

VIRTUAL PERINATAL MENTAL HEALTH CONFERENCE

NOVEMBER 2 - 4, 2022



Healthy Mothers, Healthy Babies
The Montana Coalition

CONFERENCE AGENDA

All sessions in Mountain Standard Time (MST)

WEDNESDAY, NOVEMBER 2, 2022

Innovation and Virtual Healing

TIME	SESSION	
9:00 - 9:15	Welcome <i>Brie MacLaurin & Melissa Bangs</i>	
9:15 - 10:30	Hope, Help, and Healing for the Caregiver <i>Gabrielle Kaufman</i>	
10:30 - 10:45	Break	
10:45 - 12:00	Increasing Access to Healing with Cognitive Behavioral Therapy <i>Dr. Ryan Van Lieshout</i>	
12:00 - 1:00	Lunch	
1:00 - 2:00	BREAKOUT TRACKS	
	Trauma Resolution and Nervous System Regulation through Somatic Experiencing <i>Prairie Wolfe</i>	Self Medication in Pregnancy and Postpartum <i>Dr. Ariela Frieder</i>
2:00 - 2:15	Break	
2:15 - 2:20	Mindful Moment <i>Michelle Anderson</i>	
2:20 - 3:45	Panel: Integration of Doula Support for Best Beginnings <i>Facilitated by April Quinlan</i>	
3:45 - 4:00	Closing Remarks <i>Melissa Bangs</i>	

THURSDAY, NOVEMBER 3, 2022

Trauma-Informed Perinatal Mental Healthcare

TIME	SESSION	
9:00 - 9:15	Welcome <i>Melissa Bangs</i>	
9:15 - 10:30	The Experience of the Body Across the Reproductive Life Span <i>Dvora Entin & R. "Featherstone" Featherstone</i>	
10:30 - 10:45	Break	
10:45 - 10:50	Mindful Moment <i>Michelle Anderson</i>	
10:50 - 12:00	Cultural Safety to Improve Perinatal Health Care <i>Amy Stiffarm</i>	
12:00 - 1:00	Lunch <i>Optional LIFTS Demo 12:30-1:00 with Dawn Gunderson</i>	

THURSDAY, NOVEMBER 3, 2022
Trauma-Informed Perinatal Mental Healthcare

TIME	SESSION	
1:00 - 2:00	Breakout Tracks	
	Processing Perinatal Trauma with Lifespan Integration and Mindfulness <i>Michelle Anderson</i>	Medication for Opioid Use Disorder in the Perinatal Period <i>Tammera Nauts</i>
2:00 - 2:15	Break	
2:15 - 2:20	Mindful Moment <i>Michelle Anderson</i>	
2:20 - 3:45	Panel: Storytelling with Mother Love <i>Facilitated by Claire Larson</i>	
3:45 - 4:00	Closing Remarks <i>Melissa Bangs</i>	

FRIDAY, NOVEMBER 4, 2022
Bonding, Bridging, and Linking

TIME	SESSION	
9:00 - 9:15	Welcome <i>Melissa Bangs</i>	
9:15 - 10:30	Supporting Parenting from the Heart <i>Greg Daly</i>	
10:30 - 10:45	Break	
10:45 - 10:50	Mindful Moment <i>Michelle Anderson</i>	
10:50 - 12:00	Improving Communication to Build Healthier Relationships <i>Lindsay DeGroot</i>	
12:00 - 1:00	Lunch	
1:00 - 2:00	BREAKOUT TRACKS	
	Indigenous Birth and Milk Medicine <i>Pearl Walker-Swaney</i>	What's So Hard About Screening for Perinatal Mental Health? <i>Stephanie Morton</i>
2:00 - 2:15	Break	
2:15 - 2:20	Mindful Moment <i>Michelle Anderson</i>	
2:20 - 3:55	Advocate Like a Mother <i>Brie MacLaurin & Melissa Bangs</i>	
3:55 - 4:00	Closing Remarks <i>Melissa Bangs</i>	

JOIN US

[HMHB-MT.ORG/PERINATAL-CONFERENCE](https://hmhb-mt.org/perinatal-conference)

