

VIRTUAL PERINATAL MENTAL HEALTH CONFERENCE

NOVEMBER 2 - 4, 2022



Healthy Mothers, Healthy Babies
The Montana Coalition

SESSION DESCRIPTIONS

All sessions in Mountain Daylight Time (MDT)

WEDNESDAY, NOVEMBER 2, 2022

Innovation & Virtual Healing

9:15 - 10:30 AM

Hope, Help, And Healing For The Caregiver

Gabrielle Kaufman

As care providers, we are often holders of a great deal of pain. It is what makes us good at our work, but it is also what contributes to burnout. In this presentation, we will explore the ways that self-care is an occupational responsibility and what we can do to empower ourselves to be great role models to the families we serve.

10:45 AM - 12:00 PM

Increasing Access To Healing With Cognitive Behavioral Therapy For Postpartum Depression

Dr. Ryan Van Lieshout

Traditional healthcare systems are not well-equipped to treat difficulties requiring urgent psychotherapy like postpartum depression (PPD). Noting this, Dr. Ryan Van Lieshout and his network were inspired by and worked side-by-side with individuals who have recovered from PPD (i.e., peers) to develop a series of interventions aimed at reducing barriers to accessing evidence-based psychotherapies in Ontario, Canada. These interventions include a 1-day CBT-based workshop for postpartum depression and a 9-week group CBT intervention delivered online or in person by peers, public health nurses, or other healthcare professionals. In this session, Dr. Van Lieshout will present the results of these CBT-based interventions.

1:00 - 2:00 PM

BREAKOUT: Trauma Resolution And Nervous System Regulation Through Somatic Experiencing

Prairie Wolfe

Part theory and part practice, this session will give you a taste of Somatic Experiencing. We will talk about why tending to the nervous system of the parent is essential for the well being of the children and whole family. We will explore what it means to complete stress response cycles, how to do so safely, and why it's important for the health of your family unit.

1:00 – 2:00 PM

BREAKOUT: Self Medication In Pregnancy And Postpartum

Dr. Ariela Frieder

This presentation will discuss the data about self-medication during pregnancy and postpartum. It will focus on prescribed medications, supplements, and substance of abuse, and look into the stigma of treating mental health conditions with medications and ways women cope with mental illness in pregnancy and postpartum.

2:20 – 3:45 PM

Integration Of Doula Support For Best Beginnings

Facilitated by April Quinlan

Panelists: Laura Acker, Dr. Jessica L. Liddell, Kami O'Neal, Pam Ponich, Kelli Stanley

Join our diverse panel of doula providers, program supervisors and researchers to hear about innovative approaches being taken to provide doula care to Montana families. This session will speak to how these services can lead to long term healthy outcomes for families.

THURSDAY, NOVEMBER 3, 2022

Trauma-Informed Perinatal Mental Healthcare

9:15 – 10:30 AM

The Experience Of The Body Across The Reproductive Life Span

Dvora Entin & R. "Featherstone" Featherstone

The reproductive journey is characterized by changes to the physical body, from trying to conceive through infertility, pregnancy, and postpartum. We will review the ways that reproductive experiences affect sexuality, dietary habits, exercise, and social interactions. Grief, specifically from pregnancy loss, infertility, and birth trauma, will be explored in detail.

10:50 AM – 12:00 PM

Cultural Safety To Improve Perinatal Health Care

Amy Stiffarm

This session will cover the need to recognize power dynamics in perinatal health, especially for Indigenous moms and birth givers. We will briefly go over impacts of colonial systems and historical trauma on Indigenous Peoples and how it relates to perinatal health. We will discuss cultural safety and how it differs from cultural competency. We will end by walking through tangible ways to implement cultural safety into your practice.

1:00 – 2:00 PM

BREAKOUT: Processing Perinatal Trauma With Lifespan Integration And Mindfulness

Michelle Anderson

Healing from perinatal trauma is tender work. This experiential presentation will demonstrate how the gentle and therapeutic application of Lifespan Integration coupled with body-focused mindfulness strategies helps the client develop acceptance, repair, and healing.

1:00 – 2:00 PM

BREAKOUT: Medication For Opioid Use Disorder In The Perinatal Period

Tammera Nauts

As the opioid epidemic continues in Montana and beyond, treatment for opioid use disorder has evolved. This session will discuss Medication for Opioid Use Disorder (MOUD), bust common myths around MOUD and discuss how community-based providers can be supportive of families accessing this kind of care. Tammera will also talk about stigma, implicit bias and some language that can help you better engage families struggling with unhealthy substance use.

2:20 – 3:45 PM

Storytelling With Mother Love

Facilitated by Claire Larson

Panelists: Micah Fiske, Haley Peters, Joe Salyer

During this session, panelists will share their stories with the hope that those who work in and are passionate about perinatal mental health understand the importance of trauma-informed care. Being aware of and sensitive to patients who have experienced or are experiencing trauma, discrimination or other struggles during the perinatal period is crucial and these panelists will help us to remember the power of quality care.

FRIDAY, NOVEMBER 4, 2022

Bonding, Bridging, and Linking

9:15 – 10:30 AM

Supporting Parenting From The Heart

Greg Daly

Are we all bozos on the same bus? Are you disturbed by systems that take credit for family's successes but then blame them for their mistakes? Are children and families more likely to thrive when given the chance to learn and grow through self-discovery during life transitions, or do needy families abuse the system? Do best practice standards apply in every situation regardless of individual circumstances?

In this presentation, you will hear from Greg Daly, an expert in childhood development and human attachment, who has worked with families for 35 years in the roles of preschool teacher, public health social worker, family law mediator, guardian Ad litem, and parent and professional educator in childhood development and human attachment. He will share how he has been successful with generations of children and families, while contemplating these questions, as he mentors families to grow in unconditional love and question the punishment and violence woven throughout our narrative on good parenting.

10:50 – 12:00 PM

Improving Communication To Build Healthier Relationships

Lindsay DeGroot

This presentation, Improving Communication to Build Healthier Relationships will cover the nature of conflict, the art of listening, negotiation, and communicating in a way that promotes healthy relationships. We will discuss the implications of nervous system regulation, attachment styles, and the social engagement neural network on healthy communication as well as specific communication tools designed to help keep us in our window of tolerance, actively listen, validate, and communicate effectively.

1:00 – 2:00 PM

BREAKOUT: Indigenous Birth And Milk Medicine

Pearl Walker-Swaney

Attendees will get a brief history of birth and breastfeeding from the Native perspective. By participating in this session, you will leave with practical calls to action to make a difference in your practice or work.

1:00 – 2:00 PM

BREAKOUT: What's So Hard About Screening For Perinatal Mental Health?

Stephanie Morton

Join Stephanie for a rousing discussion of the hurdles, detours and stumbles towards a better system of screening for perinatal mental health conditions. Whether you have screening wisdom to share, are just starting out with screening in your work, or are interested in finding out how you can help others adopt screening practices, this session is for you. Topics will include the importance of screening, a national snapshot of screening for perinatal mental health, best practices, as well as vetted guides and community based organizations role in screening and referral.

2:20 – 3:55 PM

Storytelling is Advocacy

Brie MacLaurin & Melissa Bangs

The will of a mother to care for her infant is like no other. Whether it's long dark nights in the NICU, special health care needs, lactation challenges, sleep issues, or all of the above, mothers show up with all they've got in every given situation regardless of the toll it may take on their own health. What if there was as much support from society to take care of mothers when they need it most as there is to take care of our children when they do? What will it take to shift our system so that the numbers of those impacted by PMADs go down rather than up?

Brie MacLaurin and Melissa Bangs crossed paths over six years ago and decided to join forces to work to advance the system of support for people who experience perinatal mental illness. During the time they've been working on system change, the words "advocacy" and "policy change" have become much more tangible, and they've witnessed how using their voices for good really does make a difference! In this session, Brie and Melissa will share their own journeys of advocating through storytelling and reflect on how the healing and advocacy continue way past one year postpartum. Melissa will share a reading from her new show, called, "Mama," and there will be time to interact with conference attendees to shed light on all sorts of exciting organizing and mobilizing efforts happening around perinatal mental health improvement in Montana.

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