

7TH ANNUAL PERINATAL MENTAL HEALTH CONFERENCE



TUESDAY, OCTOBER 15

Time	Session
10:00 - 10:15 AM	Welcome
10:15 - 11:15 AM	Lived Experiences of Perinatal Mental Health Suzanne Bendick, Host
11:15 - 12:00 PM	The Power of Narrative: Exploring Storytelling and Listening in the Perinatal Journey Suzanne Bendick
12:00 - 1:00 PM	Lunch
1:00 - 2:15 PM	A Population Health Approach to Perinatal Mental Health Haley Cote, PharmD, CPP, AE-C, BCACP, BC-ADM
2:15 - 2:45 PM	Community Engagement Stephanie Morton, MSW
3:00 - 3:50 PM	LIFTing Up Local: Poster Party
3:50 - 4:00 PM	Closing Remarks
4:30 - 6:00 PM	Siloed Documentary Film Premiere Hazel Cramer, Film Director

WEDNESDAY, OCTOBER 16

Time	Session
8:30 - 8:45 AM	Welcome
8:45 - 10:00 AM	Let's Doula This! Cerisse Allen, CLC, CD/PCD(DONA) Jessica Fulford; Janet Smith
10:00 - 10:10 AM	Break
10:10 - 11:10 AM	Pelvic Floor Health: Implications for Postpartum and Pregnancy Tara Thompson, PT, DPT, CSCS
11:10 - 12:10 PM	Infant Grief and Loss Awareness Month: Serving Native Families Dr. Amy Stiffarm, PhD, MPH
12:10 - 1:00 PM	Lunch
1:00 - 2:15 PM	Keep Calm and Plan On: Preparing Families for the Postpartum Period Chelsea Bellon; Rebecca Troianos, LCPC, PMH-C; Stephanie Bauch, BAN, RN, PMH-C, CCMC
2:15 - 2:30 PM	Break
2:30 - 4:00 PM	Real Self Care Dr. Pooja Lakshmin, MD
4:00 - 4:15 PM	Closing Remarks



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VIRTUAL ADVANCED TRAININGS

TUESDAY, OCTOBER 22

Time	Session
11:00 - 11:10 AM	Welcome Stephanie Morton, MSW
11:10 - 12:10 PM	Preventing Alcohol-Related Concerns for the Pregnant Person-Infant Dyad Carolyn J. Swenson, MSPH, MSN, RN; Kaylin A. Klie, MD, MA, FASAM
12:10 - 12:30 PM	Quittin' Time: Resources for Perinatal Tobacco Cessation in Montana Valery Román-Cruz, PhD MPH
12:30 - 1:25 PM	Enhancing Perinatal Mental Health Care Through the MT-PAL Line Megan Verlage, MD
1:25 - 1:30 PM	Closing Remarks Stephanie Morton, MSW

THURSDAY, OCTOBER 24

Time	Session
11:00 - 11:10 AM	Welcome Stephanie Morton, MSW
11:10 - 12:10 PM	Perinatal Intuitive Eating: Promoting Food and Body Confidence During Pregnancy, Postpartum, and New Parenthood Shira Sussi, MS, RD, CDN
12:10 - 12:30 PM	WIC in Montana Lacy Little, MPH, RD, LN, CLC
12:30 - 1:25 PM	Nourishing Resilience: The Healing Power of Human Milk Feeding Ashley Renee Sayers, Indigi-LC, Full Spectrum Indigenous Doula, IBCLC
1:25 - 1:30 PM	Closing Remarks Stephanie Morton, MSW

All sessions in Mountain Daylight Time (MDT)

