

MAY 15 - 17, 2024

Towards _____

Trauma-Responsive Perinatal Care



NPACONFERENCE.ORG

Continuing education credits offered
by our joint provider



WELCOME

SCAN the QR Code
for online agenda



We're so happy that you are able to join us this year.

The National Perinatal Association believes that **education, advocacy, and integration are key** to improving perinatal care. Our annual interdisciplinary conference is an essential part of that mission. By coming together with our community and sharing diverse perspectives, **we believe we can improve outcomes and ensure justice for pregnant people, infants, and families.**

This year we have chosen the theme, **Towards Trauma-Responsive Perinatal Care.**

We have invited an **outstanding group of speakers** to help us:

- **define the process** of evolving from “trauma-informed care” to “trauma-responsive care” for pregnant patients, infants, and families
- **identify barriers** and **reduce bias** in the assessment of trauma and our responses to it
- **provide multidisciplinary resources** and **accessible tools** for instituting trauma-responsive care in clinical practice

Our goal for this meeting is to **create a safe, friendly, and welcoming environment** where everyone can feel free to **share ideas, learn new perspectives, and meet others who share our goals.**

Thank you for helping us create this space.

With Respect and Admiration for Everything You Do Every Day -

NPA Executive Director

and Our Conference Co-Chairs:

- Jerry Ballas, MD, MPH
- Cristal Grogan, Parent Advocate



♥ **IMPORTANT:** Many of the topics we'll be discussing during the conference can bring up complicated emotions. We encourage you to take time to reflect - and take care of yourself.

Our **Wellness Room** is located in **Park C** and is available:

- Wednesday 7:00 am - 7:00 pm
 - Thursday 7:30 am - 6:30 pm
 - Friday 7:00 - 8:00 am
- or online at npaconference.org/take-a-break

We invite you to **debrief with one of our mental health professionals**, if needed.

CONFERENCE CHECKLIST

CHECK IN at CONFERENCE REGISTRATION 

- get your name tag
- pick up a registration packet

CONNECT to WI-FI password = LactationNetwork Sponsored by The Lactation Network 

SIGN IN using the ONLINE SIGN-IN FORM for WEDNESDAY

COMPLETE the ONLINE EVALUATION for WEDNESDAY's SESSIONS

VIEW the POSTER PRESENTATIONS

- everyday in Park D
- online at npaconference.org/2024posters

MEET with our EXHIBITORS

- everyday in the El Prado Foyer
- online at npaconference.org/2024exhibitors

SIGN IN using the ONLINE SIGN-IN FORM for THURSDAY

COMPLETE the ONLINE EVALUATION for THURSDAY's SESSIONS

CONNECT with our PRESENTERS

- in-person at the conference
- online at npaconference.org/2024agenda

SIGN IN using the ONLINE SIGN-IN FORM for FRIDAY

COMPLETE the ONLINE EVALUATION for FRIDAY's SESSIONS

Please help us **PROTECT OUR COMMUNITY:**



People attending the NPA conference work with and care for people who are especially vulnerable to the negative health effects of COVID-19 infection - including pregnant people, parents, and babies.

Please be courteous when interacting with other conference attendees in shared meeting spaces.

Wednesday, May 15

8:00 am to 5:40 pm

SCAN the QR Codes for:

- Wednesday Sign-In
- Wednesday Evaluation



AM

7:00 - 8:00 am

El Prado Foyer

Registration and Coffee

WELCOME

8:00 - 8:20 am

Park E,F,G,H

Welcome from our President

- Chavis Patterson, PhD NPA President he/him

PLENARIES

8:20 - 9:20 am

Park E,F,G,H

All We Need is Love: Trauma-Responsive Living

- Mary Coughlin MS, NNP, RNC-E she/her

9:20 - 10:20 am

Park E,F,G,H

Empowering Births: The Intersection of Disability Justice and Perinatal Care

- Kara B. Ayers PhD she/her

10:20 - 11:20 pm

Park E,F,G,H

Community Care: Expansive & Holistic Approaches to Perinatal Mental Health

- Alex Villalba MA, CFSD, CLE they/them

LUNCH 11:30 am to 12:40 pm

Tiffany Room

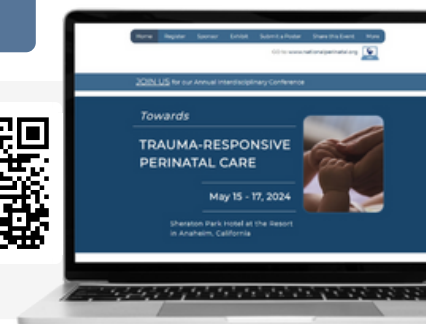
- includes a 30-minute, non-credit presentation by Sage Therapeutics | Biogen



LIGHT MOVEMENT 12:45 to 12:50 pm with Andie Insoft, LICSW

VISIT npaconference.org to find:

- our agenda
- sign-in forms for each day
- links to presentations and handouts
- conference evaluation forms
- virtual poster gallery
- virtual exhibits
- online Help Desk
- our virtual Wellness Room



12:50 - 1:50 pm

Park E,F,G,H

**Selected POSTER PRESENTATIONS from the podium:
"Innovative Models of Care"**

- Trauma-Informed Group Therapy for Parents in the NICU
- "We Feel It Too:" A Qualitative Examination of Secondary Traumatic Stress and Coping Strategies in NICU Nurses
- The Grief-Sensitive Healthcare Project: An Innovative Approach to Compassionate Care for Perinatal Grief and Loss
- Integrating Mental Health Services into a High-Risk Infant Follow-Up Program
- Building a Model of Care for Prolonged Antepartum Admissions in a Birth Hospital: Provisioning Care through a Trauma-Informed Lens

1:50 - 2:50 pm

Park E,F,G,H

**When the Helper Needs Help: Understanding and Managing
Secondary Traumatic Stress**

- Stephen Lassen PhD he/him

BREAK

2:50 - 3:20 pm

Please visit our Exhibitors and Poster Presenters

3:20 - 4:20 pm

Park E,F,G,H

First, Do No Harm: How to Practice Trauma-Responsive Care in the NICU

- Tiffany Gladdis, PsyD she/her
- Kara Wahlin MFT she/her

4:20 - 5:20 pm

Park E,F,G,H

There is No 'P' in My PTSD

- Cristal Grogan Conference Co-Chair she/her

5:20 - 5:40 pm

Recap of the Day - Stabilization - Invitation to Welcome Reception

WELCOME RECEPTION

5:40 - 7:00 pm

Park D and El Prado Foyer

visit our exhibitors view posters network with colleagues

Thursday, May 16

9:00 am to 5:15 pm

SCAN the QR Codes for:

- Thursday Sign-In
- Thursday Evaluation



PLANARY

8:50 am

Park E,F,G,H

Welcome

- Cristal Grogan Conference Co-Chair she/her

9:00 - 10:00 am

Park E,F,G,H

Evidence-Based Treatment of Perinatal Trauma: Cognitive Processing Therapy and Interdisciplinary Treatment Considerations

- Kristen Lipari PhD she/her

BREAK

10:00 - 10:30 am

coffee, tea, and snacks sponsored by Sobi

BREAKOUT SESSIONS

10:30 - 11:30 am

Park E,F,G,H

Trauma and Punitive State Systems: Understanding the Harms of Criminalization in the Perinatal Period

- Farah Diaz-Tello JD she/her

CHOOSE
ONE

10:30 - 11:30 am

Park A and B

Neonatal Sleep Assessment: Optimizing Sleep as a Trauma-Responsive Approach

- Eline de Groot PhD
- Christine Gliniak PhD, OTR/L, CNT, CPXP, NTMTC she/her

BREAKOUT SESSIONS

11:35 am - 12:35 pm

Park E,F,G,H

Neurodiverse Considerations for Trauma-Responsive Perinatal Care

- Aqila Blakey-Armstrong, LMFT

CHOOSE
ONE

11:35 am - 12:35 pm

Park A and B

Bridging the Chasm: Using Current Evidence to Reduce Birth Trauma, Empower Laboring Patients, and Improve Postpartum Mental Health

- Dana Canfield MD she/her

LUNCH 12:35 - 1:35 pm

Tiffany Room

• includes a 30-minute, non-credit presentation by **AngelEye Health**



BREAKOUT SESSIONS

1:45 - 2:45 pm

Park E,F,G,H

Birth Trauma Basics: How We Hurt and How We Heal

- Leslie Butterfield PhD

CHOOSE ONE

1:45 - 2:45 pm

Park A and B

**The Implementation of Listening Visits:
A Trauma-Responsive Intervention for NICU Parents**

- Lisa Segre PhD
- Rebecca Chuffo Davila DNP, NNP-BC

BREAKOUT SESSIONS

2:55 - 3:55 pm

Park E,F,G,H

Perinatal Mental Health Screenings Toolkit: EPDS-US and PMH Connect

- Sara Moyer BS, RN

CHOOSE ONE

2:55 - 3:55 pm

Park A and B

Fathers, Trauma, and the NICU Experience

- Hudson Jones PsyD
- Dan Singley PhD

BREAK 3:55 - 4:15 pm

PLENARY

4:15 - 5:15 pm

Park E,F,G,H

**Selected POSTER PRESENTATIONS from the podium:
"Applied or Basic Research"**

- Early Joint Attention Skills as Predictors of Language Outcomes in a Very Preterm Sample
- Implementation of the Distress Thermometer in the Perinatal Period
- Navigating Birth Trauma: A Scoping Review on Childbirth-Related Posttraumatic Stress Disorder and Early Relational Health in the Family

NETWORKING and EXHIBITS 5:15 - 6:00 pm Park D and El Prado Foyer

BREATHING & STABILIZATION with Andie Insoft, LICSW 6:00 - 6:15 pm Park C



Friday, May 17

8:10 am to 12:45 pm

SCAN the QR Codes for:

- Friday Sign-In
- Friday Evaluation



AWARDS

8:10 - 8:30 am

Poster Awards

- Jerry Ballas MD, MPH and Pamela A. Geller PhD

8:30 - 9:30 am

Understanding the Needs of Families Facing Medical Crises across the Transition to Parenthood: Lessons Learned from the Family Development Program

- Catherine Mogil PsyD
- Sierra Kuzava PhD

9:30 - 10:30 am

Trauma Informed Care in Obstetric and Gynecologic Settings

- Lauren Harrington MD, FACOG
- Winnifred Hunter PhD

10:30 - 11:30 am

Three Reasons to Stop Saying, "Not Compatible with Life"

- Krishelle Marc-Aurele MD

11:30 am - 12:30 pm

Selected POSTER PRESENTATIONS from the podium:

"Policies and Initiatives"

- Trauma Inquiry and Response in Perinatal Settings: An Application of TRIADS
- Acceptability and Usability of a Family Guidance Tool in the NICU
- Addressing Collaboration Barriers Associated with Doula Care: The Promotion of Social Justice in a Maternity Unit
- Implementing a Breastfeeding Protocol to Increase the Rate of Breastfeeding in the Black Population
- Implementing Trauma-Informed Care Initiatives in a Level IV NICU

12:30 - 12:45 pm

Closing Remarks - Call to Action

- Jerry Ballas MD, MPH

THANK YOU for JOINING US.



PLENARIES

CLOSING

Poster Presentations

in Park D

We are grateful to our poster presenters for sharing their work with us.

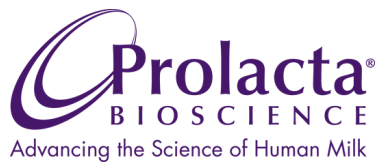
Visit them in Park D and attend our reception on **Wednesday evening from 5:30 - 7:00.**

Then take a moment to show your appreciation and share your insights.

You may find a new partner and ally.

VISIT our Exhibitors

- AngelEye Health
- Sage Therapeutics | Biogen
- Mallinckrodt Pharmaceuticals
- Postpartum Support International (PSI)
- Natl. Center on Substance Abuse and Child Welfare
- National Coalition for Infant Health (NCfIH)
- Prolacta Bioscience
- Sobi
- The Lactation Network
- Your Birth Partners
- Friends in Adoption
- Maternal Mental Health Now



JOIN US again in 2025

Assisted Reproduction:
Building Families with Joy and Dignity

April 2025
in Kansas City, Missouri



We invite you to recommend a **SPEAKER** or **TOPIC**



Continuing Education Credits



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of PAC/LAC and National Perinatal Association. PAC/LAC is accredited by the CMA to provide continuing medical education for physicians.

MD - PAC/LAC designates this live activity for a maximum of **14 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RN - PAC/LAC is an approved provider by the California Board of Registered Nursing. This course is approved for **16.5 contact hours**. PAC/LAC's provider number is CEP 5862. Licensee must retain this certificate for a period of four years.

LCSW + LMFT - PAC/LAC is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LCSW and LMFT. PAC/LAC takes maintains responsibility for this program/course and its content. This course is approved for **14 LCSW and 14 LMFT continuing education** units. PAC/LAC's provider number is 128542

CHES - This activity is sponsored by PAC/LAC, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designed for Certified Health Education Specialists (CHES) to receive up to **14 total Category 1 continuing education contact hours**.

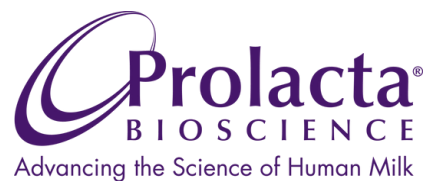
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The generous contributions of NPA's corporate members and community sponsors enable the National Perinatal Association to carry out innovative programs and initiatives and convene annual interdisciplinary conferences. [LEARN MORE.](#)

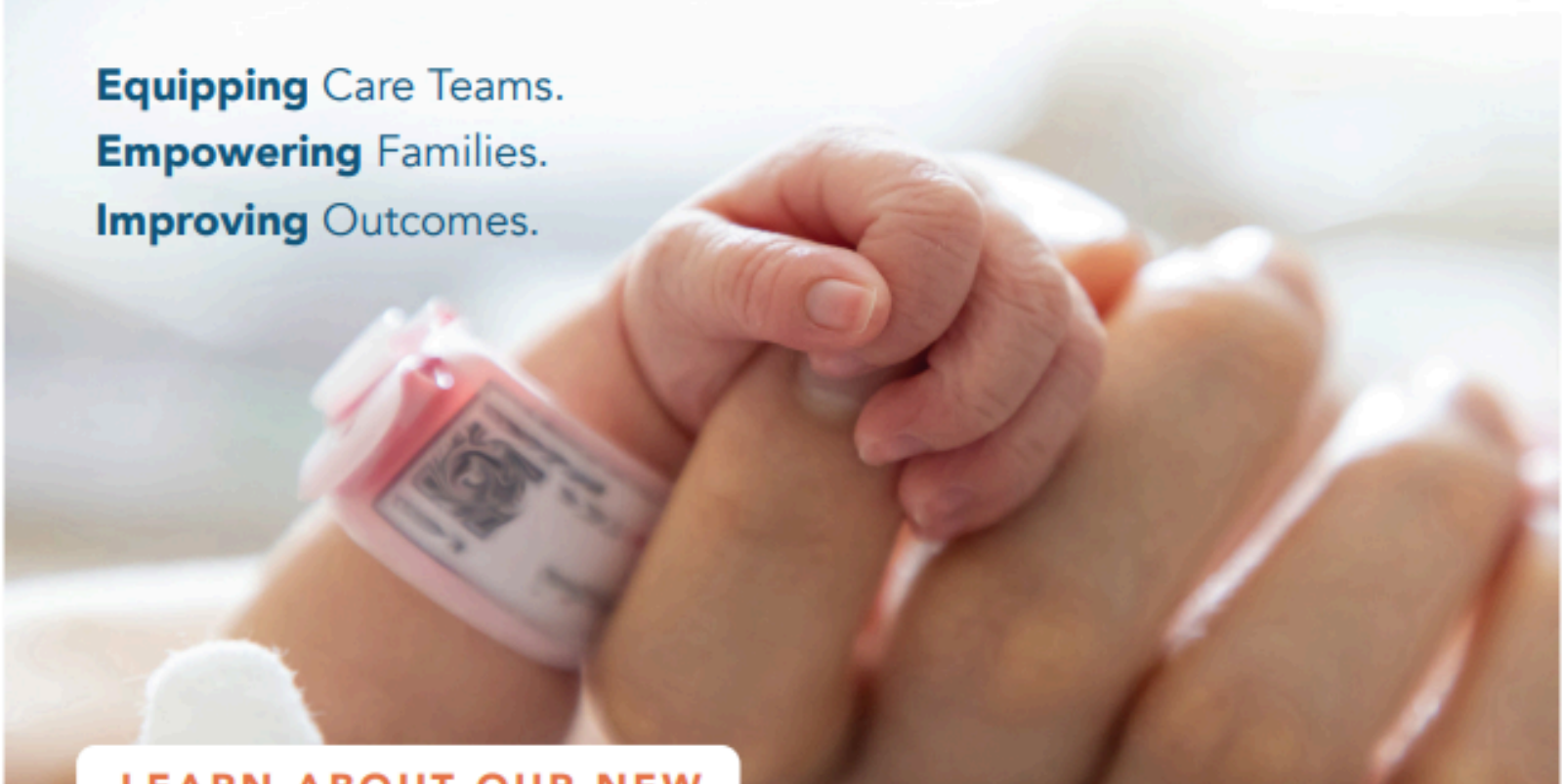
- NICU to Home - NICU Discharge Preparation and Transition Planning
- Best Milk: Optimal Infant Feeding (birth - 2 years)

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FAMILY ENGAGEMENT
Solutions




Equipping Care Teams.
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Improving Outcomes.



LEARN ABOUT OUR NEW

**NICU Navigation & Discharge
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COMING FALL 2024

Learn More



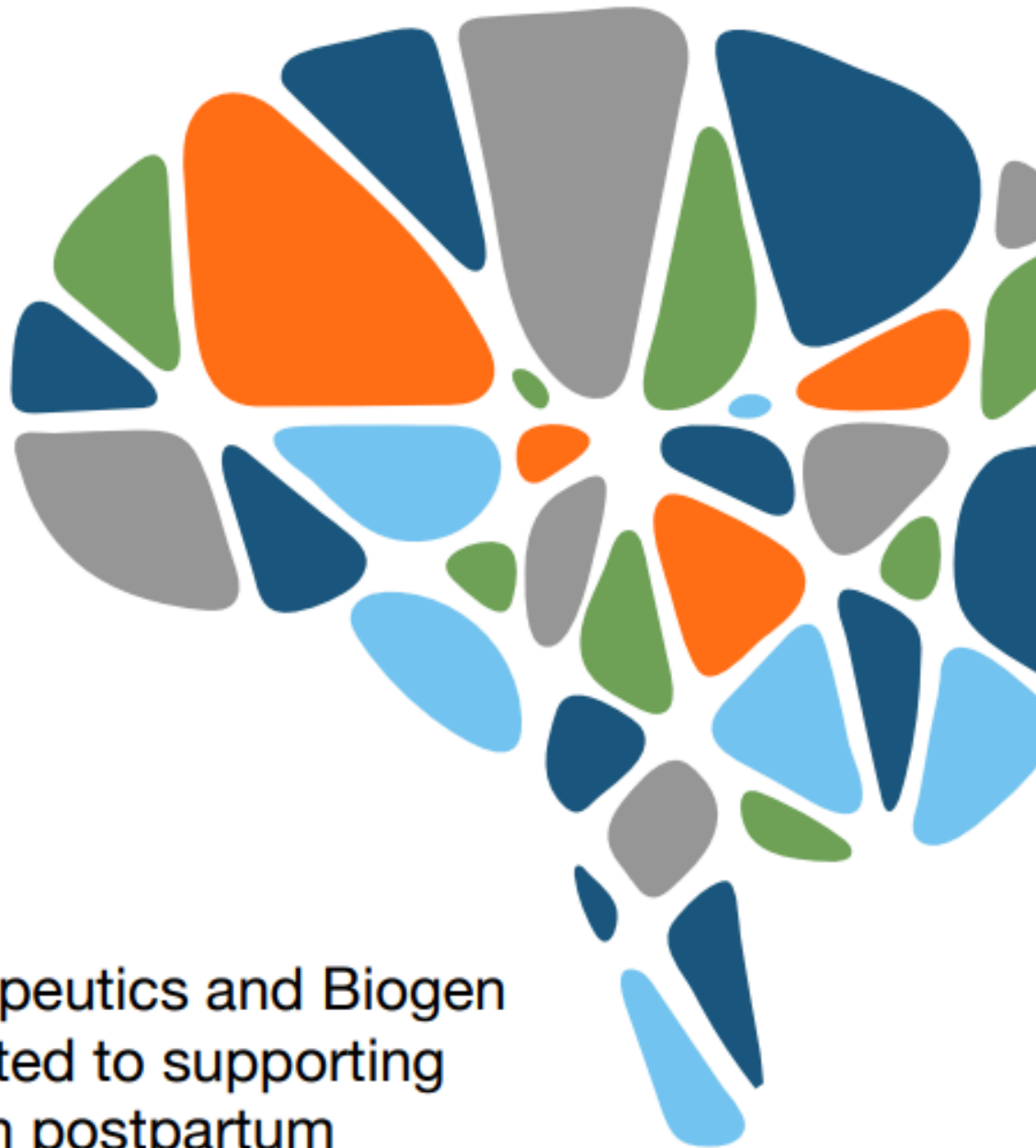
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For information on how you can help advocate or for questions email advocacy@prolacta.com

we bring **something rare** to rare diseases

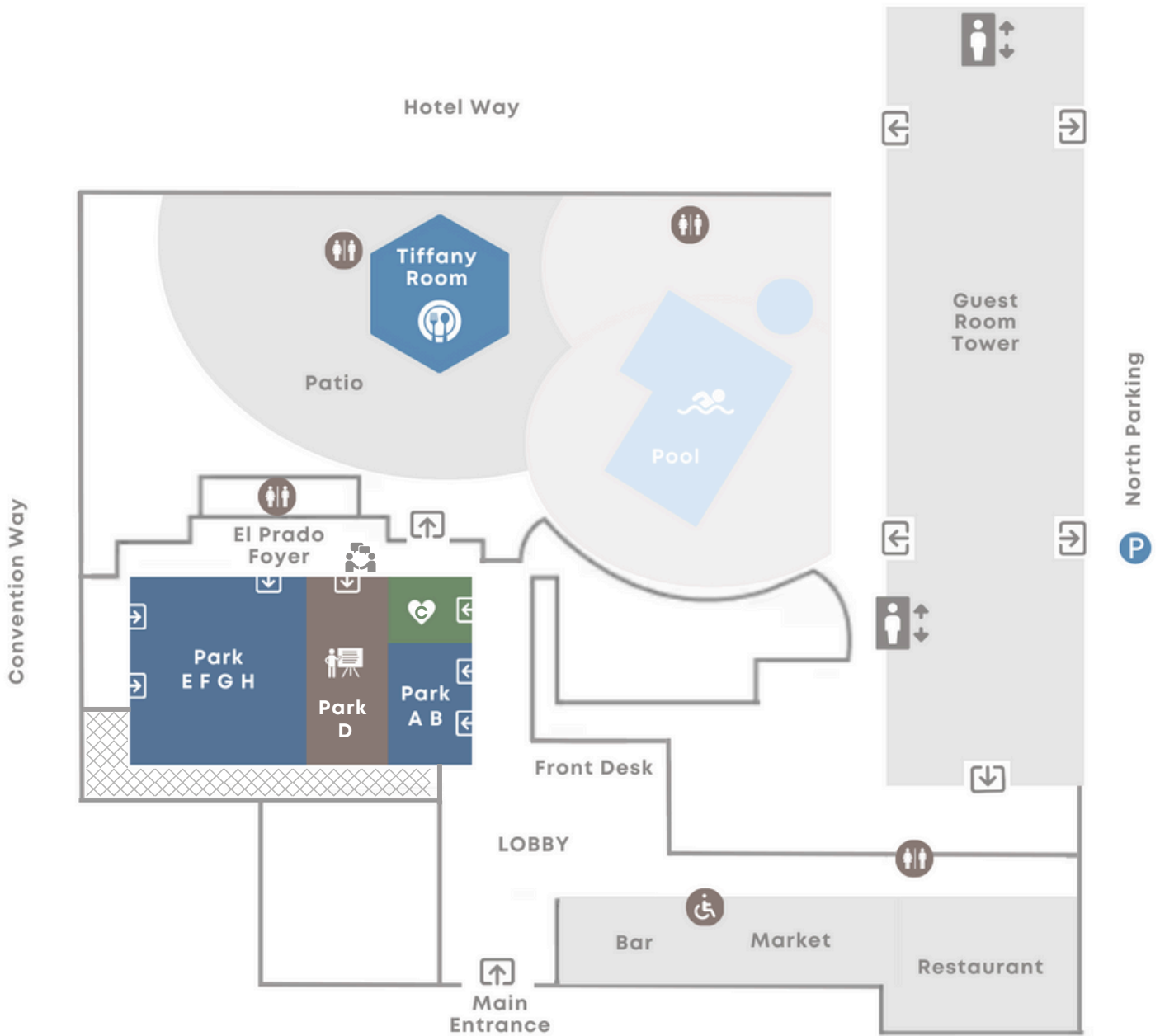


At Sobi, we're dedicated to transforming the lives of people with rare diseases. This is why we specialise in rare diseases, in developing ground-breaking treatments, and in strong partnerships with patients and other stakeholders.

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Date of preparation: Month Year. NP-XXX



KEY:

- registration El Prado Foyer
- plenary sessions Park EFGH
- lunch Tiffany Room
- reception El Prado Foyer
- breakout sessions Park EFGH and Park AB
- posters Park D
- exhibitors El Prado Foyer
- Wellness Room Park C



Do you need a place to feed your baby or pump your milk? We have a quiet space to support your **pumping** and **lactation needs**. Ask us at the Welcome desk



Need accommodations? See Kristy Love at our Help Desk.

ALL ARE WELCOME HERE.