



Hand to Hold

2022 NICU Community Conference

Presenting Sponsor:



NOVEMBER 2 - 4, 2022

The NICU Community Conference is the only national conference bringing together NICU parents and NICU professionals to learn, discuss and inspire advocacy to improve the immediate and long-term mental health of NICU families.

handtohold.org

Welcome to the 2nd annual NICU Community Conference!

The mental health of NICU parents can have a profound impact on their baby's long-term mental health and development. The Hand to Hold NICU Community Conference serves to elevate the conversation about the need for improved mental health support for NICU parents to ensure better outcomes for babies and their families.

Hand to Hold is excited to see so many NICU parents & NICU professionals willing to be part of unlocking change for the NICU families of today and tomorrow.

Thank you for the time you are dedicating to these important topics this week. We are glad you are here!

Kelli Kelley
Founder & CEO, Hand to Hold



About Us

Hand to Hold® is a national nonprofit 501(c)(3) that is dedicated to providing personalized emotional support, education and community for NICU & bereaved parents. Support is provided in English or Spanish to parents at no cost to families. Support is designed for the emotional, physical and social needs of the NICU parent. For more information, visit HandtoHold.org.

Support includes:

- Support groups*
- One-to-one support*
- Peer mentors
- Counseling
- Podcasts
- Hand to Hold mobile app
- Comprehensive in-hospital bedside support with contracted partner hospitals*

**Led by Hand to Hold's Family Support Specialists (Certified Mental Health Peer Specialists)*



THE NICU IS HARD. WE'RE HERE TO HELP.

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handtohold.org



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Hand to Hold™
NICU BABIES • PARENT SUPPORT



Celebrates

Kate Higgins, RN

2022 NICU  HERO

*Join the award ceremony on day 3,
2:30 - 2:45PM CST*



[Times listed in CST]



Family–English



Professional



Family–Spanish



All

11:00am–12:15pm



Welcome & Keynote Speaker

Transforming Care in the NICU: Lesson from the Tiny Humans

Kelli Kelley, Founder & CEO, Hand to Hold

Sue Ludwig, OTR/L, CNT, Author, “Tiny Humans, Big Lessons,” President & Founder, National Association of Neonatal Therapists

12:15pm–1:15pm



Redefining the Essential Care Team

Kelli Kelley, Founder & CEO, Hand to Hold

Christine Perez, PhD, RN, CEIM, Clinical Improvement Thought Leader NICU, Philips Healthcare

Keira Sorrells, Co-founder & Executive Director, NICU Parent Network

Dorothy Vittner, PhD, RN, FAAN, Assistant Professor, Fairfield University, Egan School of Nursing and Health Studies, Connecticut Children’s NICU

1:15pm–2:15pm

When to Ask for Help as a NICU Parent

Lexi Losch, MA, LPC, NCC, Counselor, Hand to Hold

Erin Sadler, PsyD, Co-director, Mood Disorders Program, Children’s National

Cuando debe pedir ayuda como padre de bebé en la UCIN/NICU

Dailyn Acosta, PhD, Licensed Psychologist, Dallas Emotional Health

Cynthia Shogreen, RMHCI, Bilingual Mental Health Therapist, Hand to Hold

“Care for the Parent is Care for the Baby”



Lane Beaumont, MSN, APRN, NNP-BC, Pediatrix Medical Group

Thaina Auguste, NICU Mom and Finance Professional

Mia Malcom, Program Manager for Patient Family-Centered Care, DEI Advisor and Facilitator

Chavis Patterson, PhD, Director of Psychosocial Services, NICU, Children’s Hospital of Philadelphia, Associate Professor, Perelman School of Medicine, University of Pennsylvania

2:30pm–3:30pm

Importance of Self-care as a Parent

Kasey Mathews, Author, “Preemie: Lessons in Love, Life, and Motherhood,” Speaker, Book & Transformational Life Coach

Sandra Vale, MD, Psychiatrist, Supervisory Behavioral Health Medical Director, Superior HealthPlan

La importancia del autocuidado como padre/madre

Susana Marquez, PsyD, LMFT



Invigorating Compassion in Times of Burnout

Kathryn Grauerholz, Director of Healthcare Programs, The Institute of Reproductive Grief Care

Angelica Quezada, Director of Mental Health Programs, The Institute of Reproductive Grief Care

3:30pm–4:30pm



Communicating with Parents During Stressful Times

Wakako Eklund, DNP, APRN, NNP-BC, FAANP, Neonatal Nurse Practitioner, Pediatrix Medical Group of TN

Sue Hall, MD, MSW, Retired Neonatologist, My NICU Network-My Perinatal Network, Author, “FOR THE LOVE OF BABIES: One Doctor’s Stories About Life in the Neonatal ICU”

Kelli Kelley, Founder & CEO, Hand to Hold

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[Times listed in CST]



Family–English



Professional



Family–Spanish



All

11:00am–12:15pm



Welcome & 7 Types of Rest

Kelli Kelley, Founder & CEO, Hand to Hold

Saundra Dalton-Smith, MD, Founding Physician and CEO, Restorasis

12:15pm–1:15pm



Grieving is Part of Every NICU Experience

Lisa Keefauver, MSW, Grief Activist, Founder, Reimagining Grief, Adjunct Professor, University of Texas at Austin

Mary-Frances O'Connor, PhD, Associate Professor, University of Arizona, Author, "The Grieving Brain"

Moline Prak Pandiyan, Bereaved NICU Parent, MedTech Innovation Lead, RTI Innovation Advisors

El duelo es parte de la experiencia UCIN/NICU

Angelica Quezada, Director of Mental Health Programs, The Institute of Reproductive Grief Care

1:30pm–2:30pm



Mental Health of Siblings & NICU Grads

Sarah Agarwal, PhD, Play Therapist and Counselor

Importance of Connection & Community During the NICU Journey

Brittany Clay, NICU Parent

Erika Davis, NICU Parent

Mike Davis, NICU Parent

Elizabeth Israel, NICU Parent

Christine Tester, Program Manager and Bilingual Mental Health Peer Specialist, Hand to Hold, NICU and Bereaved Parent

2:30pm–3:30pm



Having Another Baby Following the Trauma of a NICU Stay or Loss

David Berry, MD, Maternal-Fetal Medicine Specialist, Texas Children's Hospital – Austin Perinatal Associates

Lisa Boyars, MD, Perinatal and Reproductive Psychiatrist, UT Health and Comprehensive Fetal Care Center

Joanna CM Cole, PhD, PMH-C, Perinatal Psychologist, Manager, Psychosocial Programs, Children's Hospital of Philadelphia

Christina Coy, NICU Parent, Certified Occupational Therapy Assistant

Addressing Health Inequities in the NICU

Lelis Vernon, S.Q.I.L., Patient and Family Engagement Consultant, Florida Perinatal Quality Collaborative

Valencia Walker, MD, Associate Chief Diversity and Health Equity Officer, Nationwide Children's Hospital

Tiffany Willis, PsyD, Licensed Clinical Psychologist, Children's Mercy Hospital

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[Times listed in CST]



Family-English



Professional



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All

11:00am–12:15pm



Welcome & Operationalizing Perinatal Equity, Quality and Safety in Materno-toxic Zones - Every Person, Every Time

Kelli Kelley, Founder & CEO, Hand to Hold

Jennie Joseph, Founder and President, Commonsense Childbirth

12:15pm–1:15pm

Advocating for your Baby in the NICU and Beyond

Jennifer Frey, President, Every Child Succeeds, Cincinnati Children's Hospital Medical Center

Betsy Pilon, Executive Director, Hope for HIE

Valerie Rodriguez, Special Education, Frisco Independent School District

Ryan D. Sheedy, NICU Dad, Rare Disease Caregiver and Founder, mejo

Abogar por su bebé en la UCIN/NICU y más allá

Andrea Almaguer-Botero, PhD, LPC, NICU Mental Health Specialist, Women's Doctors Hospital at Renaissance

Rachel Astorga-McCain, Director of Programs, Hand to Hold

Natalia Castillo, NICU Parent and Special Needs Mom



The Impact of Hope: Meeting Parents Where They Are

Debra Brandon, Associate Professor, School of Nursing, Duke University

1:30pm–2:30pm



Supporting Dads & Their Mental Health in the NICU

Janeen Cross, DSW, LCSW, Assistant Professor, Howard University

Steve Gurvis, Bereaved NICU Dad

Mike Hynan, PhD, Professor Emeritus, University of Wisconsin Milwaukee

Evan Ortiz, NICU Dad

2:30pm–2:45pm

Hand to Hold NICU Hero Award

The national parent-nominated award will honor a NICU nurse, neonatologist, social worker or other NICU professional.

Keep in touch with Hand to Hold:



NICU Babies • Parent Support

handtohold.org

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support free for all NICU
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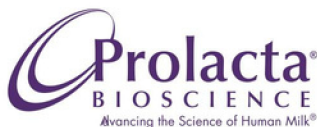
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CONTINUING EDUCATION INFORMATION

INTENDED AUDIENCE:

RN, LCSW, LMFT

CREDITS:

Up to 12.0 credits available (RN, LCSW/LMFT)

COST:

This event is free to attend. No refund or cancellation policy applies.

ACCOMMODATIONS:

To request accommodations for special needs, please email the Program Administrator Grace Freeman gfreeman@woodberryassociates.com

GRIEVANCES:

To obtain the grievance policy or report a grievance please email Grace Freeman gfreeman@woodberryassociates.com

CERTIFICATES:

Course completion certificates will be awarded after the course has concluded and a completed evaluation form has been received.

THE PERINATAL ADVISORY COUNCIL:

Leadership, Advocacy and Consultation (PAC/LAC) is approved by the California Board of Registered Nursing, Provider Number CEP-5862, for 14.0 contact hours.

PAC/LAC is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LCSW and LMFT. PAC/LAC maintains responsibility for this program/course and its content. Course meets the qualifications for 12.0 hours of continuing education credit for LMFTs, LCSWs as required by the California Board of Behavioral Sciences.

This program is provided in partnership with PAC/LAC



Perinatal Advisory Council:
Leadership, Advocacy and Consultation

Commercial support provided by Reckitt, Huggies, Prolacta Bioscience, Sage Therapeutics, Sobi, GE Healthcare.