



Learning Center

Location/Date/Time

University of Nebraska at Omaha,
Barbara Weitz Community
Engagement Center
6001 Dodge Street
Omaha, NE 68182

Friday, August 28, 2026
8:00 AM to 12:30 PM

Presented by

Isabelle Ducey LCSW, PMH-C,
Social Worker, Methodist
Women's Hospital

Kristina Ledlow, ICCeE-CD, PMH-
C, Director of Collaborative Care
Educational Program, The
Postpartum Stress Center, LLC

Rebecca Leval MD, MPH,
Psychiatrist, Massachusetts
General Hospital

Max Lydiatt MD, Psychiatrist,
Nebraska Methodist Hospital

Antara Pothuloori MD, Methodist
Physicians Clinic
Katie Williams, patient

2026 Methodist Perinatal Conference: Maternal Minds Advancing Perinatal Mental Health

Details

This conference aims to bring together healthcare professionals to deepen understanding, improve care, and address the critical challenges of perinatal mental health. Through expert-led education and the powerful voices of individuals with lived experience, participants will gain practical tools to support perinatal individuals with compassion and evidence-based care. Featuring keynote speaker Kristina Ledlow, a specialist in perinatal mental health.

Agenda

Time (CST): Title/Speaker/Contact Hours Awarded
7:30am-8:00am: Registration (coffee and light breakfast)
7:55am-8:00am: Welcome and Opening Statements
8:00am-10:00am: Tackling Perinatal Mental Health: Kristina Ledlow (2.0 CH)
10:00am-10:15am: Break
10:15am-11:15am: Perinatal Bipolar Disorder: Screening, Management, and Prevention During Pregnancy and Postpartum: Rebecca Leval MD (1.0 CH)
11:15am-11:30am: Break
11:30am-12:15pm: Patient Panel: Antara Pothuloori MD (Facilitator), Kristina Ledlow, Rebecca Leval, MD, Max Lydiatt, MD, Izzy Ducey, and Katie Williams (0.75 CH)
12:15pm-12:30pm: Q&A / Closing Remarks (0.25 CH)

Handouts

To access the handouts, please refer to your course registration emails, or the course.



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Physician

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