



NOVEMBER 3-5

digital program book



**Education, Encouragement and Empowerment to
Inspire NICU Families and the Professionals that Care for Them**

handtohold.org

"The trauma of an early birth and a NICU stay extends beyond the infant; there are also real and enduring psychological consequences for parents. Hand to Hold has been a trusted resource for NICU families for over a decade. From their virtual support groups and online communities to their national peer-to-peer support program, Hand to Hold ensures NICU parents have the support and information they need to care for their medically fragile child. The Hand to Hold NICU Community Conference will fill a tremendous void that exists for ongoing education and support beyond the NICU for these vulnerable families."

-Dr. Richard Shaw,
Professor of Psychiatry and Pediatrics,
Stanford University School of Medicine

We Are Your Hand to Hold



Mobile App

NICU parent support is available free to all NICU families before, during and after a NICU stay. Our compassionate care is available in the palm of your hand through our mobile app or at handtohold.org.

Support Services Include:

- Virtual 1 on 1 appointments with a Family Support Specialist
- Weekly Virtual Support Groups with a Family Support Specialist
- Virtual parent community chat groups
- Peer Support Program
- Podcasts
- Educational Resources

For more information, visit handtohold.org or scan QR code.



"When you have people in your life that don't understand every single step of the process, it makes it so refreshing to speak with those who do." -Katonya T., Riverhead, NY

NICU Babies. Parent Support.



handtohold.org | ©2021 Hand to Hold

It's cozy up here,
huh, baby?

So, baby,

looks like you're in
the "hands make the
best pillows" stage.

Along with your dad here, we'll help keep you
comfy as you grow through all your stages.

©Disney. Based on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard

HUGGIES We got you, baby

The comfy combo. →



Griö Baby Bottles

DEVELOPMENTAL FEEDING SYSTEMS THAT
SUPPORT NICU BABIES AND FAMILIES



GRIÖ

TELL ME
Baby Bottle System
Premie Edition



FOLLOW OUR JOURNEY @GRIOBABY
HELLO@GRIOBABY.COM



Keynote Speaker: Susan David

*As recently heard on Brene Brown's Dare to Lead podcast - Author of the #1 The Wall Street Journal bestselling book, *Emotional Agility*, TED Speaker, and award-winning Harvard Psychologist is one of the world's most influential management thinkers. "Because our thoughts, emotions, and actions drive everything: every aspect of how we LOVE, LIVE, PARENT, and LEAD."*

POSTPARTUM DEPRESSION

**CAN MAKE
EVERYTHING
SEEM IMPOSSIBLE.**

Learn about a clinical research study in
severe POSTPARTUM DEPRESSION.

SEE IF YOU MAY QUALIFY:

[[SKYLARKSTUDY.COM](https://www.skylarkstudy.com)]



**SKYLARK
STUDY**





[Times listed in CST]

11:00am-11:30am

Welcome

Kelli Kelley, Founder & CEO, Hand to Hold

Robert Raines, Vice President of Marketing, Kimberly-Clark Corporation

11:30am-12:30pm

Keynote: Emotional Agility

Susan David, Ph.D., Harvard Psychologist; Wall Street Journal Best-Selling Author

1:30pm-2:30pm

Integrating Therapy Into Everyday Activities

Susan Khammar, OTR, Owner & Occupational Therapist, Cowtown Pediatrix

Communicating with NICU Families

Marni Panas, BHAdmn, CCIP, Consultant, Marni Panas Consulting

Salud Mental y Emocional de Mamas de NICU con PTSD

Susana Marquez, LMFT, Psy.D, Founder and Clinician, Wellness Para La Mama

3:30pm-4:30pm

What Advocacy Looks Like In and Out of the NICU

Deb Discenza, MS, Publisher/CEO, PreemieWorld, LLC

Katrina Moline, Chief Operations Officer and Chief Financial Officer, Hand to Hold

Marty Barnes, Founder, Casey's Circle

Shirley Smith, Founder/Owner, My Kota Bear, Inc.

Compassion Fatigue: Understanding the Cost of Caring

Pamela Spivey, MSN, CCNS, RNC-NIC, CCFP, Founder, Spivey Consulting

¿Hablar de inclusión o ser inclusivo?

Lola Hernandez, Founder, Lola Hernandez

6:00pm-7:00pm

Helping Siblings feel Included and Empowered

Katie Taylor, CCLS, CEO and Founder, Child Life On Call, LLC

Sobreviviendo el NICU: una perspectiva de las hermanas

Cynthia García Coll, PhD, Professor, University of Puerto Rico



[Times listed in CST]

11:15am-11:30am

Welcome / Day One Recap

Kelli Kelley, Founder & CEO, Hand to Hold

11:30am-1:00pm

YOUR LIFE AFTER TRAUMA:

How to move forward when you keep looking back

Michele Rosenthal, CPC, NLP, CHt, Trauma Recovery Specialist, My Trauma Coach

Difficult Conversations in the NICU:

Helping Families When They Need Us The Most

Anthony Orsini, DO, Attending Neonatologist and President, The Orsini Way

2:00pm-3:00pm

Meeting Milestones -The First 3 Years

Adiaha Spinks-Franklin, MD, MPH, FAAP, Attending Physician, Developmental-Behavioral Pediatrics at Texas Children's Hospital, Associate Professor of Pediatrics, Baylor College of Medicine, Founder and Director of R.A.C.E. C.A.R.D.

Feeding / Nutrition

Christina Valentine, MD, MS, RD, Professor / Neonatologist / Dietitian, Banner University Medical Center/The University of Arizona

Cumplir los hitos: los primeros 3 años

Silvia Pereira-Smith, MD, Assistant Professor of Developmental-Behavioral Pediatrics, Medical University of South Carolina

4:00pm-5:00pm

Life After Loss

Marty Barnes, BSN, RN, Founder, Casey's Circle

Keira Sorrells, Founder & Executive Director, NICU Parent Network

Gracie Matthews, Co Founder, Ship Party Return

Shante Nixon, Founder, Connect2NICU

Psychological Issues Affecting Parents of Premature Infants

Richard Shaw, MD, Professor of Psychiatry and Pediatrics, Stanford University

Buscando apoyo y esperanza: Como Lidar con el Luto

Tania Paredes, Ph.D, LCSW, Bereavement coordinator and counselor, Nicklaus Children's Hospital

6:00pm-7:00pm

How to Practice Self-Care (when you feel like you're drowning)

KC Davis, LPC, Founder, Struggle Care, LLC

Self-Care is Not Selfish - Practical Options for NICU Nurses

Kathi Randall, MSN, CNS, NNP-BC, President/CEO, Nurse Kathi Enterprises



Family - English



Professional



Family - Spanish

[Times listed in CST]

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Kelli Kelley, Founder & CEO, Hand to Hold

11:30am-1:00pm

Feeding / Nutrition

Christina Valentine, MD, MS, RD, Professor / Neonatologist / Dietitian, Banner University Medical Center/The University of Arizona

Stories Matter:

Embracing our shared stories to connect and heal

Mary Coughlin, MS, NNP, RNC-E, President, Caring Essentials Collaborative LLC

April Castaldi, BSN, RN, RNC-NIC, Assistant Nurse Manager, Oregon Health & Science University

METAMORFOSIS:

La Transformación de los Padres hacia el Bienestar

Dulce Lopez, Psy.D., Facilitator, METAMORFOSIS: Thru Love

2:00pm-3:00pm

Parental Mental Health: Factoring in Fathers in the NICU

Daniel Singley, PhD, Director, The Center for Men's Excellence

Alex Zavala, Owner/Founder, The NICU Dad

Andrew Shaw, Creator, Instafather

NICU Discharge Preparation and Transition Planning

Vincent C. Smith, MD, MPH, Neonatologist, National Perinatal Association

Alimentación / Nutrición

Sergio Golombek, MD, MPH, FAAP, Professor of Pediatrics/ Attending Neonatologist, SOIBEN (The Iberoamerican Society of Neonatology)

4:00pm-5:00pm

Setting the Tone for Our Challenges

Mindy Henderson, Motivational Speaker, Writer, Editor-in-Chief of National MDA Publications

Health Disparities and Cultural Competence in the NICU

Anese Barnett, M.Ed, LMHP, Ph.D Student, Owner & Speaker, Anese B. Consulting, LLC

Gigi Khonyongwa-Fernandez, BSc, MSc, ACC, Certified Professional Coach, Families Blossoming LLC

Salud Mental Paterna: Haciendo visible lo invisible

Patricio Solari, Psychologist, Materna ONG para la Salud Mental Perinatal

Evan Ortiz

Cesar Romero



Take the Mystery Out of MRI Day

LEARN MORE

Hand to Hold NICU Community

sponsored by **HUGGIES**

NICU PROFESSIONALS

Join the app designed to support your work with NICU families.

Network, learn, and share best practices and resources about family-centered care.

Hand to Hold's Additional NICU Professional Resources:

NICU Heroes Podcast*

*CEUs available

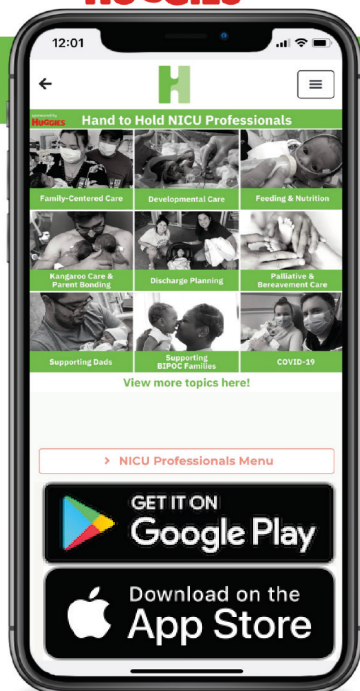
Professionals Store

Shop educational resources for your NICU



NICU Babies • Parent Support

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S See a seizure?

T Think MoCD.

A Assess for sulfites.

T Time to call Origin Biosciences.

Think you see MoCD? Take action immediately.
Call 1-844-550-BBIO (2246).

References: 1. Mechler K et al. *Genet Med.* 2015;17(12):965-970. 2. Schwahn BC et al. *Lancet.* 2015;386(10007):1955-1963. 3. Atwal PS et al. *Mol Genet Metab.* 2016;117(1):1-4.

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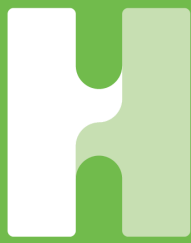
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NICU Families need your support now more than ever



Hand to Hold™

NICU BABIES • PARENT SUPPORT

OUR MISSION

Hand to Hold® provides personalized support before, during and after a NICU stay to help ensure all NICU families thrive.

FREE RESOURCES

- Hand to Hold Mobile App
- Counseling
- Virtual Support Groups
- Peer Mentor Program
- Podcasts
- Blog
- NICU Community Conference

PERSONALIZED FOR:

- High-Risk Pregnancy / Antepartum
- Current NICU Families
- Bereaved Families
- Black Families
- Spanish-Speaking
- NICU Graduate Families



"Even the act of reaching out to Hand to Hold has made me feel a little better, calmer. Just knowing I can get the support I need and taking that first step has been huge."

Lavender M., Austin, TX

ABOUT HAND TO HOLD



Founded in May 2010



Served 30,000 families in 2020
Projected to serve 47,000 in 2021



80,000+ podcast downloads in 46 states



Matched peer mentors to mentees in 47 states and 9 countries



Participants in Virtual Support Groups in 21 states (since April 2020)



Mobile App Users in 44 states + D.C.



The recommended parent support resource in the NICU in 29 hospitals in 19 states



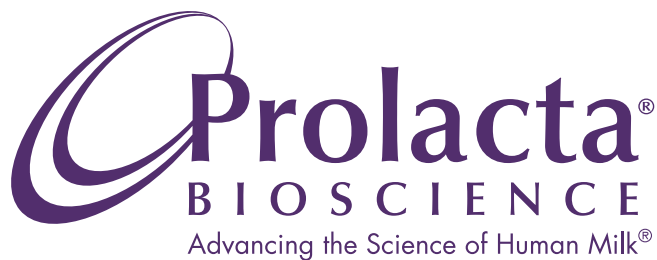
NICU Babies • Parent Support

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Touching the Lives of More Than 70,000 Premature Infants Globally and Counting

Visit Prolacta.com
to learn more.



Estimated number of premature infants fed Prolacta's products from January 2007 to May 2021; data on file.

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PEER-TO-PEER SUPPORT



HOSPITAL RESOURCES



ONLINE COMMUNITY



BLOG



PODCAST