Partners in Perinatal Health
26th ANNUAL CONFERENCE
Tuesday, May 12, 2015
8:00 am – 5:00 pm
The Four Points by Sheraton, Norwood, MA

SPONSORED BY Massachusetts Department of Public Health
WITH SUPPORT PROVIDED BY AdCare Educational Institute, Inc.
Partners in Perinatal Health
26th ANNUAL CONFERENCE
TUESDAY, MAY 12, 2015

Mission Partners in Perinatal Health is a statewide partnership of non-profit organizations committed to improving the quality of health care available to childbearing families.

Conference Goals
- To examine current health issues that impact infant survival and women’s health.
- To identify cultural issues affecting perinatal health care.
- To share knowledge and exchange information among health professionals about perinatal health.
- To examine model programs addressing the many conditions that put mothers and children at risk.

Conference Exhibitor and Sponsorship Opportunities
- For information on Conference Exhibiting, please contact: Joan Singer, 508-759-6800 (Joan@MotherCareServices.com), Lois Freedman, 781-784-1380 (Lois@LoisFreedman.net).
- For information on Conference Sponsorship Opportunities, please contact: Linda Slak, 781-273-0099 (lslakdc@gmail.com), Beverly Nathan (bgnathan@gmail.com), Sharon Mullen, 617-480-0918 (samcnm@gmail.com).

Registration
- The deadline for all registrations is May 5, 2015.
- Early Bird Registration fee is $120 to attend the conference for registrations received by April 8th.
- General Registration fee is $140 for registrations received after April 8th.
- Conference fee for HMHBCofMA members is $110 for registrations received by April 8th, and $130 after that date.
- Your non-refundable fee pays for entrance to the conference, continental breakfast, lunch, snacks and beverages throughout the day, materials, and CEUs.
- Registration is available by mail or online and credit cards are accepted. To register online, please visit www.piphma.org and select Conference Registration. To register by mail, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

Further Information
A limited number of partial scholarships are available. Applications must be received by March 25, 2015. For a scholarship application, please contact Jennifer Fahey at AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.

Infants
As always, quiet, infants-in-arms are welcome in workshops. Due to fire laws, NO STROLLERS ARE ALLOWED.

Continuing Education Credits
Continuing Education Credits are pending for the following:
- CERPS for Lactation Consultants (IBCLCs) for breastfeeding specific presentations only
- Childbirth Educators (ICCE/LCCEs)
- Licensed Mental Health Counselors (LMHCs)
- Massachusetts Licensed Dietitians/Nutritionists (LDNs)
- Nurses (RN/LPNs)
- Registered Dietitians (RDs)
- Social Workers (SWs)
- Chiropractors (DCs)
We have applied for ACNM specialty credits.
7:00 – 8:00  Registration / Breakfast / Exhibits
8:00 – 8:15  Welcome

Healthy Mothers Healthy Babies Coalition of Massachusetts – Annual Meeting

Healthy Mothers Healthy Babies Partners Award
Presented to Elizabeth Monahan, CNM, MPH, for her ground-breaking work CenteringPregnancy, and in recognition of her steadfast commitment to improve the perinatal experience for women, to ensure better birth outcomes, and to reduce health disparities.

8:15 – 9:30  KEYNOTE
Losing Our Civil Rights: The Dehumanization of Pregnant Women
Lynn M. Paltrow, JD
Founder and Executive Director
National Advocates for Pregnant Women (NAPW)
It is important to fight equally for the right to have a child, the right not to have a child, and the right to parent the children we have, as well as to control our birthing options. Incarceration, labor in shackles, forced surgical births, immediate separation of mother and baby . . . these are clear violations of civil rights as guaranteed by the United States Constitution. Reveal the range of legal arguments and mechanisms being used to undermine the personhood of pregnant women, and discuss what can be done to protect pregnant and birthing women. Define ‘Birth Justice,’ learn how perinatal health professionals can take public action, and identify how to support laws and policies that protect the health, humanity and dignity of pregnant women.

9:30 – 10:00  Break and Exhibits

10:00 – 11:15  BREAKOUT SESSION I

1A. Compassionate Care for Families of Babies with Neonatal Abstinence Syndrome
Debra Bercuvitz, MPH
Program Coordinator
Massachusetts Department of Public Health
Laura Sternberger, LICSW
Clinical Social Worker; Maternal Newborn Medicine
Melrose-Wakefield Hospital
Neonatal Abstinence Syndrome (NAS) is a constellation of symptoms experienced by half of babies exposed to opioids in utero. Coordinated, compassionate care for NAS is trauma-informed, strengths-based, and family-centered. Gain an understanding of NAS, and share a vision for bringing providers and families together to create a coordinated, compassionate system of care for optimal outcomes.

1B. Safe Spaces: Five Ways to Provide Welcoming Care to LGBTQ Individuals
Dillan DiGiovanni, BS, CHC
Certified Teacher
Certified Integrative Nutrition Health Coach
DillanDiGiovanni.com
Lesbian, gay, bisexual, transgender, queer and/or questioning individuals deal with a myriad of issues, including significant health disparities, and they seek out providers and clinicians who offer sensitive care. Competent providers are considered invaluable when found. Learn five easy but important ways to provide welcoming care to LGBTQ individuals, ranging from how to respectfully engage in information intake, to sensitive modifications in office procedures.

1C. “Do you see what I see?” Identifying Latch Challenges in the Neonate
Lisa J. Geiger, DC
Chiropractor specializing in Pediatrics and Prenatal Care
Village Family Chiropractic
Learn to identify the mechanical issues and irritated neurology that often underlie a disorganized latch. Identify the asymmetries in a baby’s face that bely misalignments that profoundly affect latch. Counsel clients on the full range of alternatives and support for latch challenges and associated torticollis. Examine the best practices and least intrusive methods to support nursing dyads, particularly those seeking more natural solutions.

1D. Maximizing Development in the Infant and Toddler: Structurally, Neurologically, Physiologically
Dr. Peter J. Kevorkian, DC
Chiropractor, Instructor
Westwood Family Chiropractic and International Chiropractic Pediatric Association
Dr. Linda Slak, DC
Chiropractor, Instructor
Slak Chiropractic Group and International Chiropractic Pediatric Association
Appreciate the intimate relationship of structure and function as mediated by the nervous system. Receive practical understanding of the optimal development of the infant and toddler, and the correlated functional milestones for mobility, language and manual skills. Explore the power of the intuitive mind and show its relationship to the diagnostic/mechanistic mind. Receive tools to share with clients/patients to enhance a child’s physiological development.
1E. Perinatal Mental Health Support in Community Health Centers: A Pilot Program
Divya Kumar, ScM, CPD, CLC
Postpartum Doula
Southern Jamaica Plain Health Center
Denise Corrigan, CNP, BSM, ACRN
Integrated Services Senior Manager
Holyoke Health Center, Inc.
Sarah Heaton, PsyD
Integrated Psychologist in OB/GYN
Lynn Community Health Center
Jennifer Nunnemacher, RN, BS, MEd
Perinatal Services Nurse Manager
The Family Health Center of Worcester

Discuss the successes and challenges of providing perinatal support in a community health center setting. Present a DPH-funded pilot program focused on perinatal emotional wellness and postpartum depression prevention. Perinatal support services placed within existing healthcare facilities lowers barriers, increases timely access to care, and provides critical support to diverse and underserved populations.

1F. Breastfeeding an Allergic Infant
Tara McCarthy, MS, RD, LDN
Clinical Dietitian
Boston Children's Hospital and KindrdFood

Examine trends in allergies and identify some of the possible causes of food allergies in the breastfed baby. Understand the latest guidance on introducing solids to infants, with and without food allergies. Identify the trials and tribulations of being on an elimination diet through a dietitians’ own journey, and consider how to support both mom and baby nutritionally and emotionally.

1G. The Magic of Rebozo
Polly Perez, BSN, RN, CD
Childbirth Family Education
Jessilyn Dolan, RN, CLD, CMT, CIMI, HBCE
Nurse coordinator
LUND

Rebozo is a traditional Mexican shawl used as a multifunctional tool in pre-labor, during labor, and after labor to encourage postpartum healing. Learn the step/swing handling of the Rebozo and demonstrate variations in techniques used in labor to support and relax the mother and help the baby rotate. Explain the Rebozo use in postpartum bodywork to promote healing in the mother.

1H. Touchpoints: A Preventive Approach to Working with Families
Ann Coleman Stadtler, DNP, MSN, CPNP
Director, Site Development & Training
Brazelton Touchpoints Center
Constance Keefer, MD
Assistant Professor of Pediatrics
Harvard Medical School

Families of newborns are open and vulnerable. Touchpoints supports the new family's understanding of their newborn and how parents impact optimal development in their child. Providers examine the parental perspective and learn to support parental self-esteem. Touchpoints developmental and relational frameworks include strategies for forging a collaborative, preventative relationship with new parents.

11:15 – 11:30  Break and Exhibits
11:30 – 12:45  BREAKOUT SESSION II

2I. Birth, Breastfeeding and Bacteria – How Our Choices Impact the Infant Immune System
Kathy Abbott, IBCLC
Private Lactation Consultant
www.BusyMomsBreastfeed.com

Why do c-section babies have higher rates of food allergies? What role does the vernix play in attracting ‘good’ bacteria? How does keeping a baby ‘skin to skin’ with mom help the infants’ immune response? Why is breastmilk considered ‘The Original Probiotic?’ 80% of the human immune system is located in the lining of the gastrointestinal tract. Explore how bacterial colonization of the immune system begins at birth and how lifestyle and feeding choices influence the newborns’ growing immune system.

2J. PPD, IPV, IUD’s Oh My! Demystifying Postpartum Care in Adolescents
Cheryl Aglio-Girelli, MSN, RN, FACCE
Mynette Shifman, MSN, RN, FNP
Co-Directors, Strengthening Youth in a United Way Framingham Public Schools

Appreciate how to meet the unique needs of adolescent parents. Present major factors impacting postpartum care of the adolescent. Highlight the development needs of teens and discuss mental health concerns, specifically PPD, and relationship issues and intimate partner violence (IPV). Identify best practices related to adolescent reproductive/contraceptive health, learn three ways to empower an adolescent experiencing IPV, and identify strategies to reduce a second unintended pregnancy.
One in seven women experience perinatal mood disorders, and 2/3 of depression begins before delivery. Perinatal depression has deleterious effects on birth outcomes, infant attachment, behavior and development, and maternal suicide causes 20% of postpartum deaths. Front line providers who serve these women and families often have limited access to mental health resources. Explore how to build the capacity of practitioners serving perinatal women to effectively prevent, identify and manage depression.

2L. Natural Medicines for Pregnancy, Breastfeeding and Early Childhood

Gary Krakoff, NMD, Reg Pharm
Pharmacist Manager of the Health and Wellness Center
Johnson Compounding & Wellness

The impact and efficacy of homeopathic remedies is no longer anecdotal. Focus on healthy, supportive remedies for mom and baby, and learn more about this simple, holistic approach to wellness. Many common perinatal complaints respond beautifully to natural medicines. Standard therapies effectively treat low milk production, colic, teething, colds and flu, morning sickness, nipple fissures and a host of other problems.

2M. Traumatic Birth and The Neonate’s Consciousness

Kathryn Landon Malone, PhD, RN, CPNP
Pediatric Primary Care and Pediatric Hypnotherapy, True North Center for Health and Healing

Recent research in pre- and perinatal psychology suggests neonates are conscious, learning individuals, who can experience lasting impact from traumatic events. Benevolent elements can soften and even repair traumatic imprints. Learn about a new model of care that minimizes the impact of traumatic birth, and share a learning activity designed to deepen understanding of interventions developed to minimize traumatic imprints in neonates.

2N. Understanding Racial and Ethnic Disparities in Maternal and Child Health

Georgia Simpson May, MS
Director, Office of Health Equity, Massachusetts Department of Public Health
Hafsatou Diop, MD, MPH
Director, Office of Data Translation, Bureau of Family Health and Nutrition, Massachusetts Department of Public Health

Why do racial and ethnic disparities in maternal and child health outcomes exist in Massachusetts? Disparate outcomes are in part related to racism, ethnic bigotry and implicit bias that are minimally reflected in policies and practices. Understand key information on the influence of social determinants of health, and discuss specifics including entry into prenatal care, smoking during pregnancy, intimate partner violence, gestational diabetes, breastfeeding, stress, infant safe sleep and referral to Early Intervention services.

2O. From Pesticides to Plastics: Protecting Patients from Chemical Exposures

Laura N. Vandenberg, PhD
Assistant Professor, University of Massachusetts Amherst

Exposure to chemicals is the great equalizer. Each day, every one of us is exposed to chemicals from a myriad of sources: food and food packaging, health and beauty products, home cleaners, our furniture, lawn care products, just for starters. Endocrine disruptors mimic hormones and can trigger negative health outcomes in extremely low doses, including abnormal brain development, genital anomalies, asthma, cancers, diabetes, obesity, cardiovascular disease, polycystic ovary syndrome and a host of others. Learn sources of exposure and identify ways that exposure can be minimized or avoided.

2P. The Many Faces of Childbirth Loss: Helping Families Heal

Andrea Werner Insoft, LICSW, ACSW
Social Worker in Private Practice
Fredda Zuckerman, LICSW, ACSW
Social Worker in Private Practice

Childbirth loss has many faces. Identify the roles of inpatient and outpatient social workers and their impact on grief. Describe coping strategies and hospital interventions and how they impact the healing process. Understand considerations in decision-making after diagnosis of a fetal anomaly, including cultural and religious background, family constellation, previous losses, prognosis for mom and baby, gestational age, etc. Discuss various treatments in the journey from trauma to healing, and explore how we, as caregivers, can care for ourselves and avoid burnout.

12:45 – 2:00  Lunch and Exhibits

Optional Lunch Event  Talking with your Mouth Full: Advocating for Healthy Mothers and Healthy Babies

HMHB Coalition of Massachusetts invites you to the table for lunchtime networking and updates on current maternal-child initiatives. Lunch will be in a separate room and this session is no additional cost.

2:00 – 3:15  BREAKOUT SESSION III

3Q. Hyperemesis gravidarum: Nutrition Assessment and Interventions

Miriam Erick, MS, RDN, CDE, LDN
Senior Dietitian/Manager, Department of Nutrition, Brigham and Women’s Hospital

A woman with hyperemesis gravidarum (HG) is suffering from a form of starvation of pregnancy. In the absence of adequate nutrition, the “fetus as the perfect parasite” cannot obtain sufficient nutrients and energy, and fetal growth is reduced and/or maternal catabolism occurs. Understand the statistics behind the condition, appreciate the consequences for mother and fetus, and explore
nutritional and other interventions that lead to successful outcomes.

3R. Why Some New Moms Thrive and Others Don’t – The Transition to Motherhood
Tamara Feldman, PsyD
Clinical Psychologist in Private Practice

Life transitions provide an opportunity for an enriched sense of self, but can also result in confusion about meaning and purpose in life, along with a loss of identity. Describe a program that helps expectant and new mothers explore meanings of motherhood, increases awareness of changes to one’s identity, priorities and relationships, and facilitates the transition to motherhood to help mothers embrace their new role.

3S. Newborn Stem Cells: Current and Future Uses
Cecilia Fairley, MS, Licensed Genetic Counselor
Genetic Counselor
Cord Blood Registry

Explore emerging science surrounding cord blood and human stem cells. Understand differences in transplant medicine and regenerative medicine and treatments for each that employ stem cells from cord blood. Recognize the importance of cord blood banking and what access exists to cord blood banking. Review recent poster presentations and reports describing outcomes of clinical trials in the U.S. that utilize autologous cord blood.

3T. Successes of a Community-Based Perinatal Support Model: Creating Safety Nets for Mothers and Families
Liz Friedman, MFA
Director, Founder
MotherWoman Perinatal Support Initiative
MotherWoman

Describe an innovative Community-based Perinatal Support Model (CPSM) aimed to prevent, identify and facilitate treatment of PMD with a comprehensive, multi-disciplinary safety net for women. In 2014, six communities in MA were selected to implement CPSM; they now have strengthened infrastructure and service delivery to mothers at risk. Learn the elements of the CPSM model, describe the sequence of interventions of CPSM, and hear representatives from the six communities describe the challenges and successes in implementing this public health model.

3U. Restoring Hope: Reconnecting Women with their Innately Wise Bodies
Lisa J. Geiger, DC
Chiropractor specializing in Pediatrics and Prenatal Care
Village Family Chiropractic

Learn delicious facts and concepts to help women reconnect with the innate intelligence and wisdom of their bodies. Explore a distinct perspective on biomechanics, anatomy, physiology and neurology. Understand more about primitive reflexes of the baby and their part in the birth dance. Incorporate this information into the support of each client’s birth experience, and walk away with a deeper delight in and respect for our marvelous bodies.

3V. Introduction to the NBO System
J. Kevin Nugent, PhD
Director
The Brazelton Institute, Boston Children’s Hospital
Constance Keefer, MD
Assistant Professor of Pediatrics
Harvard Medical School

The Newborn Behavior Observations (NBO) is a relationship-based, neurobehavioral set of observations used to interpret newborn behavior with parents. In hospital, clinic or home visit settings, NBO supports the developing parent-infant relationship and enhances the parent-clinician relationship. Learn to recognize newborn behavioral competencies, understand how to use a baby’s behavior as language, and understand the approach of ‘supporting parental mastery.’

3W. Science not Stigma: How the Opioid and Neonatal Abstinence Syndrome Scare are Undermining Women and Health
Lynn M. Paltrow, JD
Founder and Executive Director
National Advocates for Pregnant Women (NAPW)

Investigate popular myths and misinformation about pregnant and parenting drug-using women and learn to distinguish media misinformation from accurate, evidence-based information. Review policy recommendations of leading medical and public health organizations and recognize harm-reduction approaches that further maternal, fetal and child health. Explain which laws are applicable to pregnant drug-using women, and learn to distinguish between what the law says and how it is interpreted and implemented.

3X. How to use Acupressure for Promoting a Natural Labor – A Hands-On Workshop
Kathy J. Seltzer, Lic. Ac.
Sharon J. Levy, Lic. Ac.
Owners and Acupuncturists
Acupuncture Birthing Associates

Identify how to find specific acupressure points to encourage labor, control pain during labor, promote smooth dilation, calm emotions, conserve energy, and encourage placental delivery. Learn to locate 12 acupressure points to facilitate a smooth and easy birth. Differentiate which points and techniques to use for varying stages of labor and delivery. Leave with a set of tools to support and calm the birthing mother.
3Y. Pregnancy and Substance Use: Tips from an OB/GYN

Erin E. Tracy, MD
Faculty Member,
Vince Obstetrics and Gynecology Department
Massachusetts General Hospital
Assistant Professor,
Obstetrics, Gynecology and Reproductive Biology
Harvard Medical School

Enid Watson, MDiv
Director, Screening & Early Identification,
Massachusetts State Fetal Alcohol Spectrum Disorders Coordinator
Institute for Health and Recovery

Recognize women who are both pregnant and using substances is reality. Explore substance use, abuse and dependence, understand the effects of the most common substances of abuse on maternal/fetal/neonatal health, and explore SBIRT methods to identify pregnant women who are using. Learn what medication-assisted treatment is recommended for addicted pregnant women, and describe how children in a healthy postpartum environment typically do not experience long-term adverse outcomes from opiate exposure.

3:15 – 3:30 Break and Exhibits

3:30 – 4:45 CLOSING KEYNOTE

Perinatal Mental Health Care – Glimmers of Hope
Margaret Howard, PhD
Director, Women’s Behavioral Health
Director, Day Hospital
Women & Infants Hospital of Rhode Island

Explore current epidemiological knowledge of the prevalence of perinatal psychiatric disorders, examine trends in screening and describe current state of treatment options including formalized mother-baby units. Learn to distinguish among common perinatal psychiatric presentations, identify various treatment options for perinatal women, and highlight the thriving and expanded WIH Perinatal Day Hospital program along with the increasing momentum for development of similar programs across the country.

4:45 – 5:00 Evaluations / Exhibits / Continuing Education Credits
Partners in Perinatal Health  
26th ANNUAL CONFERENCE

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For additional information on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.

(Fill in below as it should read on your name tag)

NAME:  
ORGANIZATION:  PROFESSION:  
ADDRESS:  CITY/STATE/ZIP:  
TELEPHONE:  (                         )  E-MAIL ADDRESS:

Please indicate your workshop choices below:

**SESSION I**  •  Session Choices (indicate 1st and 2nd choice with a “1” and “2”)

1A _____  1B _____  1C _____  1D _____  1E _____  1F _____  1G _____  1H _____

**SESSION II**  •  Session Choices (indicate 1st and 2nd choice with a “1” and “2”)

2I _____  2J _____  2K _____  2L _____  2M _____  2N _____  2O _____  2P _____

**SESSION III**  •  Session Choices (indicate 1st and 2nd choice with a “1” and “2”)

3Q _____  3R _____  3S _____  3T _____  3U _____  3V _____  3W _____  3X _____  3Y _____

Payment Information:

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Optional Lunch Event

Talking with your Mouth Full: Advocating for Healthy Mothers and Healthy Babies

- **YES**, I plan to participate.  
  (details provided the day of the conference)

Vegetarian lunches will be served.

If you are deaf or hard of hearing, or are a person with a disability who requires accommodations, please contact AdCare Educational Institute at (508) 752-7313, TTY (508) 754-0039 by April 14, 2015.