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)
a proud national sponsor of

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
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, Pediatric Medical Group  
Thaina Auguste, NICU Mom and Finance Professional  
Mia Malcolm, 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**  
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, Pediatric 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
2022 Champion Sponsor:

We got you, baby

Huggies is a proud national sponsor of Hand to Hold
Welcome & 7 Types of Rest
Kelli Kelley, Founder & CEO, Hand to Hold
Saundra Dalton-Smith, MD, Founding Physician and CEO, Restorasis

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

Mental Health of Siblings & NICU Grads
Sarah Agarwal, PhD, Play Therapist and Counselor
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

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
100% of proceeds from the Hand to Hold store directly supports NICU families.

Visit the Hand to Hold booth for 20% off

MILESTONE NECKLACES
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Shop handtohold.org/store
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 Piloñ, Executive Director, Hope for HIE
Valerie Rodríguez, 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 Almaguier-Bojero, 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.
Thank you to our Supporter Sponsor:

Hand to Hold's corporate sponsors help to make support free for all NICU parents.

Thank you to our Supporter Sponsor:

For more information visit prolacta.com
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 N-umber 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

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