

[Times listed in CST]

10:45am - 12:30pm

Welcome

Kelli Kelley

Founder & CEO of Hand to Hold

Hand to Hold NICU Hero Award

The parent-nominated award represents an individual professional that made a difference in a parent's NICU journey by demonstrating compassionate and expert medical care.

Power of Empathy

Grief & Loss

Joseph Stern, MD

Keynote speaker

For CEU/PDU credit see the CEU FAQ sheet on pg. 8

1:00pm - 2:00pm

Self-Care Strategies

Self-Care & Burnout

Olivya Wilson, MSW, LCSW

1:00pm - 2:00pm

La importancia del autocuidado después de un trauma

Angelica Quezada, LCSW, PMHC, R-PLC

Spanish Session

2:15pm - 3:15pm

Essential Role of Family in the NICU

Trauma

Raylene Phillips, MD, MA, FAAP, FABM, IBCLC;

Cynthia Shogreen, RMHCI, BCBA

2:15pm - 3:15pm

Impact of Trauma in Relationships

Trauma

Kelly Boyd, PsyD; Erica Shoemate, MPA

3:30pm - 5:00pm

Grieving in the NICU

Grief & Loss

Christine Tester, MHPS, PSS; Jill Kottmeier, MS, BSN, RN, CPLC with NICU parents

*Agenda is subject to change

CEU Eligibility - Physicians, Nurses (RN), Licensed Psychologists, Social Workers LMSW/LCSW, & Counselors LMFT, Child Life Specialist
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Hand to Hold NICU Hero Team Award

The parent-nominated award represents a NICU team that made a difference in a parent's NICU journey by demonstrating compassionate and expert medical care.

Health Equity: What's the Root of It All?

Health Equity

Veronica Gillispie-Bell MD, MAS, FACOG

Keynote speaker

1:00pm - 2:00pm

Support In & Out of the NICU

Mental Health

Jess Daigle, MD, FAAP

1:00pm - 2:00pm

Cuando la NICU (UCIN) causa dolor

Agueda Takeuchi, MS, LMFT

Spanish Session

2:15pm - 3:15pm

Burnout in Working Mothers

Self-Care & Burnout

Susan Landers, MD

3:30pm - 5:00pm

Dads' Mental Health

Mental Health

Taneisha Stamps, MPH; Sheehan Fisher, PhD,
with NICU parents

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Hand to Hold NICU Hero Award

Individual Award: Chelsea Samms attended the University of Maryland, College Park, and obtained her Bachelor of Science degree in Public Health. She found her path to nursing and embarked on an intense 17-month accelerated BSN program at The Johns Hopkins University School of Nursing. After gaining experience in mother-baby, she went on to become a NICU nurse and hasn't looked back since! She is now working as a travel NICU nurse.



Joseph Stern, MD

Dr. Stern is a neurosurgeon and author of **Grief Connects Us: A Neurosurgeon's Lessons on Love, Loss, and Compassion**. He lost his sister and her husband within a year and a half, where he saw all too clearly what it is like to be a patient. He realized the need for integrating compassion and empathy into the medical field and the need for practitioners to develop emotional agility. He has trained in Palliative Care and now teaches in the Dept of Neurosurgery at University of Michigan and UNC Chapel Hill. He is committed to deepening and humanizing the doctor-patient relationship.



Keynote Speaker

1:00pm - 2:00pm

Olivya Wilson, MSW, LCSW



Olivya was most recently the Trauma-Informed Parent Education Coordinator for the Greater Richmond SCAN (Stop Child Abuse Now) and supports parents and caregivers in learning more effective strategies to build and strengthen positive healthy relationships with their children. She is certified in Parent-Child Interaction Therapy

1:00pm - 2:00pm

Spanish Session

Angelica Quezada LCSW, PMHC, R-PLC



Angelica is a bilingual LCSW with a Master's Degree from USC. As the Director of the Mental Health Programs at the Institute of Reproductive Grief Care, she promotes the institute's mission in order to instill hope, change, understanding, and healing; by developing trainings, establishing mental health resources, and aiding in data collection and research. Angelica is passionate about breaking mental health stigmas by providing compassionate education and psychotherapy utilizing evidence-based practices.

2:15pm - 3:15pm

Raylene Phillips, MD, MA, FAAP, FABM, IBCLC



Dr. Phillips is Pediatric Department Chair/Medical Director of Neonatal Services Loma Linda University Medical Center – Murrieta, and Associate Professor of Pediatrics/Neonatology at Loma Linda University Children's Hospital. Her passion is to honor and nurture the earliest connections between babies and their parents. She is currently President of APPPAH, a global non-profit organization with a mission to support healthy infant-parent relationships before and after birth.

Cynthia Shogreen, RMHCI, BCBA



Cynthia serves Hand to Hold families as a Virtual Family Support Specialist and a Bilingual Mental Health Therapist. She is responsible for supporting NICU families with a goal to reduce the negative impact of a NICU stay and ensure the best outcome for the entire family. She earned her master's degree in clinical mental health counseling and behavior analysis in Florida. Cynthia strives to provide excellent service and support, a sense of community, and a safe space for NICU families.

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2:15pm - 3:15pm

Kelly Boyd, PsyD



Dr. Kelly Boyd is a psychologist in private practice specializing in women's reproductive health and psychology. She works extensively with individuals, couples, families and groups experiencing various types of reproductive challenges and reproductive trauma. Dr Boyd has facilitated numerous support groups for women and families, is an avid speaker on topics related to women's reproductive mental health, and is passionate about increasing awareness of various topics related to women's health and wellness.



Erica Shoemate, MPA, Moderator

Erica L. Shoemate is an International Best-Selling Author, Tech Policy Leader, National Security Policy Expert, storyteller, and philanthropist dedicated to serving as a Maternal Health Strategist. Erica assists healthcare institutions and families with developing strategic solutions that deliver REAL RESULTS because mamas' and babies' lives depend on it.

3:30pm - 5:00pm

Christine Tester, MHPS, PSS, Moderator



Christine is a Program Manager at Hand to Hold, overseeing the team of Family Support Specialists in hospitals across Texas. She is a certified Mental Health Peer Specialist, and has completed additional training with Postpartum Support International and Seleni on maternal mental health, perinatal mood and anxiety disorders, and perinatal loss.



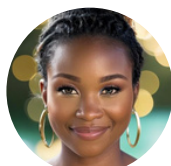
Jill Kottmeier, MS, BSN, RN, CPLC

Jill is Director of Wellbeing and Bereavement Services at Northwest Community Healthcare and is certified in perinatal loss care. Her professional passion is perinatal bereavement. Because of her passion for the bereaved, Jill recently graduated with her Master's Degree in Thanatology, which is the study of death, dying, and bereavement.



Elizabeth Ferguson, NICU Parent

Elizabeth Ferguson was a mom of 8 when she found out that she and her husband were going to be welcoming a special little girl with some real challenges. After 5 months and open heart surgery, Azalea Marie left the NICU. She hopes that her experience can be helpful for others going through their own trials.



Keresa Bell, NICU Parent

Keresa is operations manager at March. Originally hailing from Houston, she embarked on a journey to Austin for college and earned a degree in communication from Huston-Tillotson University. In 2018, she faced a life-changing experience with the birth of her beautiful baby girl at just 23 weeks, exemplifying resilience and the value of life.



Shondra Cheris, Ìyánífá, NICU Parent

Shondra is an Intuitive Spiritual Life Coach and Business Strategist utilizing the teachings of Isele while working with entrepreneurs, creators and influencers by utilizing EQ, NLP; and African Spirituality techniques to assist clients in accomplishing strategic goals. Her NICU journey began at 19 weeks on bed rest with multiples, delivery at 24 weeks and a 118-day NICU stay.

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Hand to Hold NICU Hero Team Award



Team: Parkland Health Neonatal ICU is a Level III NICU unit offering highly specialized services for infants with significant health issues at the time of birth. Their NICU staff cares for more than 1,300 newborns each year, averaging about 100 newborns every month. NICU mom Lizbeth S. nominated Parkland's NICU team for this award because from her first day of her babies being in the NICU, she knew they were cared for.

Keynote Speaker



Veronica Gillispie-Bell, MD, MAS, FACOG

Dr. Gillispie-Bell is a board-certified OBGYN, senior site lead, section head and associate professor for Women's Services, Ochsner Kenner in New Orleans. She also serves as Medical Director of the Louisiana Perinatal Quality Collaborative and Pregnancy Associated Mortality Review. She is a passionate and influential voice for reducing health disparities by focusing on pathways for change to eliminate the Black maternal health crisis.

1:00pm - 2:00pm



Jess Daigle, MD, FAAP

Dr. Daigle is a NICU mom as well as a pediatrician, NICU hospitalist, and Founder of Mom & Me MD, an in-home/virtual care service designed for moms and their new babies as they transition home from the hospital - she is their cheerleader and support person who is also a medical professional. She is passionate about NICU and postpartum care.

1:00pm - 2:00pm

Spanish Session



Agueda Takeuchi, MS, LMFT

Aggie is a dedicated Licensed Marriage and Family Therapist with more than 20 years of experience supervising and providing community mental health services to diverse populations of young children, young adolescents, young adults, older adults, and families. She's experienced working in different settings including outpatient, school settings, and the home environment. Aggie completed a 2-year certification program in Thanatology thru the Asociacion de Tanatología de Mexicali, AC in collaboration with the Universidad 18 de Septiembre, in Mexicali Baja California Mexico.

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2:15pm - 3:15pm



Susan Landers, MD

Dr. Landers is the author of *So Many Babies: My Life Balancing a Busy Medical Career and Motherhood*, and is a retired neonatologist with 34 years of experience. She served for six years on the Executive Committee of the Section on Breastfeeding for the American Academy of Pediatrics, is an expert in breastfeeding medicine, and strove to normalize using donor human milk in the NICU.

3:30pm - 5:00pm



Taneisha Stamps, MPH, Moderator

Taneisha Stamps is the Virtual Support Program Manager at Hand to Hold and became a NICU mom 4 years ago after her son was born at 28 weeks. After the 3-month NICU stay and her own PMAD journey and healing from her NICU experience, she strives to make a lasting impact in the lives of all NICU families by providing them with the virtual support they need.



Sheehan Fisher, PhD

Dr. Fisher is an Associate Professor at Northwestern University. He conducts research on mood disorders in mothers and fathers during the perinatal period to examine the effects of psychosocial stress on the parent's mood, parenting, and ultimately infant/child health outcomes, desiring to build health, equity, and strength in the family.



Tyler Hagy, NICU Parent

Tyler Hagy is Sr. Field Technical Specialist for a leading electric vehicle manufacturer, supporting Service Centers in the Mid-Atlantic and Southeast territories. Additionally, he operates a small tree farm and is finalizing the design on a patent pending medical device accessory that was designed to help them hold their daughter more comfortably and secure her ventilator circuit. Tyler's daughter was born at 24 weeks, 6 days in September of 2020, which was the start of a 6-month long NICU journey.



Roberto Cavalcante, NICU Parent

Roberto is a first-time dad who lives in Austin, TX and works as a software engineer. His wife Rita was admitted to the hospital with severe preeclampsia at 23 weeks and 4 days. Over the course of her 118-day NICU stay, their baby overcame challenges in the best "one step back, two steps forwards" fashion. Louise is now 7 months of adjusted age, and has been happily growing and developing well.

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INTENDED AUDIENCE:

RN, LCSW/LMFT - CEUs provided by PAC/LAC

Physicians, Licensed Psychologists, Social Workers - CEUs provided by PACE

Child Life Specialist - PDUs provided by ACLP

CREDITS:

Continuing education credits available for intended audiences. For specific questions contact events@handtohold.org

COST:

The event is free for parents. There is a \$30 - \$50 fee for NICU professionals. All fees are non-refundable.

ACCOMMODATIONS:

To request accommodations for special needs, please email events@handtohold.org

GRIEVANCES:

To obtain the grievance policy or report a grievance, please email events@handtohold.org

CERTIFICATES:

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

CREDENTIALING SERVICES:

Leadership, Advocacy, and Consultation (PAC/LAC) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs and LCSWs. CE Provider #128542. PAC/LAC maintains responsibility for the program/course and its content. Course meets the qualifications for 10 hours of continuing education credit for LMFTs as required by the California Board of Behavioral Sciences.

For nurses: Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider # CEP5862. This course is approved for 12 contact hours of continuing education credit.

This activity is jointly provided by Partners for Advancing Clinical Education and Hand to Hold and is approved for AMA PRA Category 1 Credits™, ANCC, APA, and ASWB credits. Full accreditation information available on our [registration page](#).

This program is provided in partnership with PAC/LAC, PACE & ACLP

WHAT ACCREDITATION COMPANY COVERS MY FIELD?

PAC-LAC: RN, LCSW/LMFT

PACE: Physicians, Psychologists, Social Workers

ACLP: Child Life Specialist (CCLP)

HOW MANY CREDITS ARE AVAILABLE?

PAC-LAC: RN-CE 6 CEUs per day, LCSW/LMFT 5 CEUs per day

PACE: maximum of 10 CEUs

ACLP: 5 PDUs per day

DO I HAVE TO ATTEND ALL THE SESSIONS TO GET CREDIT?

PAC-LAC: You must attend an entire day to receive credits

PACE: Each session you attend will earn credits

ACLP: You must attend an entire day to receive credits

DO THE SPANISH SESSIONS EARN CEUs?

PAC-LAC: No

PACE: Yes

ACLP: Yes

WHERE DO I GET MY EVALUATION TOOL TO GET MY CEUs?

PAC-LAC: [Click Here To Find Your Form](#)

PACE: [Click Here To Find Your Form](#)

ACLP: Attendees will receive the certificate via email

WHOM SHOULD I CONTACT WITH QUESTIONS ABOUT MY CREDITS AFTER THE CONFERENCE?

PAC-LAC info@paclac.org

PACE <https://partnersed.com/contact>

ACLP jenny@handtohold.org

WHAT IF I REGISTERED AS A PARENT AND WANT CEUs?

Please re-register as a professional so your licensing data is collected to support the CEU approval process.

WILL I BE ABLE TO WATCH THE CONFERENCE RECORDING TO EARN CREDITS?

No, only live sessions will be able to earn credits.

WHEN WILL I RECEIVE MY CERTIFICATE?

We anticipate you receiving your certificate within two months of attending the conference.

For more questions on CEUs/PDUs contact jenny@handtohold.org