speakers: *Carrie Davis*
Returning to Spirit Through Reconciliation in
Collaboration with Harmony House

Dr. Carolyn Marchand and Dr. Vanessa Paquette
Sublocade in Pregnancy — An Overview

Dr. Catriona Hippman and Dr. Barbara Shulman
Managing ADHD in the Perinatal Period

Moderator: Dr. Annabel Mead



PERINATAL
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WELCOME MESSAGE

FROM THE DIRECTOR

Welcome to the 2025 Perinatal Mental Health and Substance Use Forum.

This year's theme—**Amplify. Activate. Advance.**—builds on the work we've been doing collectively to strengthen care for pregnant and parenting people across British Columbia. As our efforts continue to evolve, we are placing increased emphasis on the integration of **perinatal mental health and substance use**, recognizing how deeply connected these experiences are in the lives of those we serve.

Guided by our mission to **provide leadership across the continuum of perinatal mental health and substance use care in BC**, we are working to deliver services that are safe, accessible, trauma-informed, and rooted in dignity. Our vision is clear: to **improve the quality, safety, and experience of care for pregnant and parenting people facing mental health and substance use challenges**.

This Forum provides a place for connection, shared learning, and transformation. It brings together healthcare providers, researchers, advocates, and people with lived experience to explore ideas, share innovations, and push systems forward.

Together, we can amplify voices, activate change, and advance care across the province.



Sarah Moreheart
Director
*Mental Health and Substance Use
Programs + Initiatives*
BC Women's Hospital

Table
of
Contents

1



BC Women's Mental Health and Substance Use Programs + Initiatives

Our Vision:

Improve the quality, safety, and experience of care for pregnant and parenting people experiencing mental health and substance use issues in BC.

Our Mission:

Provide leadership in advancing the Perinatal Mental Health and Substance Use Continuum of Care throughout the province. Deliver safe, accessible, and dignified care to patients in inpatient settings and in outpatient settings.

Table
of
Contents

2025 PMHSU FORUM COMMITTEE



Theresa Aeichele
Program Coordinator
BCW MHSU



Dr. Katherine Bodkin
*Perinatal Addictions
Physician*
BCW MHSU



Dr. Jennifer Clune
Psychiatrist
BCMHSUS



Melissa Dreyer
Peer Engagement Leader
BCW MHSU



Fawn Hall
Project Manager
**Indigenous Health,
BCCH & BCW**



Stephanie Lowe
Evaluation Specialist
**Research, Innovation,
and Evaluation Office**
Northern Health Authority



Valerie Marshall
Project Manager
BCW MHSU



Dr. Annabel Mead
Senior Medical Director
BCW MHSU



Dr. Sarah Moreheart
Director
BCW MHSU



Dr. Roberto Sassi
Psychiatrist in Chief
BCCH & BCW MHSU



Dr. Barbara Shulman
*Psychiatrist and Medical
Director*
**RMH Program,
BCW MHSU**



Eva Sullivan
*Knowledge Exchange
Leader*
BCW MHSU

BCCH = BC Children's Hospital

BCMHSUS = BC Mental Health and Substance Use Services

BCW = BC Women's Hospital + Health Centre

BCW MHSU = BC Women's Mental Health and Substance Use Programs + Initiatives

RMH = Reproductive Mental Health Program

FORUM SCHEDULE – Wednesday, October 8th, 2025

2025 PERINATAL MENTAL HEALTH AND
SUBSTANCE USE FORUM

AMPLIFY. ACTIVATE. ADVANCE.

Time	Program	Presenter
8:00 - 8:30 am	Grounding Exercise: Smudging and Wisdom Sharing (drop-in, optional)	Elder Lorelei Lyons
8:30 - 8:40 am	Housekeeping and Land Acknowledgement	Event Host: Melissa Dreyer
8:40 - 8:55 am	Welcome & Opening Blessing	Elder Lucy Barney & Elder Lorelei Lyons
8:55 - 9:05 am	Health Priorities	Maryna Korchagina
9:05 - 9:20 am	Program Updates	Cheryl Davies
9:20 - 10:00 am	Keynote: <i>The Canadian Network for Mood and Anxiety Treatments Clinical Practice Guidelines for the Management of Perinatal Mood, Anxiety, and Related Disorders</i>	Dr. Benicio N. Frey
10:00 - 10:15 am	Break	
10:15 - 11:15 am	Panel: Attachment & Dyad Care	Moderator: Dr. Roberto Sassi Panelists: Brooke Bobb-Reid Laura Interlandi and Laura Sjolie Dr. John Krzeczkowski D. Simone Vigod
11:15 - 11:25 am	Break	
11:25 am - 12:25 pm	Lightning Talks: Care Approaches <i>Returning to Spirit Through Reconciliation in Collaboration with Harmony House</i> (15 mins) <i>Sublocade in Pregnancy — An Overview</i> (15 mins) <i>Managing ADHD in the Perinatal Period</i> (15 mins) Q&A (15 min)	Moderator: Dr. Annabel Mead Carrie Davis Dr. Carolyn Marchand & Vanessa Paquette Dr. Catriona Hippman & Barbara Shulman
12:25 - 12:30 pm	Closing Remarks	Dr. Sarah Moreheart
12:30 - 12:40pm	Giving Thanks and Closing Words	Elder Lucy Barney

Elder Lorelei

Lorelei Lyons is a Métis woman with a rich family history rooted in the North-West resistance. Hailing from the Métis community of San Clara/Boggy Creek in Manitoba, her family names LaPlante, Langevin, and Page are well-known in Métis circles. With ancestors from the Turtle Mountain reserve, Lorelei has a deep connection to her Chippewa, Anishinaabe Indigenous roots. Her husband Ken Robillard is a strong Métis leader and knowledge carrier.



Since moving to Burnaby in 1987, Lorelei has been an active member of the North Fraser Métis Association, serving as President from 2009-2011. As a knowledge carrier/Elder she provides spiritual guidance and cultural education to her community, facilitating workshops that promote cultural rejuvenation and self-care. Lorelei is also one of the Elders for Métis children and family services, and Elder in residence for Capilano University and Indigenous Health at Women and Children’s hospital.

As the owner of 2 Métis Women Consulting Agency, Lorelei provides workshops that promote mindfulness, self-care, and team building through an Indigenous knowledge-based approach. She is dedicated to fostering understanding of Indigenous ways of knowing, Truth and Reconciliation, community building, and cultural competencies in both the public and private sectors. Lorelei’s passion for her heritage and commitment to education are embedded in all the work that she does.

Elder Lucy

Lucy Barney is from the T’it’q’et Nation on her father’s side and N’Quatqua on her mother’s. She is a proud mother of two sons, grandmother of six, sister to 12, and Auntie to many.



Her early work as a Unit Clerk at the BC Cancer Agency and Richmond Hospital sparked her interest in health systems. Lucy became a Registered Nurse in 1997 after being encouraged to pursue her gift for caring.

Her work has focused on Indigenous health, including roles with the Canadian Diabetes Association and as Program Manager for Chee Mamuk at the BC Centre for Disease Control, where she developed culturally safe and trauma-informed resources. She later became the Indigenous Lead at Perinatal Services BC, creating educational materials for Indigenous families. Lucy completed her Master of Science in Nursing at UBC in 2005 and has received numerous awards for her leadership in Indigenous health.

Outside of her professional life, Lucy is a skilled beadworker, sewer, and jewelry maker—and a champion Traditional Women Dancer, celebrating her culture through movement and creativity.

Grounding Exercise:
Smudging and Wisdom Sharing

UNDERSTANDING SMUDGING: A Cultural Wellness Practice

This session, led by Elder Lorelei Lyons, offers healthcare providers offers healthcare providers an opportunity to deepen their understanding of smudging—a sacred Indigenous ceremony rooted in traditional healing and spiritual wellness. Participants will be introduced to the Four Sacred Medicines central to many Indigenous teachings:

- **CEDAR** – Symbolizes protection and mental clarity
- **SAGE** – Used to cleanse negative energy and restore balance
- **SWEETGRASS** – Invites positive energy and harmony
- **TOBACCO** – Offered in prayer to the Creator, expressing gratitude for all of creation

Through this learning experience, participants will explore the cultural significance of each medicine and the teachings associated with these sacred gifts. The session will also highlight the role of smudging as a **grounding and wellness practice**, supporting emotional, mental, and spiritual health.

Participants will be guided through the steps of a smudging ceremony, including how to respectfully smudge oneself and the meaning behind each action. A **virtual smudging ceremony** will be offered, allowing participants to observe or take part in this practice in a culturally safe and inclusive way.

This educational offering is designed to foster cultural humility, enhance holistic care approaches, and support reconciliation efforts within healthcare settings.

The practice of smudging originated on the prairies but has been shared as a healing medicine for all who come to the ceremony with good intentions. The one exception is that if you are a woman on your moon time / menstruating you are asked not to participate as you are already naturally cleansing and extremely powerful during this time.

There are many ways to smudge and all are correct.

Note: This optional grounding session is open to all Forum participants and will not be recorded. No preparation or materials are needed—just come as you are. If you would like to receive a complimentary medicine pouch to use during the session, please [email](#) for pick-up or mailing details.

FORUM HOSTS

Event Host: Melissa Dreyer

As **Peer Engagement Leader** with BC Women’s Hospital Mental Health and Substance Use Programs + Initiatives, Melissa champions the voices of People with Lived/Living Experience in healthcare transformation. She leads the expanding Patient & Family Advisor team while supporting strategic provincial perinatal mental health and substance use initiatives, ensuring peer perspectives drive systemic change across BC’s healthcare landscape.

Melissa’s journey began advocating for women’s rights and well-being in Vancouver’s Downtown Eastside. Her experience spans supportive housing, alternative court programs as Peer Support Coordinator, and providing peer support within a community mental health team, connecting with clients navigating complex mental health and substance use challenges.

Currently pursuing her Bachelor of Social Work at the University of Victoria, Melissa brings professional expertise and personal insight to her work. What drives her passion is witnessing the transformative power of authentic connection and representation. She focuses on building meaningful relationships, addressing stigma, and elevating lived experience in healthcare systems.



Maryna Korchagina

Before Maryna’s assistant deputy minister (ADM) role with the Government of B.C., she was the ADP of Preventive Community Services division at the Ministry of Community and Social Services with the Government of Alberta.

Maryna started her career as a medical doctor in Ukraine. After immigrating to Canada, she completed her Master of Public Health degree and joined the Government of Alberta. She has extensive leadership experience within the Government of Alberta with the Provider Compensation and Strategic Partnerships branch at Alberta Health and the Gender Equality and Advancement branch in the first standalone Alberta Ministry for Status of Women.

In 2020, Maryna joined the Community and Social Services Ministry as the ADM of Preventive Community Services, where she led the provincial response to homelessness, strategies to end family and sexual violence and the support for civil society and community-based initiatives.



Cheryl Davies, RN, BA, MEd

Chief Operating Officer, BC Women’s Hospital + Health Centre, Cheryl has over 30 years’ experience in women’s health as a nurse, educator and senior leader, in both community and hospital settings. She is a passionate advocate for gender and health equity, cultural safety and advancing innovative programs designed to meet the needs of marginalized populations. As a leader in an academic health centre, she is committed to strengthening research and academic partnerships vital to creating an effective and sustainable healthcare system that values and serves the needs of all.



Closing Remarks: Dr. Sarah Moreheart, MPH, PhD

Sarah Moreheart, (she/her) is the Director of BC Women’s Mental Health and Substance Use Programs + Initiatives. She oversees clinical services that deliver compassionate, evidence-based care for perinatal mental health and people who use substances, while leading system-wide capacity building and transformation initiatives. With expertise in equity-oriented research, trauma-informed care, and health system change driven by people with lived/living experience, Sarah brings both strategic vision and grounded, frontline insight. Her background in community work and research with highly marginalized and criminalized populations—including women who use drugs and sex workers—underpins her commitment to reducing health and social inequities. She fosters collaborative, transformative leadership, creating environments where individuals thrive while advancing equitable, person-centered care.



KEYNOTE SPEAKER

Dr. Benicio N. Frey, MD, PhD, FRCPC

Session Title: The Canadian Network for Mood and Anxiety Treatments (CANMAT) Clinical Practice Guideline for the Management of Perinatal Mood, Anxiety, and Related Disorders

Session Description: We will review and discuss the methodology and the main results of the CANMAT clinical practice guideline in perinatal mood and anxiety disorders, including case identification, systems of care, non-pharmacological and pharmacological treatments.



Dr. Frey is Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University; Academic Head of the Mood Disorders Program and the Women's Health Concerns Clinic, McMaster University; and Director of the Centre for Clinical Neurosciences at St Joes/ McMaster University. Dr. Frey is the inaugural Homewood Research Chair in Women's Mental Health and Depression.

His research is primarily focused the neurobiology of mood disorders, including brain imaging and circadian rhythms

research, with an emphasis on women's reproductive mental health. He is also the Director of the largest Canadian research network investigating biomarkers of treatment response in depression (www.canbind.ca). He has more than 300 publications accepted in peer-reviewed journals and has received numerous career awards, including the title of University Scholar and the Douglas Utting Prize in Mood Disorders.

Table
of
Contents

6

Table
of
Contents

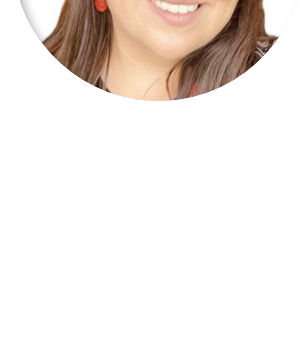
PANEL: ATTACHMENT & DYAD CARE

Caregiver–child relationships are central to healthy development, and dyadic care puts that connection at the heart of intervention. This panel brings together voices from research, clinical practice, policy, and community services to discuss how services are being intentionally designed to support both members of the dyad. Panelists will explore how these approaches are enhancing early relationships, informing policy, and improving outcomes in diverse contexts. Moderated by Dr. Roberto Sassi.



Panelist: Brooke Bobb-Reid

Siyóthlewot, Brooke Bobb-Reid, is a passionate leader and advocate deeply rooted in Indigenous traditions, culture, and the sacredness of life. With paternal roots in Sq'éwqel (Seabird Island) and deep maternal connections to Sts'ailes, she is firmly grounded in the Stó:lō and Nlaka'pamux territories of the Fraser Salish region, where she continues to live, work, and uphold community responsibilities. These ancestral roots shape her dedication to nurturing the wellbeing of Indigenous families and communities across the region and beyond.



Brooke brings over a decade of experience as an Indigenous Birth Keeper, health advocate, Auntie, parent, and caregiver. Her foundational work with Seabird Island's Maternal Child Health team and Tem'elile Midwifery reflects her unwavering commitment to community-led, culturally grounded care. Her previous work with the Midwives Association of British Columbia (MABC) as a Program Lead in Indigenous Midwifery, the First Nations Health Authority's Maternal, Child, and Family Wellness and Community Engagement team(s) also speaks to her focus on walking alongside and uplifting Indigenous women and families through the sacred journey of pregnancy, birth, and early parenting.

Brooke's approach seamlessly weaves ancestral and traditional wisdom with contemporary knowledge in health and wellness, creating spaces where Indigenous families and life givers can reclaim their inherent power and embrace healing.

Panelist's Perspective

- In our communities, when we talk about reclaiming our ways of birth, parenting, and wellness, we are really talking about restoring attachment — attachment to our babies, to our families, to our teachings, and to the land that sustains us. For too long, outside systems of care have focused on procedures and policies, often overlooking what our people have always known: that birth is a sacred time. Attachment begins long before the first breath. It lives in how we honor and support our Life Givers, how we surround them with dignity, respect, and cultural safety.
- Our grandmothers carried these teachings for us. They held them in their hearts, in ceremony, in stories, and in the gentle ways they reminded us that love and connection are medicine. As a program, as we revitalize indigenous midwifery, land-based healing, and ceremony, we are not simply delivering care — we are strengthening those sacred bonds between parent and child, and weaving back the connections between family, community, and culture as one.
- For us, this work is not just about health care. It is about intergenerational healing. It is about making sure our babies are welcomed into this world already held, already belonging, already connected to the arms of our people. That is how we continue to reclaim our strength, and how we ensure wellness for the generations to come.



Panelists: Laura Interlandi and Laura Sjolie

Laura Interlandi is the Manager of Lelum 'u tu S'tsa –elh teyt-en (House of Honourable Mothers), a role she has held for the past three years. She is a mother of three and brings more than a decade of experience in advocacy and birth and postpartum doula support, having worked extensively in both New York City and on Vancouver Island. Currently in her fourth year of the Bachelor of Social Work program at the University of Victoria, Laura's work is rooted in advocacy, relational care, and the belief that families thrive when supported by safety, compassion, and community.

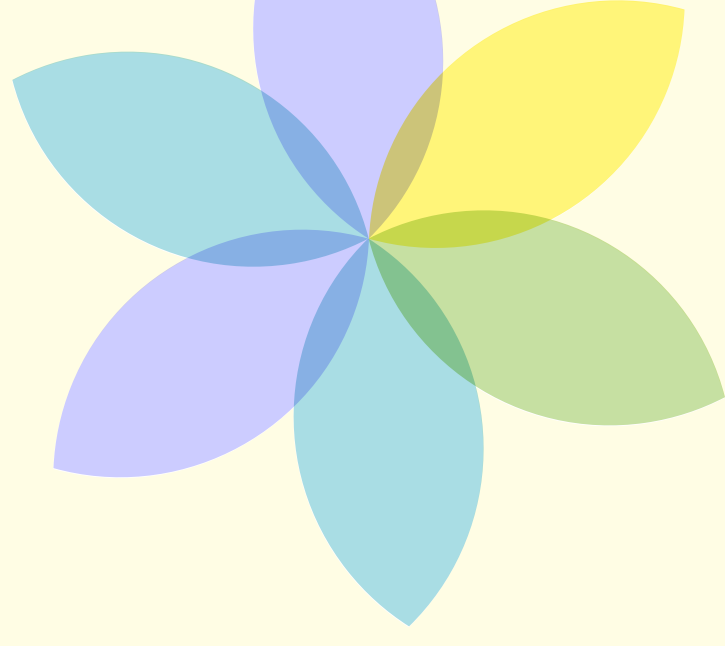


Laura Sjolie is the Program Coordinator for Lelum'u tu S'tsa-elh teyt-en, Healthiest Babies Possible, and Early Years programs at Hiiye'yu Lelum (House of Friendship) in Cowichan. With over 15 years of experience working in the Cowichan Valley, Laura has cultivated deep cross-disciplinary relationships across the community. These connections and collaborations helped shape Lelum 'u tu S'tsa –elh teyt-en (House of Honourable Mothers), a program to support attachment and intergenerational healing that provides an alternative to child apprehensions. Laura is dedicated to supporting families through prevention-focused, wraparound programming that strengthens bonds between parents and children.



Panelist's Perspective

- Lelum 'u tu S'tsa –elh teyt-en (House of Honourable Mothers), exists to prevent child apprehensions and provide a safe, supportive environment for pregnant and new mothers at risk of separation from their children.
- Located in Quw'utsun and supported by Hiiye'yu Lelum (House of Friendship), the house offers specialized care:
 - > 24/7 staffing, wraparound programming, and collaborative advocacy with community partners.
 - > Support for mothers and their babies live together at the house, fostering stability and opportunities to strengthen their parenting journey.
 - > Support for families navigating challenges such as mental health, trauma, intimate partner violence, substance use recovery, neurodiversity, and disability.
 - > Collaborative advocacy with community partners, public health, MCFD, Cowichan Tribes, and primary care.
- By centering the mother-baby relationship, the House of Honourable Mothers helps families build a strong foundation to move forward with safety, dignity, and hope.



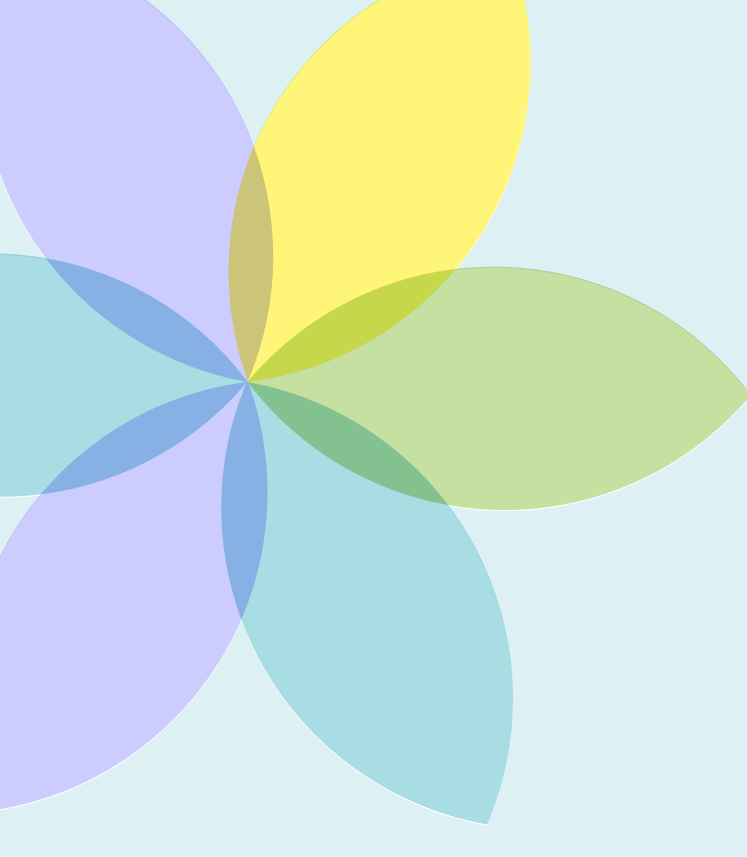
Panelist: Dr. John Krzeckowski, PhD

Dr. John Krzeckowski is an Assistant Professor of Child Health at Brock University. His research program is inspired by his grandmother, who as a public health nurse, founded and led one of Ontario's first postpartum depression support groups in the late 1970s. Inspired by her legacy of compassion, John established the Strong Starts Research Program, which aims to investigate how interventions that support families (particularly families facing mental health problems, poverty, and food insecurity) can improve child neurodevelopment. His work has provided compelling evidence suggesting that treating maternal/birthing parent mental disorders not only benefit them, but may also adaptively change their infants' brains. John is committed to including mothers/birthing parents in the research process to ensure that his work has a direct impact on them and their families. His efforts to pay homage to his grandmother's legacy drives his passion for getting young families off to the strongest possible start.



Panelist's Perspective

- Neuroscientist researcher specializing in how early experiences shape the developing brain and long-term outcomes.
- Impact of perinatal depression and anxiety on both mothers and children (can disrupt maternal well-being, caregiving, and bonding, and can impact child's emotional, cognitive, and neurobiological development).
- Interventions work—timely therapy, peer programs, integrated care improve both maternal health as well as child emotional regulation and brain development.
- Supporting mothers interrupts the intergenerational transmission of risk, creating benefits that reverberate across the family.
- Canada is at a pivotal moment: new policy attention and efforts to reduce stigma are empowering more mothers/birthing parents to get support., and the urgent need to expand. access to effective care. Now is the time to increase access to interventions that ensure mothers receive the care they need, children gain a stronger start in life, and families across Canada are given the opportunity to thrive.



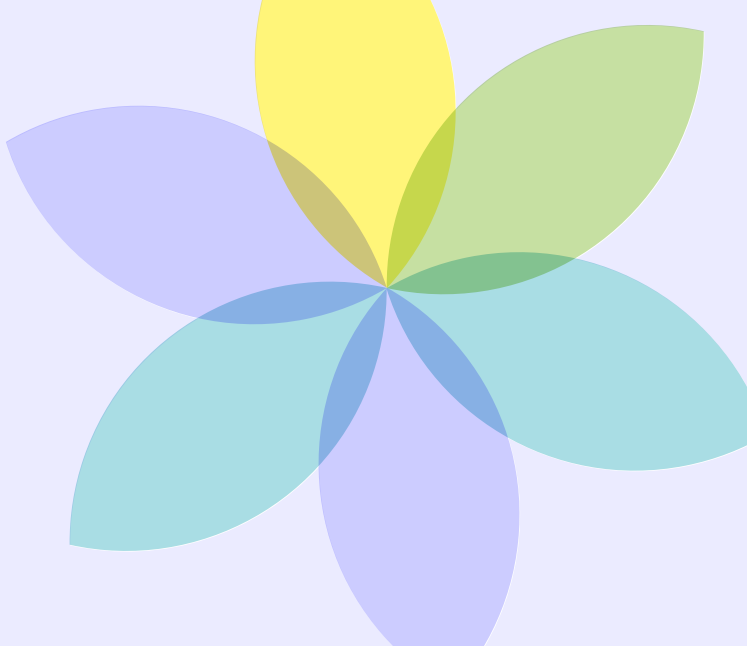
Panelist: Dr. Simone Vigod, MD, MSc, FRCPC

Dr. Simone Vigod (MD 2003, FRCPC 2009) is a Professor and the Labatt Family Chair of the Department of Psychiatry in the Temerty Faculty of Medicine, University of Toronto. Her clinical practice is a psychiatrist at Women's College Hospital, one of the University of Toronto's Toronto Academic Health Science Network (TASHN) Fully Affiliated Sites where she is also a Senior Scientist and the Shirley A. Brown Memorial Chair in Women's Mental Health Research. Dr. Vigod is a world-leading expert in mental health around the time of pregnancy, where mental illness poses unique risks to mothers and their children at a critical juncture in both of their lives. Her research helps raise awareness about gaps in access to specialized perinatal mental healthcare, including the populations where these gaps are most prominent, and drives innovation by evaluating novel health system interventions to improve access to and uptake of care. Her background includes an Honours BSc in Psychology from McGill University (1999), followed by an MD (2003), residency in psychiatry (2003-2009) and MSc in Clinical Epidemiology (2011) from the University of Toronto.



Panelist's Perspective

- Psychiatrist at Women's College Hospital, specializing in assessment and treatment of mental health across reproductive life stages (menstrual cycle, pregnancy, menopause).
- Impact of program & services that includes child psychiatry and parent–infant therapy interventions.
- Research focus:
 - > Obstetric and pregnancy outcomes for women with severe mental illness.
 - > Neonatal and child developmental impacts.
 - > Innovative models to improve access to perinatal mental health care.



Moderator: Dr. Roberto Sassi, MD, PhD, FRCPC

Dr. Sassi is a child and adolescent psychiatrist who received his training in medicine and psychiatry at the University of São Paulo, Brazil and at the Massachusetts General Hospital & McLean Hospital, Harvard University. Dr. Sassi joined BC Children's Hospital & BC Women's Hospital in Vancouver in 2021 as Psychiatrist-in-Chief, and is Head of the Division of Child & Adolescent Psychiatry at UBC. He is an Associate Professor, Dept of Psychiatry, and is the inaugural chair holder of the Pediatric Mental Health Endowed Chair at BCCH. Before coming to BC, Dr. Sassi held academic and leadership positions at McMaster University and University of Miami.



Dr. Sassi's has been involved in different aspects of research in mental health, as well as in vulnerable mothers and children in the Maternal Adversity Vulnerability and Neurodevelopment (MAVAN) mother/child cohort. His most recent work focuses on systems of care for child, youth and families struggling with mental health and substance use. Dr. Sassi has administrative experience in different organizations, including currently at the board of directors at the Canadian Psychiatric Association, and the vice-presidency of the Canadian Academy of Child and Adolescent Psychiatry.

LIGHTNING TALKS: CARE APPROACHES

This rapid-fire session brings together three distinct perspectives on how care is being reimagined to meet the needs of pregnant and parenting people. Presentations will explore the complexities of prescribing Sublocade during pregnancy, evolving approaches to ADHD management in the perinatal period, and the development of Indigenous-led, bed-based models of care. Each speaker will offer a focused overview of current practice, key considerations, and emerging innovations within their area of expertise.

Speaker: Carrie Davis, RSW, BSW

Returning to Spirit Through Reconciliation in Collaboration with Harmony House

The new Harmony House building, located in Prince George—home to 22 supportive units—has become a vibrant space of healing and transformation. Over the past year, our dedicated team has grown in strength and vision, working intentionally to center Indigenous knowledge through a two-eyed seeing framework that bridges traditional and Western ways of knowing.

Today, 85% of the families accessing services at Harmony House are Indigenous women, each overcoming unique adversities. Our purpose is offering loving, culturally grounded support through authentic relationships. We aim to disrupt cycles of intergenerational trauma caused by colonization, while reawakening Indigenous family systems, practices, and norms.

Harmony House is a place that honours resilience and nurtures the thriving of future generations. We promote holistic well-being—physical, mental, emotional, and spiritual—through an anti-oppressive lens that actively resists marginalization and systemic harm.

Our commitment to harm reduction includes providing safe spaces, nourishing food, life skills development, and access to low-barrier medical services. We flourish through community collaboration, holistic care planning, and the sacred practice of circle work—where every voice is valued and healing is collective.

Objectives:

- Explore the successes and challenges of decolonizing care, particularly in community-based settings like Harmony House.
- Gain insight into the importance of integrating cultural identity and traditional knowledge into healing plans for more meaningful and effective support.
- Reflect on collaborative practice, emphasizing that collective strength and shared wisdom are essential in resisting colonial harm and fostering holistic, culturally safe care.
- Through the lens of two-eyed seeing, inspire the application of these principles in participants' own work, promoting relational, trauma-informed, and inclusive approaches to wellness

My name is **Carrie Davis**. I am a proud member of the Gitksan Nation, belonging to the Laxgibuu clan. My roots trace back to Prince Rupert and Terrace, BC though I've called Prince George home for the past 15 years. I hold a degree in social work. Currently, I'm pursuing my Master of Social Work, with a practicum focused on counselling, Opioid Agonist Therapy, and harm-reduction approaches.

My professional journey has spanned child protection, restorative justice, remote practice, and perinatal substance use and mental health. I also serve as Chair of the T'soodun Be 'Unt'oh Legacy Advisory Council for Harmony House, where we center Indigenous knowledge through a two-eyed seeing framework.

Beadwork is my medicine – a sacred expression of culture and creativity. My home-based business, Davis Nation Designs, is a place where I blend my practice and reawaken my culture by offering Indigenous crafts, digital design, and photography services that reflect my heritage.

I'm committed to decolonizing social work practice, advocating for Indigenous rights, and fostering intergenerational healing and resilience.



Speakers: Dr. Carolyn Marchand, MD, & **Dr. Vanessa Paquette**, BScPharm, PharmD

Sublocade in Pregnancy – An Overview

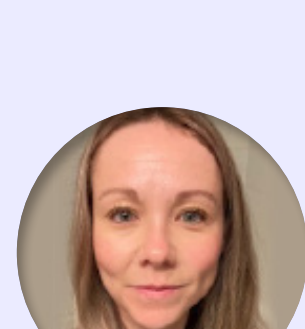
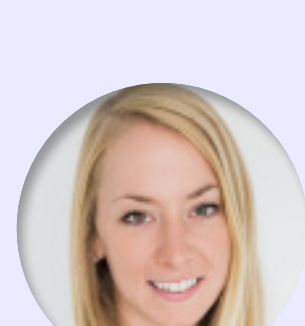
Extended-release injectable buprenorphine (Sublocade) is increasingly being considered for use in pregnant and postpartum patients with opioid use disorder, yet evidence and guidance remain limited. This session will review current recommendations, explore emerging safety data, and examine evolving clinical practices surrounding Sublocade in pregnancy. We will review current data on maternal and neonatal outcomes, discuss safety and efficacy compared to sublingual formulations, and examine real-world experiences from perinatal substance use programs. Special attention will be given to patient-centered decision-making, harm reduction approaches, and informed consent in the context of evolving evidence. This session aims to equip clinicians with up-to-date knowledge and practical tools to support pregnant and postpartum patients using Sublocade, balancing evidence-based care with individualized treatment planning.

Objectives:

- Summarize current clinical guidelines and recommendations for the use of extended-release buprenorphine (Sublocade) during pregnancy.
- Review emerging safety data and evolving clinical practices related to Sublocade in pregnant and postpartum populations.
- Translate the latest evidence into practical, patient-centered strategies to optimize perinatal care and inform clinical decision-making.

Dr. Carolyn Marchand is a family physician and substance use specialist at St. Paul's Hospital. She completed her Family Medicine residency at St. Paul's, followed by the BCSCU Addiction Medicine Fellowship, where she focused on perinatal substance use. Dr. Marchand currently serves as the Physician Lead for the Perinatal Substance Use Service at St. Paul's Hospital, a service dedicated to providing compassionate, patient-centered care for pregnant and postpartum individuals. She also provides primary care to Indigenous patients at Lu'ma Medical Clinic, integrating culturally safe, trauma-informed approaches into her practice. Outside of her clinical work, she is a proud mother of three and passionate about advancing equitable, evidence-based care for families affected by substance use.

Dr. Vanessa Paquette is a clinical pharmacist at BC Women's Hospital and Health Centre. She completed her Bachelor of Science in Pharmacy at the University of British Columbia, her Accredited Pharmacy Practice Residency at BC Children's and Women's Hospitals, followed by her Doctor of Pharmacy Degree at the University of British Columbia. She currently works as the Clinical Pharmacy Specialist for BC Women's Hospital working on the Families in Recovery Unit (FIR Program) providing specialized support to individuals who are pregnant or newly parenting while navigating substance use. She focuses on evaluating drug therapy in pregnant, postpartum, and breast/chestfeeding individuals.



Speakers: Dr. Catriona Hippman, PhD, CGC, & **Dr. Barbara Shulman**, MD, FRCPC

Managing ADHD in the Perinatal Period

This presentation will provide an overview of strategies and resources for managing ADHD in the perinatal period.

Objectives:

- Summarize current evidence regarding pharmacological treatment of ADHD during the perinatal period
- Review options for managing ADHD in the perinatal period
- Identify resources for patients to support treatment decision making for ADHD in the perinatal period

Catriona Hippman, (she/her) is a Postdoctoral Research Fellow with the Reproductive Mental Health Program at BC Women's Hospital, an Adjunct Professor with the UBC Department of Obstetrics and Gynaecology, and a Health System Impact Fellow with Simon Fraser University. Overall, her work focuses on mental health at times of transition in relation to changes in hormones, physiology, and family composition through feminist, person-centred research and advocacy for equitable access to mental health services.

Catriona trained clinically as a genetic counsellor at UBC and practiced as a certified genetic counsellor with a psychiatric specialization before returning to UBC to complete her PhD in Interdisciplinary Studies. She has since completed fellowships with the BC Reproductive Mental Health Program, the UBC Department of Obstetrics and Gynaecology, and the University of Calgary Faculty of Nursing.

She is a cisgender woman, White settler, a tap dancer, a singer, and is a mother to two children.

Dr. Barbara Shulman is a psychiatrist and the Medical Director of the Reproductive Mental Health Program at BC Women's Hospital and Health Centre in Vancouver. She is also a Clinical Assistant Professor in the Department of Psychiatry at the University of British Columbia, and a Mindfulness-Based Stress Reduction (MBSR) Teacher in Training at the Mindfulness-Based Professional Training Institute at the University of California San Diego. In addition to her clinical work, she has been involved in research focussing on mindfulness-based group therapies to treat women with perinatal depression and anxiety.



Moderator: Dr. Annabel Mead, MBBS, DipABAM

Dr. Annabel Mead has been practicing addiction medicine for 25 years with expertise in women's health, concurrent psychiatric disorders and pain management. In the Lower Mainland of BC, she has practiced widely in community, acute care and bed-based recovery settings. These include outreach and withdrawal management services in Vancouver, VGH and St. Paul's hospitals, Heartwood and New Dawn Recovery House.

Dr. Mead was the medical lead for the Provincial Perinatal Substance Use Project (PPSUP) at its inception and is currently Senior Medical Director for Mental Health and Substance Use Programs + Initiatives at BC Women's.

She is also Medical Director for BC Correctional Health Services, and is a board member for Together We Can treatment programs.

She is a diplomate of the American Board of Addiction Medicine and Clinical Assistant Professor, University of British Columbia.

Dr. Mead is past Program Director of the BCSCU Addiction Medicine Fellowship training program, and continues to teach and mentor students, trainees and practicing physicians in the field of Substance Use care.



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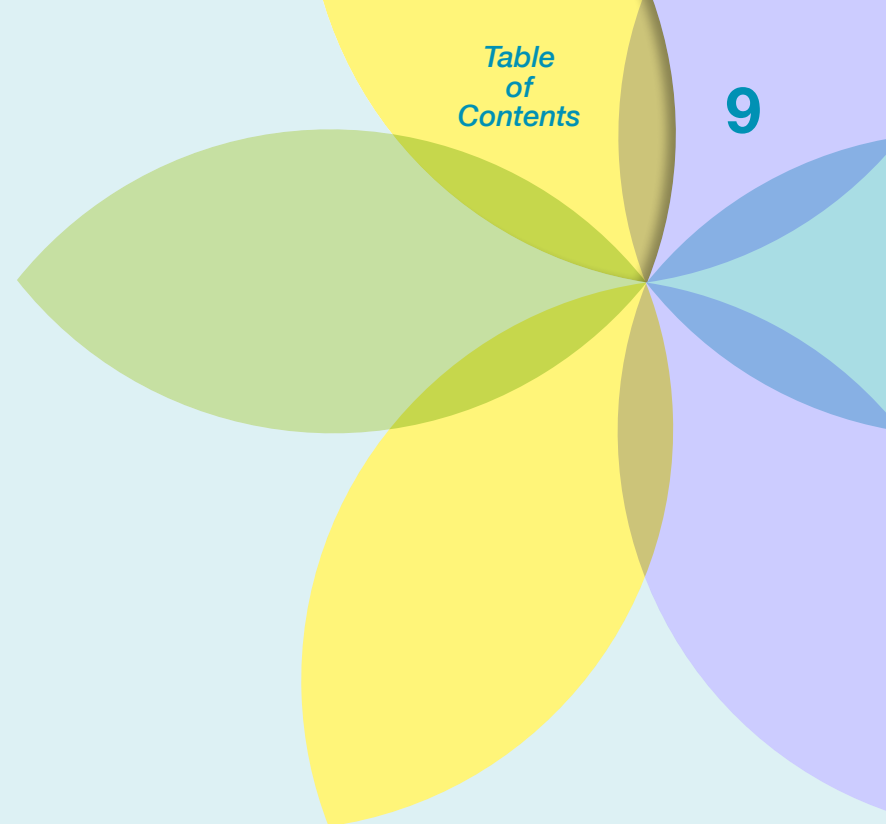
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- Evidence-informed guidelines
- Actionable resources
- Community-driven stories
- Opportunities to connect & collaborate

Our monthly e-blasts are designed to strengthen your practice, foster connection, and spark collaboration!



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SAVE THE DATE

FOR 2026 PMSHU CONFERENCE

We are pleased to announce that BC Women's Hospital will be hosting the **2026 Perinatal Mental Health and Substance Use Conference** on **October 5th-7th, 2026**. The Conference will be held **in person** at the **Sheraton Vancouver Airport Hotel** in Richmond, BC. Stay tuned for more information!

Contact Us

For general inquiries about the 2025 PMHSU Forum, please contact pmhsu-2025@venuewest.com

