



**BRIDGE TO INNOVATIVE**  
PERINATAL SOCIAL WORK PRACTICE

**41st Annual Conference**  
**National Association of Perinatal Social Workers**  
**May 10-13, 2017**  
**Portland, Oregon**



**Keynote Speaker**

**Jennifer Jako**

HIV/AIDS and Reproductive  
Health Speaker/Educator

*"Life Empowered"*





**When:** May 10-13, 2017  
Conference check in opens on May 10, 2016 at 12:00 pm.  
Conference opens May 10 at 5:00 pm and concludes at 12:00 pm on May 13, 2017.

**Online Conference Registration:** [www.napsw.org](http://www.napsw.org)

**Where:** Hilton Portland and Executive Tower  
921 SW Sixth Avenue Portland, Oregon 97204



**Hotel Room Rate:** \$189 per night plus tax for single or double; A \$10 additional fee is added for each extra person up to four persons. Rooms are available May 7th through May 16th inclusive at the conference rate. If needing to cancel a room, please contact conference registration first in the event that someone else needs a room.

**Reservations:** <https://aws.passkey.com/event/15846298/owner/4173/home>  
or call 1-800-445-8667 and request the NAPSW 2017 Conference Rate.

**Special Accommodations and Roommate Requests:** Please email any requests to [tanya.correll-blaha@providence.org](mailto:tanya.correll-blaha@providence.org). We are happy to assist!

### Conference Fees

- Includes Wednesday evening's banquet, continental breakfast on Thursday and Friday, Friday's lunch, and Saturday's breakfast.
- Registration deadline is April 12, 2017. There will be a \$20 late fee for all registrations after the deadline.

- ◆ \$285.00 NAPSW member rate before April 12, 2017
- ◆ \$365.00 Non-member rate before April 12, 2017
- ◆ \$150.00 Student rate

### Daily rates—Member/Non-member/Student

Wednesday \$90/\$100/\$50  
Thursday \$145/\$185/\$90

Friday \$165/\$195/\$90  
Saturday \$60/\$70/\$50



Some sessions may fill up so we recommend you register early in order to reserve a spot for the sessions you wish to attend. Once registration is open, payment can be made by credit card through the registration portal or by check.

For any questions about the registration process, please contact: Kristin Vargo at 513-636-4043 or [Kristin.Vargo@cchmc.org](mailto:Kristin.Vargo@cchmc.org)

If paying by check, complete the online registration and print your invoice twice (one for your records and one to send with your payment). Checks, in USD, should be made out to NAPSW and sent to:

Sharon Williams, NAPSW  
8111 Tollbridge Ct.  
West Chester, OH 45069

**NAPSW Membership:** If you are not currently a member of the NAPSW, you can register at the NAPSW member rate in conjunction with registration. Please complete the online application at [www.napsw.org](http://www.napsw.org). Submit the application with the necessary documentation and include your membership dues with the conference registration fee.

Rates: Regular \$95/Associate \$70/Retired \$55/Student \$45. For questions about membership, contact Membership Chair Alison Tiedke at [ajtiedke@gmail.com](mailto:ajtiedke@gmail.com).

**Continuing Education Units (CEUs):** NAPSW will issue a Certificate of Attendance to all attendees. NAPSW has applied for 16 CEU credits through NASW and a CEU certificate will be provided to attendees for \$10.00.

**Refunds:** If you register and cannot attend, a refund of your registration fee, less \$50.00 for handling, will be granted if requested no later than April 25, 2017. You may cancel online or call registration.

**Night Out Event (Thursday, May 11): PDX 101** This will be a Night Out experience you will not want to miss! "PDX 101" is Portland themed event and will be held at the Lagunitas Brewing Company's brand new community space. The cost of the event includes transportation, dinner & dessert from local food carts, beer & wine, kombucha, live music, and fun table activities. There will also be exclusive raffle items benefitting the Innovative Program Award and Research Grant. We have invited all of our guest speakers to join us. Dress up, wear casual, or wear your flannel a la Portland style, it's PDX 101!  
**Fee: \$65.00/per person**



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## Conference Program Overview

### Wednesday, May 10, 2017 12:00-5:00 pm Registration

5:00-6:30 pm

Reception

6:30-8:30 pm

Welcome, Dinner, Award for Excellence,

Opening Remarks: Oregon State Representative Alissa Keny-Guyer

Keynote Speaker: Jennifer Jako "Life Empowered"

### Thursday, May 11, 2017

6:30-7:30 am

Morning Yoga

7:00-8:00 am

Continental Breakfast and Conference Registration

8:00-10:00 am

**General Session:** Sam Stevens, MS, LMFT

"Beyond Maternal Postpartum Depression: Postpartum Mood and Anxiety Disorders in Men and Non-Birth Partners"

10:00-10:15 am

Morning Refresher/Coffee Break

10:15-11:45 pm

**Breakout Sessions**

A1. Panel Presentation facilitated by Jesse Remer, CD/PCD/BDT/PDT (DONA), LCCE

"The Integrated Doula: Revolutionizing the Face of the Maternity Care Team"

A2. Allie E. Norse, MS, CGC

"The Prenatal Genetic Counseling Process and Ethical Considerations"

A3. Kendra Harding, LPC

"Coordinating and Accessing Care for Survivors of Sex Trafficking"

A4. Kara Hansen, LCSW and Erin Perez, LCSW

"Thriving in a High-Risk OB Practice"

11:45-1:30 pm

Lunch on your own or sign up with a group

1:30-5:15 pm:

**Intensive Training** - Dive into advanced education in one of the following

topics

2:45-3:00 pm Afternoon Refresher/Coffee Break

B1. Robin Eisenbach, MSW "Increasing our Effectiveness through Racial Equity - Social Justice for Social Workers"

B2. Mandy Davis, PhD, LCSW "Trauma Informed Care in the NICU"

B3. Wendy Davis, PhD "Perinatal Mood Disorders and NICU Screening"

6:30-9:00 pm

**PDX 101** - night out event at Lagunitas Brewing Company

### Friday, May 12, 2017

6:30-7:30 am

Morning Yoga

7:00-8:00 am

Continental Breakfast

8:00-10:00 am

**General Session:** "Project Nurture: Integrating Maternity Care and Addiction Treatment for Pregnant Women with Substance Use Disorders"

Presented by a multidisciplinary panel of providers from multiple health systems. Facilitated by Karla Pearcy-Marston, LCSW, MPH, Chelsea Barbour, MSW, CSWA, and Alison Noice, MA, CADC-III.



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## Conference Program Overview

- 10:00-10:15 am Morning Refresher/Coffee Break  
10:15-12:00 pm **Breakout Sessions**  
C1. Helen Bellanca, MD, MPH “The Oregon Family Well-Being Assessment as an Integrated Tool in Maternity Care”  
C2. James Mason, PhD  
“Diversity Leadership in the 21<sup>st</sup> Century: Implications for Perinatal Care”  
C3. Sherri Alderman, MD, MPH, IMH-E Clinical and Policy  
“Fetal Programming: The Impact of Stress on the Developing Fetus and Implications for Effective Interventions”  
C4. Peggy O’Neill, PhD, LCSW and Annette Cycon, LICSW  
“A Community-level Perspective on Assessing Perinatal Mental Health: Addressing Community Readiness Following the Implementation of the Community-based Perinatal Support Model”  
12:00-1:30 pm NAPSW Luncheon - Business Meeting will be held and all are welcome (included in registration fee) or have lunch on your own/sign up with group

### Afternoon films/discussions and breakout sessions

- 1:30-2:45 **Breakout Sessions**  
D1. **Film/Panel** Mothering Inside Documentary Film and Panel Discussion with filmmaker Brian Lindstrom, Jessica Katz, MSW, Nova Sweet and Kendra Wright, Family Preservation Project alumnae  
D2. Sage Saxton, PsyD and BreAnna Dupuis, LCSW  
“Bridging the Gap, Visitation Analysis in a Level III NICU”  
D3. Kathryn Simpson, LCSW and Kara Hansen, LSCSW  
“Integrating Mindfulness into Social Work Practice”  
2:45-3:00 pm Afternoon Refresher/Coffee Break  
3:00-5:00 pm **Breakout Sessions**  
E1. **Film/Panel** Finding Jenn’s Voice Documentary Film  
Discussion Facilitator: Rebecca Nickels, MSW, Executive Director, Call to Safety  
E2. Judith McCoyd, PhD, LCSW “Bridging Theories of Grief Since Kubler-Ross: Postmodern Grief and Perinatal Loss”  
E3. Fawn McCool, LCSW “Thriving in The NICU with Interpersonal Neurobiology”

### Saturday, May 13, 2017

- 8:30-10:00 am **Plated Breakfast and Closing General Session**  
Speaker: Amy Penkin, LCSW  
“Gender Diversity in the Healthcare Setting”  
10:00-11:00 am **Farewell and CEUs**



## Detailed Session/Presenter Information

### Wednesday Keynote Speaker Jennifer Jako “Life Empowered”

- ❑ Jennifer Jako is a powerful advocate for reproductive health, HIV/AIDS education and prevention. Infected in 1991, Jako is a twenty-five year survivor of HIV/AIDS. Her documentary film about HIV+ youth, Blood Lines, broadcast for five years on MTV. This award winning film is now used around the world to educate about HIV/AIDS. Jako has spoken directly with over 200,000 people and her media outreach has communicated with tens of millions. Her interviews have appeared in print: Glamour, The New York Times, USA Today; and television: Lifetime, Discovery Channel, MTV, CNN. She is included in the books Girlfriends and Women of Courage. In May of 2006, she appeared pregnant on the cover of Newsweek Magazine’s commemoration of the 25th anniversary of AIDS in America. Her 10 year old daughter was born free of HIV.
- ❑ Jennifer Jako shares an uplifting, from-the-heart message delivered with a self-deprecating sense of humor about her high-risk pregnancy experience at a maternal-fetal medicine clinic. Jako includes anecdotes of the benefits of a perinatal care team in high risk pregnancies and the power individuals have to make a difference.

### Thursday General Session Sam Stevens, MS, LMFT “Beyond Maternal Postpartum Depression: Postpartum Mood and Anxiety Disorders in Men and Non-Birth Partners”

- ❑ Sam Stevens is a Licensed Marriage and Family Therapist in private practice in Portland, OR with a focus on new fathers and couples with young children. Sam leads new fathers’ groups and previously taught birth preparation classes for soon-to-be parents. He has spoken at conferences and lead trainings for both professionals and the community on early child development, parenting, adjustment to fatherhood, and postpartum mood disorders in men.
- ❑ Becoming a parent is easily one of the most profound transitions a person can experience, and yet men and non-birth partners are often left out of the discussion. As our understanding grows, we are coming to appreciate the importance of acknowledging and addressing their mental health to increase their involvement and improve overall family satisfaction and mental health.

### Thursday Breakout Sessions

#### A1. Panel Presentation facilitated by Jesse Remer, CD/PCD/BDT/PDT (DONA), LCCE “The Integrated Doula: Revolutionizing the Face of the Maternity Care Team”

- ❑ Jesse Remer, Heather Meyer, Christine D’Esposito, and Gionna Broussard are all full time staff doulas at Providence Women’s Clinic - East Portland and Providence St. Vincent Medical Center.
- ❑ Jesse is the Founder of Mother Tree doula services and an International leader in the field. She led the clinical design team for Providence Health Systems Pregnancy Care Package and became the first staff doula of their integrated healthcare model. She is a founding member of the Oregon Doula Association (ODA) and chair of the Policy and Advocacy Committee. She is a liaison to the State of Oregon Traditional Healthcare Workers Systems Integration subcommittee working on creating sustainable systems of doula support within the system. She has worked for multiple health systems to improve health equity.
- ❑ Heather Meyer is a certified Birth and Postpartum Doula, certified prenatal and postnatal massage therapist, childbirth educator, Co-founder of Oregon Doula Association and is the Lead doula at Providence Women’s Clinic - East Portland. She has been involved in the initial design and continued development of the doula program at PWC.
- ❑ Christine D’Esposito is a DONA certified Birth and Postpartum Doula and a Birthing From Within childbirth educator and advisor. She has been working in the field for thirteen years. She is currently in school on the path towards certification as a Lactation Consultant and is a proud member of the team at PWC East Portland.



## Detailed Session/Presenter Information

- ❑ Gionna Broussard is trained as a Certified Professional Midwife and currently practices as a full time doula at PWC - Providence St. Vincent.
  - ❑ Providence Women's Clinic employs professional doulas in a groundbreaking collaborative practice, offering access to integrated labor doula support services to all clinic patients. Staff doulas will share the history, learnings and current status of the program. The session will focus on how a team based model of care positively influences patient satisfaction, outcomes, and is supportive of trauma-informed care.
- A2. Allie E. Norse, MS, CGC "The Prenatal Genetic Counseling Process and Ethical Considerations"**
- ❑ Allie is a prenatal genetic counselor at Legacy Medical Group Maternal Fetal Medicine in Portland, Oregon. She is lucky to have social workers present at her clinic where a collaborative relationship between genetics and social work assists in optimizing patient care.
  - ❑ Prenatal genetic counseling involves consideration of many ethical issues for women and their families. This can be especially complicated by socioeconomic disadvantages and medically high risk pregnancies. This talk will review basic genetic concepts, provide updates in genetic testing options, and discuss ethical concerns involved in the genetic counseling process.
- A3. Kendra Harding, LPC "Coordinating and Accessing Care for Survivors of Sex Trafficking"**
- ❑ Kendra Harding is the program coordinator for the New Options for Women (NOW) program with Lifeworks NW. She is a Licensed Professional Counselor and has a Master's Degree in Forensic Psychology.
  - ❑ Attendees will learn basic information related to sexual exploitation and the victimization behind the sex industry. Attendees will learn intersections between intimate partner violence and sexual exploitation. In addition, health professionals will learn to identify potential red flags as they related to sexual exploitation. Lastly, health professionals will be given tools and resources on where to refer if a survivor is identified.
- A4. Kara Hansen, LSCSW and Erin Perez, LCSW "Thriving in a High-Risk OB Practice"**
- ❑ Kara is a Clinical Social Worker at the Elizabeth J. Ferrell Fetal Health Center at Children's Mercy Hospital. The Fetal Health Center provides prenatal care, diagnostic, and consultation services for women who have a high-risk pregnancy due to fetal congenital anomalies. It is also one of three centers in the country to offer labor and delivery services in a pediatric hospital. Prior to hospital social work, Kara worked in the area of children's mental health and the journalism field, where she won a national award for an article on a couple's experience with perinatal hospice. Kara credits the article as a catalyst that led her to the specialty practice of perinatal social work.
  - ❑ Erin is a Clinical Social Worker and Program Manager for The Heart Center at Children's Mercy Kansas City, which is on the higher volume pediatric heart centers in the nation. Erin co-developed and leads the Thrive Program, which is a psychosocial, multi-disciplinary program designed to best support patients, families, and Heart Center staff members. Erin is passionate about Trauma Informed care; she serves on the hospital Trauma Informed Care workgroup and resilient KC - city-wide collaborative that strives to create a Trauma Informed Kansas City.
  - ❑ Patients and families in high-risk obstetric settings and the Neonatal Intensive Care Unit can often experience high levels of stress and anxiety, which can be worsened by their trauma histories. We created a guide template that aims to advocate for caregivers/patients to be offered experiences and interactions that assist them in thriving in the hospital and outpatient setting. The goal is to avoid retraumatization of patients and parents, improve relationships between patients/families and the medical team and help shift the hospital culture into one that is Trauma Informed.



## Detailed Session/Presenter Information

### Thursday Intensive Training

#### **B1. Robin Eisenbach, MSW “Increasing our Effectiveness through Racial Equity - Social Justice for Social Workers”**

- ❑ Robin Eisenbach is a social worker who serves as Program Manager at Open School, a community based organization in Portland, Oregon. She is also facilitator at the Center for Equity and Inclusion. Robin has led racial equity trainings throughout the Pacific Northwest, and has worked with youth and those who serve youth internationally. She is greatly influenced by Critical Race Theory and Non-Violent Communication, and by the powerful mentors and leaders who paved the way before her.
- ❑ What is race? What is ethnicity? What are the differences between those two concepts, and how do they impact my practice as a social worker? These are important questions for every social worker to be asking of themselves and of each other. This interactive workshop is designed to explore, from both the head and the heart, the fundamentals of a racially equitable approach to social work practice. Please join this unique and ever important workshop.

#### **B2. Mandy Davis, PhD, LCSW “Trauma Informed Care in the NICU”**

- ❑ Dr. Davis is the Director of Trauma Informed Oregon and Associate Professor of Practice at Portland State University’s School of Social Work. Dr. Davis specializes in providing training and consultation to systems, organizations and providers on topics related to implementing trauma informed care and trauma specific services. Dr. Davis has over 20 years of experience working with survivors of trauma. Dr. Davis is currently focused on strategies for organizations to implement trauma informed care. Dr. Davis is especially interested in the intersections between Trauma Informed Care and structural violence.
- ❑ To understand the benefits of a trauma informed system is necessary to understand how trauma impacts individuals and families. Participants will learn about trauma informed care, the impact of trauma and how trauma affects a family’s ability to participate in services. Participants will begin to identify how service systems, often unknowingly, retraumatize survivors of complex trauma. Participants will also learn the difference between trauma specific services and trauma informed care. Case examples specific to the work in a NICU will be used to practice reframing behaviors from a trauma informed lens and applying the principles of TIC.

#### **B3. Wendy Davis, PhD “Perinatal Mood Disorders and NICU Screening”**

- ❑ Wendy Davis, PhD, has a counseling and consulting practice in Portland, Oregon, specializing in pregnancy, birth, and postpartum mental health. She is the Executive Director for the Postpartum Support International (PSI), where she coordinates PSI’s services, programs, and 300 U.S. and International Support Volunteers. Wendy is the Founding Director of Baby Blues Connection, Oregon’s first perinatal mental health support organization, and now services as their clinical advisor and volunteer training consultant.
- ❑ This session will focus on perinatal mental health and best practices in NICU settings. We will describe the symptoms of perinatal mood disorders, including depression, anxiety, trauma, mania, and psychosis. We’ll cover the National Perinatal Association guidelines for psychosocial support to NICU parents, share resources, and examples of positive communication with parents that also attends to risk assessment and prevention.



## Detailed Session/Presenter Information

### Friday General Session “Project Nurture: Integrating Maternity Care and Addiction Treatment for Pregnant Women with Substance Use Disorders”

- ❑ Presented by a multidisciplinary panel of providers from multiple health systems. Facilitated by Karla Pearcy-Marston, LCSW, MPH, Chelsea Barbour, MSW, CSWA, and Alison Noice, MA, CADC-III.
- ❑ Project Nurture is a Center of Excellence model in Portland, Oregon that integrates maternity care and addiction treatment for pregnant women with substance use disorders. In this interdisciplinary panel presentation involving three Project Nurture sites, we will share our diverse experiences creating and implementing an innovative model of care to improve the health of families within a safe, respectful environment.

### Friday Breakout Sessions

#### C1. Helen Bellanca, MD, MPH “The Oregon Family Well-Being Assessment as an Integrated Tool in Maternity Care”

- ❑ Dr. Bellanca is a family physician and the Associate Medical Director of Health Share of Oregon, which is one of the state’s Coordinated Care Organizations (CCOs). CCOs work with Medicaid providers to improve the quality of care Medicaid members receive while reducing costs. Dr. Bellanca’s area of expertise is in reproductive health care and maternal and child health.
- ❑ The Oregon Family Well-being Assessment is a tool for maternity practices to use to screen all pregnant women for mental health issues, substance use disorders, domestic violence, basic resource needs (housing, food) and need for parenting support, primary care and other services. It is designed to optimize a clinic’s ability to connect women to needed services, but also to aggregate the data into the Oregon Maternal Data Center, so that the data can be used to understand resource needs across the population. This talk will describe the development of the tool, how it is being used, and how the data will serve future needs.

#### C2. James Mason, PhD “Diversity Leadership in the 21<sup>st</sup> Century: Implications for Perinatal Care”

- ❑ James Mason is the Chief Diversity Officer for Providence Health & Services in Oregon. He is the former Director of the Office of Multicultural Health for the State of Oregon; and, one of the founders of the National Association of State Offices of Minority Health. In collaboration with the Georgetown University Child Development Center, he developed a model of cultural competence along with tools for assessment. He is a founding member of the National Center on Cultural Competence at Georgetown University. He has consulted with professional schools and programs, health and human service bureaucracies, and provider groups in the United States, Latin America, and Canada on issues of workforce diversity and culturally competent service delivery. Dr. Mason lives in Portland and has conducted health and human services research since 1985.
- ❑ Diversity will be discussed in terms of: 1) a rationale for providing culturally and linguistically competent service delivery, 2) managing a diverse and inclusive workforce, and 3) identifying supports and resources for professional and organizational development. The presentation explores racial, cultural and social diversity (including between- and within-group differences), community stressors and assets (i.e., healthcare determinants), and strategies for continued development along the imaginary cultural competence continuum.



## Detailed Session/Presenter Information

### **C3. Sherri Alderman, MD, MPH, IMH-E Clinical and Policy “Fetal Programming: The Impact of Stress on the Developing Fetus and Implications for Effective Interventions”**

- ❑ Sherri is a board-certified Developmental Behavioral Pediatrician and Child Development Coordinator at Oregon Health Authority with Infant Mental Health Level IV, Policy, endorsement. Her broad scope of applied research includes an analysis of the child protective services’ process of screening out reports of child abuse and neglect, developmental screen practices among primary care providers, and an economic analysis of basic cost of living and related policy and practice implications. She has made more than 100 presentations. Sherri is faculty at Portland State University and affiliate assistant professor at OHSU School of Medicine. She serves on multiple advisory committees, work groups, and boards.
- ❑ A rapidly growing field of research suggests an association between maternal stress during pregnancy and infant regulation, affect, feeding, and sleep. Evidence-based, neuroscience-informed preventive interventions can promote healthy fetal brain architecture and optimize development of a healthy perinatal secure dyadic relationship.

### **C4. Peggy O’Neill, PhD, LCSW and Annette Cycon, LICSW “A Community-level Perspective on Addressing Perinatal Mental Health: Assessing Community Readiness Following the Implementation of the Community-based Perinatal Support Model”**

- ❑ Peggy O’Neill is on the faculty at the Smith College School of Social Work and serves as the Associate Dean of Academic Affairs. Her research is focused on developing and evaluating community based interventions that emphasize resilience in the face of community trauma. With prevalence rates of perinatal emotional complications gravely heightened for women, children, families and communities in the context of poverty and sociopolitical and cultural forces, she approaches perinatal mental health concerns as community trauma.
- ❑ Annette Cycon, MSW, was the founder of MotherWoman Inc, a not for profit organization in Western MA, serving the needs of perinatal, postpartum and young mothers of young children through peer support groups, facilitator training, training of community based providers on screening for PPD, and other emotional complications, developing provider networks, and moving mother relevant state and national legislation forward with rigorous advocacy and organizing.
- ❑ The Community-based Perinatal Support Model (CPSM) is an innovative model bringing multi-disciplinary care providers together to support the development of an active coalition aiming to maximize communication, resources, and capacity building surrounding care provided to perinatal mothers most at risk.

### **D1. **Film/Panel** Mothering Inside Documentary Film and Panel Discussion with filmmaker Brian Lindstrom, Jessica Katz, MSW, Nova Sweet and Kendra Wright, Family Preservation Project alumnae.**

- ❑ Portland documentary filmmaker, Brian Lindstrom, spent a year following participants and staff in the Family Preservation Project at Coffee Creek Correctional Facility. The film explores the profound impact of incarceration on children, the unbreakable bond between children and their mothers, and the extreme humanity that exists behind the prison walls.



## Detailed Session/Presenter Information

### D2. Sage Saxton, PsyD and BreAnna Dupuis, LCSW “Bridging the Gap, Visitation Analysis in a Level III NICU”

- ❑ Dr. Saxton is an Associate Clinical Professor of Pediatrics, clinical psychologist, and the Director of the Oregon Health and Sciences University NICU Follow-Up Program. She provides consultation to the NICU and Mother Baby Unit at OHSU and works to improve Family Centered Care and the NICU experience both locally and nationally. She provides training to both pre- and postdoctoral students and residents in psychology. Ms. Dupuis is a Medical Social Worker with the Doernbecher NICU at OHSU. She works with the NICU families, helping them navigate their stay, connecting them to resources in the community, and offering emotional support during what is often a challenging time.
- ❑ Bridging the Gap, Visitation Analysis in a Level III NICU will present descriptive data of visitation by parents, grandparents, and extended family members including information on frequency, duration, and order of visits. Suggestions for improving visitation will be provided.

### D3. Kathryn Simpson, LCSW and Kara Hansen, LSCSW

#### “Integrating Mindfulness into Social Work Practice”

- ❑ Kathryn has been working with Children’s Mercy in the NICU for almost five years. She is one of four social workers in the NICU, which has an 84 bed regional referral center providing Level IV infant care. Her previous experience includes working at a local prenatal clinic with high risk pregnant women and also working with pregnant women and women with families affected by HIV/AIDS. Kathryn started her practice with mindful meditation in August 2015.
- ❑ Kara is a Clinical Social Worker at the Elizabeth J. Ferrell Fetal Health Center at Children’s Mercy Hospital. The Fetal Health Center provides prenatal care, diagnostic and consultation services for women who have a high-risk pregnancy due to fetal congenital anomalies. It is also one of three centers in the country to offer labor and delivery services in a pediatric hospital. Prior to hospital social work, Kara worked in the area of children’s mental health and the journalism field, where she won a national award for an article on a couple’s experience with perinatal hospice. Kara credits the article as a catalyst that led her to the specialty practice of perinatal social work.
- ❑ Mindfulness has been shown to reduce stress and anxiety, help people integrate emotions, and give us the ability to create space before reacting to an emotional stimulus. Our presentation includes ways mindfulness can be integrated into our professional practice, both for ourselves and the patient population we serve.

### E1. **Film/Panel** Finding Jenn’s Voice Documentary Film

Discussion Facilitator: Rebecca Nickels, MSW, Executive Director, Call to Safety

- ❑ Rebecca Nickels has been working to eliminate domestic and sexual violence since the mid-1990s. As Call to Safety’s Executive Director, she has prioritized the organization’s values of being survivor-led and anti-racist in its efforts to be accessible to all survivors. Rebecca is dedicated to seeing the humanity in each person, recognizing that a strong, healthy community should be a resource for each of us.
- ❑ For people currently experiencing domestic and/or sexual violence, pregnancy can be a time of greater challenges and, unfortunately, increased violence. Supporting survivors of this violence through an empowerment, survivor-led model allows them to consider their options and maximize their safety. This film and panel will give attendees an overview of the issue, as well as concrete ideas for offering support and care.



## Detailed Session/Presenter Information

### E2. Judith McCoyd, PhD, LCSW “Bridging Theories of Grief Since Kubler-Ross: Postmodern Grief and Perinatal Loss”

- ❑ Judie has been intimately involved with NAPSW since the 1990s and has served as Vice President, Board member, and Nominations Chair. She is an Associate Professor at the Rutgers University School of Social Work. She has a book about grief and loss (Grief and Loss Across the Lifespan: A Biopsychosocial Approach) as well as one titled Social Work in Health Settings. This is her favorite conference.
- ❑ Grief theory has evolved: Grievers do not “accept” or “get closure”, but often grow through it. Here I describe developments in grief theory while tying new theories of grief to typical examples of perinatal loss.

### E3. Fawn McCool, LCSW “Thriving in The NICU with Interpersonal Neurobiology”

- ❑ As the mother of a premature baby and LCSW, Fawn McCool possesses a deep understanding of the effect birth trauma and early maternal separation can have on families. Fawn received her MSW degree at California State University, Los Angeles in 2006. Her professional credentials include certification in Interpersonal Neurobiology through Portland State University. Fawn is a private practice therapist specializing in working with families involved in the NICU. In addition, she works part-time as a Behavioral Health counselor at Outside In and has presented at professional conferences focused on Behavioral Health counseling Primary Care and School Based Health Centers. Fawn volunteers with Baby Blues Connection as a community educator, providing trainings on the mental health needs of parents in the NICU.
- ❑ Fawn McCool, LCSW, will explore the relevance Interpersonal neurobiology has to perinatal social work through clinical studies including the brain and nervous system’s adaptation to stress and trauma, and the neuroplasticity that occurs through relationships, storytelling, and mindfulness practices. Participants will gain a deeper understanding of the chemical and neurological changes taking place, and tools to enhance regulation and bonding.

### **Saturday General Session** Amy Penkin, LCSW “Gender Diversity in the Healthcare Setting”

- ❑ Amy Penkin is an LCSW in practice for over 20 years. She launched her career in direct care in health/mental health settings and since 2005 she has been responsible for program/policy development, grant writing, and clinical supervision. Amy has a history of providing and overseeing care for the LGBTQ communities and is dedicated to promoting health equity for these and other underserved populations.
- ❑ This session will foster increased knowledge of gender diversity, gender identity, and gender expression including affirming language to promote a welcoming experience for people of all genders in the healthcare setting. Participants will be able to apply knowledge of risk and protective factors for transgender communities accessing healthcare to promote a more inclusive environment and safe experience in care.



**Average Weather in May:** Between 44 and 66F. Rain is always a possibility in Portland though it tends to be a light rain and many Portlanders choose to forego umbrellas.

**Transportation:** Portland International Airport is located 10 miles from the hotel with a typical drive time of 30 minutes. The hotel does not have shuttle service. See [www.flypdx.com](http://www.flypdx.com) for additional ground transportation options.

- ★ Public transportation - MAX Lightrail ([www.trimet.org](http://www.trimet.org)) - Follow signs around baggage claim to board Max Red Line train to City Center&Beaverton, Get off at Pioneer Square North Max Station, Walk one block to hotel \$2.50/one way
- ★ Taxi (Broadway, Radiocab) estimated fare \$31-35
- ★ Lyft <https://www.lyft.com/cities/portland> est \$21
- ★ Uber - Uberx est \$23-30 and Uberxl <https://www.uber.com/cities/portland/> est \$34-44
- ★ [www.cartogo.com](http://www.cartogo.com) see website for details

**Parking:** (rates subject to change)

**Hotel Parking:**

**Hilton Portland Main Tower Valet Parking and Hilton Executive Tower Valet**  
\$ 18.00 first 3 hours, \$5.00 per additional hour / \$43.00 daily maximum, \$43.00 for registered overnight guests

**Hilton Executive Tower Self Parking Garage (5th and Taylor Street)**  
\$ 3.00 first hour; \$ 5.00 each additional hour, \$ 17.00 daily maximum (6:00 am – 6:00 pm), \$33.00 for registered overnight guests  
Weekends: \$5.00 daily maximum, \$33.00 overnight

**Other options:**

**1000 Broadway (1000 SW Broadway, entrances on SW Salmon and SW Main)**  
**Open 24 hours**

\$5 per hour/\$16 daily max (M-F 5am-5pm), \$8 evenings after 5pm and weekends (max \$8), \$20 for overnight parking

**Metropolitan Garage (515 SW Salmon Street/closes at midnight, Sundays at 9pm)**  
\$5 per hour, \$11 daily max, \$5 evenings after 4 pm and all day weekends, \$16 overnight M-F, \$8 Saturday through Sunday

**Fox Tower Parking Garage (805 SW Broadway, enter on SW Taylor between Broadway and Park)**

**Open 24 hours**

M-F \$6/hr, \$12/day if in before 9:30 am, \$18 daily max, \$24 overnight parking  
Sat-Sun \$6/day if in before 10:30 am, \$8.50 daily max, \$24 for overnight  
Evening rate (5pm-6am); Sun-Thurs \$6, Fri-Sat \$7



Some alternative daily parking options:

Smartpark Garage - open 24/7 - 818 SW 4th Ave daily max \$13, evening and weekend max \$5, overnight weekday \$13, overnight weekend \$5 503-260-9184

City Center Parking lots ([www.citycenterparking.com](http://www.citycenterparking.com))

Congress Center Lot - 1025 SW 6th, \$12 early bird rate for the day

Pacific Center Parking Garage - 651 SW Taylor, \$11.25 early bird rate

Southpark Garage ([www.parkme.com](http://www.parkme.com)) 914 SW Taylor, early bird \$10.50, Saturday \$6

**Transportation between Portland and Seattle:** Some may like to visit Seattle, about 3.5 hours to the North of Portland.

Via Bolt Bus: Board Portland, OR (NW Everett @ NW 8th Ave) to Seattle, WA (5th Ave South @ S. King St.) [www.boltbus.com](http://www.boltbus.com) tickets range from \$15-25 one way, non stop (there is occasionally a \$1 fare offered)

Via Greyhound Bus: [www.greyhound.com](http://www.greyhound.com) has similar fares as Bolt Bus but makes several stops

Via Car: 173 miles North on I-5, Check I-5 traffic at [wsdot.wa.gov](http://wsdot.wa.gov) or phone 511

**Visitor Information, Trip Planning, Events Guide**

[www.travelportland.com](http://www.travelportland.com)

