



AdCare Educational Institute, Inc.  
5 Northampton Street  
Worcester, MA 01605

Non-Profit Org.  
U.S. Postage  
**PAID**  
Worcester, MA  
Permit No. 739



# Partners in Perinatal Health

21st ANNUAL CONFERENCE

Tuesday, May 18, 2010

8:00 am – 5:00 pm

The Four Points by Sheraton, Norwood, MA

*NEW Location*

Partners in Perinatal Health is a member of the  
Healthy Mothers, Healthy Babies Coalition of Massachusetts



SPONSORED BY Massachusetts Department of Public Health

WITH SUPPORT PROVIDED BY AdCare Educational Institute, Inc.

## Mission

Partners in Perinatal Health is a statewide partnership of non-profit organizations committed to improving the quality of health care available to childbearing families.

## Conference Goals

- To examine current health issues that impact infant survival and women's health.
- To identify cultural issues affecting perinatal health care.
- To share knowledge and exchange information among health professionals about perinatal health.
- To examine model programs addressing the many conditions that put mothers and children at risk.

## CEUs

Continuing Education Units (CEUs) are pending for:  
Childbirth Educators (ICCE/LCCEs)  
Licensed Mental Health Counselors (LMHCs)  
Massachusetts Licensed Dietitians/Nutritionists (LD/LNs)  
Nurses (RN/LPNs)  
Registered Dietitians (RDs)  
Social Workers (SW)

We have applied for ACNM specialty credits.

CERPs are available for Lactation Consultants (IBCLCs).

## Directions, Parking and Hotel



**Our NEW LOCATION is The Four Points by Sheraton Norwood.** Norwood is located 15 miles west of Boston, on Routes 1 and 128/95. **Driving:** Directions are below, and parking is free. **Public Transportation:** There is a free shuttle that runs from the Norwood Central MBTA Commuter Rail Station to The Four Points by Sheraton.

**Please note, we will be in the section of the conference center that to the left of the main entrance. Turn in the main entrance, bear left, then look for signage for PIPH and parking for THE TIFFANY BALLROOM.**

### From the EAST

Take Interstate 93 South to I-95 North towards Dedham. Stay North to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

### From the NORTH

Take Interstate 95 South to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

### From the WEST

Take Massachusetts Turnpike East (Interstate 90) to Exit 14 (I-95/128 South). Continue South to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

### From the SOUTH (Providence area)

Take I-95 North to Exit 11B (Neponset Street). Travel for 1/2 mile and turn left on Dean Street. Proceed to the first traffic light and turn left on to Route 1 South. The hotel is 0.3 miles down on the right.

### From the SOUTH (Cape area)

Take Route 3 North to I-93 South to I-95 North towards Dedham. Stay North to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

## Registration

- Early Bird Registration Fee** is \$90 for registrations received by April 7th.
- General Registration** is \$110 for all registrations received after April 7th.
- Deadline for all registrations is May 12, 2010.**
- Conference fee for HMHBofMA members is \$85 for registrations received by April 7th, and \$100 after that date.
- Evening Event with Jeanne Watson Driscoll** \$30 regular registration, \$25 HMHBofMA members.
- Your non-refundable fee pays for entrance to the conference, continental breakfast, buffet lunch, materials, and CEUs.
- Registration is available by mail or online and credit cards are accepted.** To register online, please visit [www.piphma.org](http://www.piphma.org) and select **Conference Registration**. To register by mail, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

### PRE-REGISTRATION IS REQUIRED.

- For additional information on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at [jadoros@aol.com](mailto:jadoros@aol.com).

## Further Information

A limited number of scholarships are available. Applications must be received by April 5, 2010. For a scholarship application, please contact Jennifer Fahey at 508-752-7313.

## Conference Exhibitor and Sponsorship Opportunities

- For information on **Conference Exhibiting**, please contact Joan, 508-759-6800 ([Doula@MotherCareServices.com](mailto:Doula@MotherCareServices.com)), or Lois, 781-784-1380 ([Lois@LoisFreedman.net](mailto:Lois@LoisFreedman.net)).
- For information on **Conference Sponsorship Opportunities**, please contact Jean, 781-223-4805 ([jean.macbarron@gmail.com](mailto:jean.macbarron@gmail.com)).

## Baby Feeding

We have a private space available for mothers and infants; this space will be well-marked in the conference area. As always, quiet, infants-in-arms are welcome in workshops. Due to fire laws, NO STROLLERS ARE ALLOWED.



*Partners in Perinatal Health supports the World Health Organization code regarding the marketing of breast milk substitutes and have requested that all exhibitors at the conference comply with the code.*

7:30–8:15 **Registration / Breakfast / Exhibits**8:15–8:30 **Welcome**8:30–10:00 **MORNING KEYNOTE****Inequality and Birth Outcomes: A Life-Course Perspective****James W. Collins, Jr., MD, MPH**Professor of Pediatrics, Feinberg School of Medicine,  
Northwestern UniversityMedical Director, Neonatal Intensive Care Unit  
Associate Director, Pediatric Residency Program,  
Children's Memorial Hospital, Chicago**Michael C. Lu, MD, MPH**Associate Professor, Obstetrics and Gynecology and Public Health  
Associate Director, Child and Family Health Training Program,  
University of California at Los Angeles Medical Center

In the past sixty years, racial disparities in infant mortality have widened and the United States' international ranking in infant mortality has deteriorated. Using a life-course perspective we will learn the general epidemiology of infant mortality, understand the disparities in birth weights of babies born to U.S.- and foreign-born white and African-American women, and explore the transgenerational impact of neighborhood poverty and interpersonal racial discrimination on birth outcomes. Reveal strategies to help reverse trends by integrating social support, cultural competency programs and empowering non-traditional health care providers.

10:00–10:30 **Break / Exhibits**10:30–12:00 **SESSIONS****A. Breastfeeding and the New Massachusetts WIC Food Packet****Rachel Colchamiro, MPH, RD, LDN, CLC**

Director, Nutrition Services

State Breastfeeding Coordinator, Massachusetts WIC Program

Discuss the new WIC Food Packet guidelines for breastfeeding mothers in Massachusetts. Understand the new policies regarding promotion of exclusive breastfeeding, and the impact on program benefits including foods received, support provided and duration of eligibility.

**B. Reaching Across Cultures: The Centrality of Deeply Held Beliefs****Lorenza Holt, MPH, BCCE, CD(DONA)**

Executive Director, Boston Association for Childbirth Education

Explore ways of better understanding deeply held beliefs by women from different cultural backgrounds and how this affects her birth environment. Recognize the benefit of cultural humility, and how this dynamic optimizes our relationships with the women we serve.

**C. Lifetime Wellness of the Pelvic Floor****Tricia Jenkyns, PT, DPT(c)**

Owner, Jenkyns Physical Therapy and Wellness

Senior Physical Therapist, Brigham and Women's Hospital

Identify pelvic floor dysfunction and learn techniques to build a stronger pelvic floor. Describe the relationship between healthy pelvic floor muscles and the connection to sex, birth, bowel and bladder habits through pregnancy and life.

**D. Intimate Partner Abuse: Then, Now and the Future****Annie Lewis-O'Connor, PhD, MPH, NP-BC**Manager of Nursing Practice, Center for Women and Newborns,  
Brigham and Women's Hospital

Provide historical overview of the healthcare community's response to Intimate Partner Violence (IPV), and understand the impact of IPV research findings on clinical practice and policy. Consider the role clinicians can play in caring for a victim of IPV and identify community resources and collaborative models.

**E. The Birth Tigers****Esther Morhaim Hausman, CNM, MPH, Certified BFW™ Mentor**  
Founder, Childbirth Choices

Learn how fear affects a woman's birth experience and how caregivers can alleviate that fear. Learn practical strategies which can be used in childbirth classes, the 15 minute office visit, and at the bedside during labor.

**F. The First Two Days and the First Two Weeks: Effective Postpartum Support****Robin Snyder-Drummond, CCE, CD(DONA), IBCLC**

Founder, BirthReady

Understand why the first two days and first two weeks are an especially time sensitive period to support breastfeeding and the new mother's recovery, while hormonal changes and family dynamics are shifting dramatically. Examine traditions and policies that effectively guide new parents in this transition.

**G. Depressed Teen Mothers: Strategies for Coping****Jennifer Valenzuela, LICSW, MPH**

Director, Young Parents Program, Children's Hospital

Focus on the challenges and strategies in working with depressed teen mothers. Discuss the presentation of depression among young mothers, identify appropriate screening tools, and learn current ongoing research occurring at the Young Parents Program at Children's Hospital.

**H. BPA and the Fragile Fetus: Fetal Origins of Adult Disease****Laura N. Vandenberg, PhD**

Post Doctoral Fellow, Tufts University

Do breast cancer, cardiovascular disease, obesity, prostate cancer and ADHD start in the womb? Identify products that contain BPA, discuss amounts commonly found in the body, and understand the levels that are known to cause harmful effects. Gain greater understanding why pregnant women, fetuses and neonates should be protected from BPA, and how we can avoid exposure.

**I. Priming the Body for Pregnancy and Motherhood****Elizabeth Ward, MS, RD**

Author, Nutrition Consultant

Understand the impacts of mother's preconception lifestyle on conception, pregnancy, postpartum and lactation. Learn how to close the nutrient gaps, and explore recommendations for physical activity before, during and after pregnancy for optimal outcomes.

12:00–1:30 **Lunch / Exhibits**12:30 **Healthy Mothers, Healthy Babies of Massachusetts, Annual Meeting**12:40 **Healthy Mothers Healthy Babies Partners Award**  
Presented to the Cambridge Midwives in recognition of their vision and dedication to providing healthy and safe birth and breastfeeding experiences for women across cultures.1:30–3:00 **SESSIONS****J. Birthing a Lotus: Intricacies of Prenatal Yoga****Rebecca Conant, CD(DONA), HBCE**

Owner, Teacher, Birth Doula, OM Births, Yoga and Doula Services

Reveal yoga's view of the pregnant body and how certain practices assist those changing needs. Address common myths surrounding prenatal yoga, discuss continuing with yoga during pregnancy, and practice yoga positions useful during labor and delivery.

**K. Gestational Malnutrition: Does it Really Exist?****Miriam Erick, MS, RD, CDE, LCN**Senior Nutritionist/Manager Department of Nutrition,  
Brigham and Women's Hospital

Explore historic data and experimental laboratory findings on nutrient deficits in gestation and the impact on the developing life. Appreciate



This brochure is printed on recycled stock.  
Please Recycle

the role of key nutrients in fetal development, understand various etiologies for fetal malnutrition, and question the concept "fetus as the perfect parasite."

#### L. Women and Infants Day Hospital for PPD: A Mother-Baby Treatment Model

**Margaret Howard, PhD**

Director, Postpartum Depression Day Hospital, Women and Infants Hospital, Providence

Identify the prevalence and risk factors for postpartum depression (PPD) and distinguish between other postpartum conditions. Describe the rationale, design, implementation and current status of the country's only psychiatric day hospital specifically designed for perinatal women and their infants.

#### M. Skin to Skin, Midwife to Midwife, Culture to Culture: A Bridge to Peace

**Leilani Johnson, MPH**

Executive Director, Circle of Health International

**Nechama Wildanah, CPM**

Boston Working Group, Circle of Health International

Appreciate how the mother's body is the newborn's natural habitat and how Skin-to-Skin techniques can be used in low-resource settings. Reveal Circle of Health International's Coexistence project and how the Skin-to-Skin initiative is helping midwives from Israel and Palestine come together to promote understanding, empowerment and peace.

#### N. Honoring the Neonates Consciousness: A Model to Minimize Traumatic Birth Imprints

**Kathryn Landon-Malone, PhD(c), MSN, RN, CPNP**

Pediatric Nurse-Practitioner, True North Health Center

Discover a new model of care during birth and neonatal resuscitation that encompasses an approach that honors the neonates exquisite consciousness and minimizes the potential trauma of these events.

#### O. Breastfeeding Multiple Miracles

**Pam Pace, CLC**

Co-Founder, Keeping Pace with Multiple Miracles

Understand the whirlwind that buffets multiple birth families from conception to delivery to arriving at home. Appreciate how the first contacts that MOMS (mothers of multiples) have with their care providers set the stage for their birth, breastfeeding and postpartum experiences.

#### P. Eating Lessons

**Linda Piette, RD, MS, LDN**

Author, Pediatric Nutritionist/Registered Dietician Professional Center for Child Development

**Catherine Hill, BS, OTR/L**

Pediatric Occupational Therapist in Private Practice Professional Center for Child Development

Whether it's biting a cracker or learning to enjoy bitter-flavored vegetables, eating is a learned behavior that is influenced by biology and environment. Learn how early food experiences shape food preferences, how to help children overcome early feeding problems, establish calorie control, and take pleasure in eating healthy foods.

#### Q. Herbs for Comfort and Healing during Pregnancy

**Mischa Schuler, MS Herbal Medicine**

Clinical Herbalist, Adjunct Faculty, Massachusetts College of Pharmacy and Health Sciences  
Owner, Wild Carrot Herbs!

Examine common medicinal herbs that are safe and unsafe during pregnancy. Learn how to choose and prepare gentle remedies to alleviate common complaints, including morning sickness, bladder infection, anemia, varicose veins, heartburn and others.

#### R. Prevention of C-Section for Dystocia

**Penny Simkin, PT, CCE, CD(DONA)**

Author, Childbirth Educator, Doula, Birth Counselor

Discuss etiology of types of dystocia and recognize the mother is the key to the solution. Acknowledge the five P's: Powers, Passage, Passenger, Psyche, Policies. Understand the possible causes of prolonged active labor and prolonged second stage, and learn techniques for management of back pain and fetal malposition.

#### S. Substance Use and Co-Occurring Disorders: Working with the Substance-Exposed Family

**Enid Watson, M.Div**

Director, Screening and Early Identification Projects  
The Instituté for Health and Recovery

Address the impact of substance use on maternal/fetal/neonatal health, and present strategies to engage mothers that can positively impact the postnatal environment and child outcomes. Learn how early identification and intervention saves society billions in health care and special education, and allows these newborns to achieve their full potential.

3:00-3:30 Break

3:30-5:00 CLOSING KEYNOTE

#### Eco-Friendly Birth: How to Reduce Troubling Downstream Effects of Common OB Practices

**Penny Simkin, PT, CCE, CD(DONA)**

Author, Childbirth Educator, Doula, Birth Counselor

If giving birth and being born are removed from the life cycle, how will the human species be influenced? Explore the effects of today's birth procedures on the baby's habitat and discuss the latest research on the long-term implications of common childbirth interventions. Apply the terminology of ecology to childbirth practices, and learn how to modify upstream care to optimize downstream effects.

5:00-5:15 Evaluations / CEUs / Exhibits

*invitation*

TO ATTEND OUR EVENING EVENT

sponsored by Healthy Mothers, Healthy Babies Coalition of Massachusetts

#### Feminine Strength: Intuitive Awareness, Authentic Voice

**Jeanne Watson Driscoll, PhD, RN, PMHCNS-BC**

President, JWD Associates

An internationally recognized speaker and seminar leader, as well as a perennially favorite PIPH presenter, Dr. Driscoll has made landmark contributions to the care of women who experience mood or anxiety disorders through their childbearing and reproductive cycles. In recognition of her years of distinguished service, in 2007 she was chosen as the first recipient of the Healthy Mothers Healthy Babies Partners Award. Ever fascinating and always original, please join us for an opportunity to hear Jeanne's own truly authentic voice.

5:00-6:00 Hors d'oeuvres and cash bar

6:00-7:00 Dr. Jeanne Watson Driscoll  
1.0 CEU

\$30 regular registration, \$25 HMHBofMA members

## PARTNER ORGANIZATIONS

ACNM

American College of Nurse Midwives, MA Chapter

AWHONN

Association of Women's Health, Obstetric and Neonatal Nurses, Massachusetts Section

BACE

Boston Association for Childbirth Education/ Nursing Mothers' Council

Boston University School of Public Health, Department of Community Health and Sciences

Center for Community Health and Health Equity, Brigham and Women's Hospital

DONA International

ICAN

International Cesarean Awareness Network

LLL

La Leche League of MA/RI/VT

Lamaze International of New England

MOD

March of Dimes, Massachusetts Chapter

MDPH

Massachusetts Department of Public Health, Bureau of Family Health and Nutrition

MLCA

Massachusetts Lactation Consultant Association

MMA

Massachusetts Midwives Alliance

WIC

Massachusetts Women, Infants and Children Program

PSI

Postpartum Support International

toLabor

The Organization of Labor Assistants and Birth Options Resources



# Partners in Perinatal Health

## 21st ANNUAL CONFERENCE

- **Early Bird Registration** Fee is \$90 for registrations received by April 7th.
- **General Registration** Fee is \$110 for all registrations received after April 7th.
- Conference Fee for HMHBofMA members is \$85 for registrations received by April 7th, and \$100 after that date.
- **Evening Event with Jeanne Watson Driscoll** is \$30 for regular attendees, and \$25 for HMHBofMA members.

**Deadline for all registrations is May 12, 2010.** Your non-refundable fee pays for entrance to the conference, continental breakfast, buffet lunch, materials, and CEUs. Registration is available by mail or online and credit cards are accepted. **Pre-registration is required.**

- **To register online**, please visit [www.piphma.org](http://www.piphma.org) and select Conference Registration.
- **To register by mail**, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

**For additional information** on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at [jadoros@aol.com](mailto:jadoros@aol.com).

(FILL IN BELOW AS IT SHOULD READ ON YOUR NAME TAG)

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_ PROFESSION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

TELEPHONE: (     ) \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**Please indicate your workshop choices below:**

**Session Choices, Morning** (indicate 1st and 2nd choice with a "1" and "2")

A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_ E \_\_\_\_\_ F \_\_\_\_\_ G \_\_\_\_\_ H \_\_\_\_\_ I \_\_\_\_\_

**Session Choices, Afternoon** (indicate 1st and 2nd choice with a "1" and "2")

J \_\_\_\_\_ K \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ N \_\_\_\_\_ O \_\_\_\_\_ P \_\_\_\_\_ Q \_\_\_\_\_ R \_\_\_\_\_ S \_\_\_\_\_

**Payment Information**

	Early Reg. by April 7th	Regular Reg. after April 7th	
<input type="checkbox"/> Conference	\$ 90.00	\$110.00	\$ _____
<input type="checkbox"/> Evening Talk	\$ 30.00	\$ 30.00	\$ _____
<b>HMHBofMA member</b>			
<input type="checkbox"/> Conference	\$ 85.00	\$100.00	\$ _____
<input type="checkbox"/> Evening Talk	\$ 25.00	\$ 25.00	\$ _____
<b>Total Payment</b>			<b>\$ _____</b>

**Check / Money Order**  
(payable to AdCare Educational Institute, Inc.)

**Credit Card**  
 MasterCard  
 Visa  
 American Express

\_\_\_\_\_

CARD NUMBER (please include ALL digits)

\_\_\_\_/\_\_\_\_

EXPIRATION DATE

\_\_\_\_-\_\_\_\_

3-digit security code for MC and VISA

\_\_\_\_-\_\_\_\_

4-digit security code for AX

\_\_\_\_\_  
PRINT name exactly as it appears on card

\_\_\_\_\_  
SIGNATURE required for credit card registrations

**A buffet lunch will be provided.**

If you are deaf or hard of hearing, or are a person with a disability who requires accommodations, please contact AdCare Educational Institute at (508) 752-7313, TTY (508) 754-0039 by April 30, 2010.

