



Doing Better Together to Equitably & Innovatively Advance Reproductive Health and Healthcare

with a Focus on Human Rights, Quality Improvement, and Interprofessional Collaboration

Multiple sessions in 2021 — pick & choose your topics of interest!



Join us for this free program!

LOCATION	Join via Live Webinar
DATE	Multiple dates
PROGRAM	6:00 pm–7:00 pm (or 7:30 pm)

DESCRIPTION

MAHEC has convened a learning collaborative with the vision to develop a Statewide Provider Support Network (SPSN) leveraging the expertise of family medicine champions to strengthen the quality of care for people in the pregnant, postpartum, and inter-conception periods. The learning collaborative's goal is to increase awareness and engage inter-professional collaboration in the provision of maternal health/well-woman care. The learning collaborative is primarily comprised of family medicine, obstetrics & gynecology, and nurse champions as well as related providers across North Carolina's 6 perinatal care regions. To operationalize our efforts for sharing best practices and improving communication between obstetrical and primary care providers, we are offering a series of continuing education opportunities and technical assistance to bridge the gap between theory and practice to advance family and community health.

BUILD YOUR OWN CE

Attend any number of sessions desired — pick and choose your topics of interest! All program dates are streamed on the Zoom Platform at 6:00 pm. Participant must login at 5:45 pm for attendance.

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$10,216,885 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRS, HHS, or the U.S. Government.

AUDIENCE

Healthcare providers, especially those specializing in reproductive health

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.



Stay connected! Follow us on Facebook: @MAHECED

[CLICK HERE TO REGISTER](#)

CREDITS

Continuing Medical Education

Accreditation: Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **1.0** per session (or **1.5** for 3/31/21 and 4/14/21) AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Nurse Practitioners: MAHEC designates this continuing education activity as meeting the criteria for **1.0** contact hour per session (or **1.5** contact hours for 3/31/21 and 4/14/21).

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **1.0** hour per session (or **1.5** hours for 3/31/21 and 4/14/21) of Category 1 credit for completing this program.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.1** CEUs per session (or **0.2** CEUs for 3/31/21 and 4/14/21) as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **1.0** contact hour per session (or **1.5** contact hours for 3/31/21 and 4/14/21).

OBJECTIVES

- Examine upstream social determinants, socially structured systems, and their impact on health and health care for people in the pregnant, postpartum, and inter-conception periods
- Analyze the systemic inequities that restrict the provision of quality reproductive health care for all by centering the experiences of those affected
- Apply evidence-based strategies for the prevention of maternal morbidity and mortality in the in-patient and out-patient settings
- Illustrate equitable quality improvement strategies to improve access, provision, and continuity of maternal health and well-woman care
- Demonstrate knowledge, skills, self-efficacy, and intent to use of evidence based-practices applicable to delivery of reproductive health services
- Practice inclusive leadership, communication & inter-professional collaboration to improve perinatal care experiences especially for people with high risk pregnancy outcomes and chronic diseases complicating pregnancy

SESSIONS

Perinatal Mood Disorders, Bonding, and Attachment

Wednesday, February 10, 2021 | 6:00–7:00

Mary Kimmel, MD, and Andrea Diaz-Stransky, MD-BHSc

When pregnant and postpartum women suffer from depression and/or anxiety, they can struggle to connect with their babies in healthy ways. This can lead to difficulties with bonding and attachment. Insecure attachment in mother-child dyads can lead to increased anxiety and emotional problems for the mother, as well as emotional and developmental problems in the child. In this presentation, Drs. Kimmel and Diaz-Stransky will discuss the importance of secure attachment in the mother-child dyad, explain how perinatal mood disorders can affect the mother's ability to bond with her fetus/newborn, and share tools to use in your practice to both assess quality of attachment and provide avenues of support for mom and baby.

Establishing the 4th Trimester

Wednesday, February 17, 2021 | 6:00–7:00

Alison Stuebe, MD

We shower attention on pregnant people in the final weeks of pregnancy, but after birth, many parents struggle alone. How might we better support parents in the post-birth transition and cultivate thriving families? This session will focus on and discuss care during the 4th Trimester and share strategies to improve postpartum care.

Placing Culture at the Center: Practical Approaches and Strategies for Culturally Responsive Care with Latinx Communities

Wednesday, February 24, 2021 | 6:00–7:00

Juan Prandoni, PhD, HSP-PA, LPA

We are often told to be "culturally competent" or "conscious" in our care. However, in our busy workspaces, culture can sometimes become more of an after-thought instead of a central pillar of the way in which we diagnose and care for individuals. In this webinar, participants will gain exposure to a general overview of cultural values that impact mental health of women in Latinx communities, understand how these values change through the process of acculturation, and gain practical evidence-based tools for addressing issues of culture, immigration, and acculturation in a culturally responsive and nuanced manner.

When One Patient is Actually Two

Wednesday, March 3, 2021 | 6:00–7:00

Ami Goldstein, CNM, MSN, FNP

Many times in the first months of life, a young family's care is siloed between pediatric and parental health care providers. It is important to widen the vision to include the family as a whole as health issues can impact both parents and infants. This session will look at how to identify, care, or refer for concerns affecting young families.

The Birthweight of a Nation: Racism & Population Health in the Trump Era

Wednesday, March 10, 2021 | 6:00–7:00

Carmen Gutierrez, PhD

A growing body of evidence finds increased levels of psychosocial stress and anxiety in the US population since Trump launched his 2016 US presidential campaign, especially among immigrant groups from Latin America and Middle Eastern/North African (MENA) countries. Few studies to date, however, have evaluated the population health implications of the Trump era for foreign-born Latina and MENA women and their children. With restricted-use natality files from the National Center for Health Statistics (NCHS), this project investigates whether periods following Trump's 2016 presidential campaign, election, and administration were associated with changes in the risk of low birth weight (LBW) among US-born infants.

Public Policy Strategies for Improving Maternal and Child Health Outcomes

Wednesday, March 17, 2021 | 6:00–7:00

Tina Sherman, BA, and Beth Messersmith, BA-MPA

Lack of workplace supports for families results in an increase in infant mortality and maternal morbidity and cost North Carolinians more than \$450,000,000 each year. We will discuss why investing in workplace policies such as accommodations for pregnant and breastfeeding people, earned sick days, and paid family and medical leave can help decrease health disparities, improve maternal and child outcomes, strengthen our children and families, and the economy.

This session we will review each of these public policies and learn how participants and their organizations can be involved in winning policy change.

IMPLICIT Model for Inter-conception Care at Well Child Visits

Wednesday, March 24, 2021 | 6:00–7:00

Heidi Knoll, MD, and Julie Shelton, MPH, CPHQ, CCEP

The IMPLICIT Network is a family medicine maternal child health learning collaborative across the Eastern U.S. focused on improving birth outcomes and promoting the health of women, infants, and families through innovative models of care, quality improvement and professional development for current and future physicians and health care providers. The IMPLICIT Inter-conception Care model uses the child's well visit as an opportunity to screen accompanying mothers for health risks. Where opportunities are identified, brief interventions are offered to promote the mother's health in addition to the child's health. With planning and strategy, implementation of the IMPLICIT model in Primary Care can be a seamless process. The speakers will discuss best practices and previous implementation strategies, as well as continuous quality improvement efforts after implementation.

Postpartum Depression in African American Women: Signs, Symptoms, and Barriers to Diagnosis

Wednesday, March 31, 2021 | 6:00–7:30

Donya Wallace, PhD, NCC, LPC

In this presentation participants will explore the barriers to detecting and diagnosing postpartum depression among African American women, examine the culturally embedded schemas that preclude professional help seeking and treatment, and develop culturally relevant skills for diagnosing and encouraging treatment compliance in affected patients.

Inter-conception Care for the Pandemic and Beyond

Wednesday, April 7, 2021 | 6:00–7:00

Katie Wouk, PhD, IBCLC, and Jacquana Smith, MPH, IBCLC

This session will address innovative models of inter-conception care with a focus on collaboration with stakeholders serving families to provide holistic, equitable, evidence-based care. We will share interdisciplinary approaches to providing lactation, doula, and dyad-focused support in any context, with adaptations for reaching families during the pandemic.

Caring for Individuals with Developmental Disabilities — Challenges and Opportunities for Improvement

Wednesday, April 14, 2021 | 6:00–7:30

Andrea Currens, MD, FACOG

In this interactive 90-minute session we will use case studies and sample conversations to discuss best practices for caring for individuals with developmental disabilities. We will dispel myths and discuss sexuality and contraception as it applies to this population. We will address barriers to care and best practices for transitions of care especially as adolescents transition to adult providers.

Rights-Based Approaches to Maternity Care

Wednesday, April 21, 2021 | 6:00–7:00

Benjamin Meier, JD, LLM, PhD, and Caitlin Williams, MSPH

Based on the ideal that all people are equal in dignity, human rights offer a framework for advancing justice in health. This webinar will outline how human rights can guide efforts to improve maternity care, and provide practical recommendations for clinicians to get involved in human rights advocacy to ensure maternal health.

Empowerment, Support, and Partnership to Improve Maternal Health in a Neurodiverse World

Wednesday, April 28, 2021 | 6:00–7:00

Mikaila Mills

As humans, we all learn, communicate and process information differently. However, most of our health care systems and policies are not set up for a neurodiverse population, especially for people with intellectual and developmental disabilities (I/DD). People with I/DD also have different needs for health and healthcare. These medical needs may represent barriers to successfully accessing appropriate health care in our current system. As professionals, we must be aware of barriers to positive maternal health for people with I/DD such as communication preference, learning differences, and lack of community care access. We must also adapt our implementation and delivery of services by taking a collaborative approach which maintains linkage to resources to support people with I/DD.

FACULTY

Andrea Currens, MD, FACOG, provides general gynecologic and obstetrical care for women. She has special interest in pediatric and adolescent gynecology, gynecologic care for patients with intellectual and developmental disabilities, resident and medical student education, and mindfulness education for health care providers.

Andrea Diaz-Stransky, MD-BHSc, is a Hispanic adult, child and adolescent psychiatrist who recently joined the faculty at Duke as medical instructor. She obtained her medical degree in Mexico where she graduated magna cum laude. Dr. Diaz Stransky completed a postdoctoral research fellowship at Johns Hopkins University/Kennedy Krieger Institute in Behavioral Neuroscience and then trained at Yale in Adult and Child and Adolescent Psychiatry, where she also completed a NIMH funded postdoctoral fellowship exploring interventions to improve access to mental health care for children and families. She was selected as a SAMHSA Minority Fellow for her work developing and testing culturally sensitive mental health interventions for Hispanic mothers and children. She has a passion for maternal child care and well-being.

Narges Farahi, MD, MPH, is a family medicine physician and longtime champion for person-centered and family-centered care. After completing family medicine residency training and obstetrics fellowship in the Bay Area, Dr. Farahi joined the faculty at UNC, where she now serves as an associate professor and director of the family medicine maternal and child health program. Her heart is in community health and she continues to care for patients in a rural federally qualified health center in Prospect Hill, NC where she also teaches family medicine residents and medical students. In addition, Dr. Farahi directs the inpatient family medicine maternal and child health service at UNC Women's Hospital, where she works on multiple quality improvement initiatives for mothers and infants. Prior to her current role, Dr. Farahi served as the medical director of the NC Farmworker Health Program. She is a first generation immigrant and has a special interest in partnering with immigrant patients for health. Her clinical interests include trauma-informed care; providing a seamless care for women across the continuum (before, between and beyond pregnancy); supporting people in meeting their reproductive goals; and working with patients and healthcare teams to help mothers meet their infant feeding goals.

Ami Goldstein, CNM, MSN, FNP, is a practicing certified nurse-midwife and family nurse practitioner in Durham, NC. She is an associate clinical professor in the dept. of family medicine at UNC-Chapel Hill. She has been providing care to families for over 20 years.

Carmen Gutierrez, PhD, is an assistant professor in the department of public policy and a faculty fellow in the Carolina Population Center at the University of North Carolina at Chapel Hill. Her research explores the effects of the US criminal legal system and the US immigration system on health, with an emphasis on how health inequalities arise across race, ethnicity, and citizenship. Prior to her appointments at UNC, Carmen obtained her MA and PhD in sociology from the University of Texas at Austin. She also holds a BA in sociology and Spanish from the University of Michigan in Ann Arbor.

Mary Kimmel, MD, is an assistant professor, medical director of NC Maternal Mental Health MATTERS program, and co-director of UNC's Perinatal Psychiatry Program. She graduated with honors in biology and a second political science major from Northwestern University. She was inducted into AOA and received awards for her work in women's health before her graduation from Drexel University College of Medicine. She has training in obstetrics and psychiatry and served as a chief resident in psychiatry at Johns Hopkins. She completed a fellowship at Johns Hopkins in Women's Mood Disorders during which her research and clinical work focused on the integration of maternal mental health assessment and treatment into obstetrics and pediatrics and on mother-infant attachment. She was the medical director for over five years for the UNC's Perinatal Psychiatry Inpatient Unit, the first unit of its kind in the US to provide inpatient psychiatric care to pregnant and postpartum women. The NC Maternal Mental Health MATTERS program provides education and support to frontline providers in the care of their pregnant and postpartum patients through screening, assessment, and treatment of stress, anxiety, depression, and other behavioral health disorders. Dr. Kimmel's research studies the relationship of the microbiota-gut-brain axis, stress reactivity, and tryptophan/serotonin metabolism. She focuses on how these affect pregnancy and the postpartum period in relation to the development of maternal depression and anxiety and the child's psychological development. NIMH, HRSA, Brain & Behavior Research Foundation, and the Foundation of Hope funding support Dr. Kimmel's work. She has presented her work in numerous national and international settings and has been an invited speaker on the microbiota-gut-brain axis and on Perinatal Mood and Anxiety Disorders.

Heidi Knoll, MD, completed medical school and family medicine residency at Brown University. She is an assistant residency director and faculty physician at MAHEC in Asheville, NC where she has practiced full spectrum family medicine, including care of pregnant women, other adults, and children in both the inpatient and outpatient settings since 2015. Current clinical passions include reproductive health and justice, care of children & adolescents, care of gender diverse individuals, and resident teaching. She has acted as site champion since 2015 and a Leadership Council member since 2019 for the IMPLICIT Network.

Benjamin Meier, JD, LLM, PhD, is an associate professor of global health policy at the University of North Carolina at Chapel Hill. Dr. Meier's interdisciplinary research—at the intersection of global health, international law, and public policy—examines rights-based approaches to health. Working collaboratively across the University of North Carolina's Department of Public Policy and Gillings School of Global Public Health, Dr. Meier has written over ninety articles on the development, evolution, and application of human rights in global health.

Beth Messersmith, BA-MPA, is the NC Senior Campaign Director for MomsRising.org, an online and on-the-ground multicultural organization of more than a million members and over a hundred aligned organizations working to increase family economic security, to end discrimination against women and mothers, and to build a nation where both businesses and families can thrive. In her role as campaign director, she leads the efforts of MomsRising's more than 47,000 NC members, drawn from all 100 NC counties. She serves as co-chair of the NC Families Care Coalition, on the executive committee of the Think Babies Coalition, and on the steering committees for several statewide organizations.

Mikaila Mills is the NC training coordinator for Family Preservation Services and co-chair of the I/DD Advocacy Coalition. Mikaila has worked in behavioral health services in WNC for the last 20 years providing training, supervision, and direct service in working with people with disabilities. Mikaila facilitates regular trainings on supporting people with Intellectual/Development Disability (I/DD) and Autism Spectrum Disorders and their families as a certificated NADD trainer specializing in trauma informed care, emotional regulation, communication, and building healthy relationships. In Buncombe County, Mikaila works closely with the Family Justice Center and partners to support efforts to educate and expand prevention and survivor intervention services for persons with I/DD around domestic and sexual violence. In addition to training and consultation with the Family Justice Partner, Mikaila facilitates trainings on responding to survivors with I/DD, communication differences, and sexual health, as requested. Mikaila believes that with strong collaborative teams and comprehensive care, we can increase community capacity, resilience, and accessibility to health and support services for neurodiverse populations.

Keyona Oni, MD, is a family medicine physician serving as the director of maternal child health services at Atrium Health's department of family medicine in Charlotte, NC. Dr. Oni trained at University of North Carolina where she received first-hand exposure to the benefits of family-centered maternity care. She carried that experience and training with her to rural NC of Vance and Granville counties where she provided full-spectrum care to marginalized communities of color. This time of rewarding service spearheaded her career work and interests in birth equity and reproductive justice for the black community.

Juan Prandoni, PhD, HSP-PA, LPA, received his PhD in Clinical Psychology from the University of North Carolina at Greensboro in 2018. His research and practice have focused on understanding how intersectional issues associated with the lives of Latinx immigrants impact mental health and how they can be addressed in treatment. Juan currently serves as the Training Director of El Futuro, a mental health non-profit organization in Durham, NC providing evidence-based bilingual mental health services to the Latinx community. In this role, Juan and his team have developed La Mesita, a professional network of providers aimed at decreasing the research-to-practice gap by providing professional education programming aimed at improving North Carolina's capacity to serve the needs of our growing Latinx community.

Julie Shelton, MPH, CPHQ, CCEP is a Quality Improvement Consultant at MAHEC in Asheville, NC. Her experience in healthcare spans from wellness, cardiac rehabilitation, facilitation, project management, implementation, practice support, to quality and process improvement. She started her career as a Fitness Instructor for Caldwell Memorial Hospital before becoming an Exercise Physiologist at Mission Hospital's Cardiopulmonary Rehabilitation program. Wanting to focus more on preventive care, she received a Master of Public Health from East Tennessee State University and found her love of quality improvement. As a Quality Improvement Consultant, she is passionate about Infant, Children, and Women's Health, Practice Transformation, and social determinants of health.

Tina Sherman, BA, is a Campaign Director for the Breastfeeding and Paid Leave Campaigns at MomsRising. She was recently elected to serve on the Board of Directors of the United States Breastfeeding Committee. Tina has dedicated her professional life to supporting and empowering moms and families. Tina has served as a legislative aide in the United States Senate, has worked with several child and women's advocacy organizations, and is a certified birth doula. With formal training in public policy and a heart in serving and supporting women and families, Tina is committed to ensuring that public policies reflect the needs of real people and meet women where they are.

Tina and her husband JP are raising four boys ranging from 5 to 14 years, including 10-year-old twins. She is active in her community serving on the Town Planning Board and the County Women's Commission.

Jacquana Smith, MPH, IBCLC, is a social/clinical research specialist with the UNC Carolina Global Breastfeeding Institute (CGBI). At CGBI, Jacquana is a breastfeeding specialist for ENRICH Carolinas, an


initiative to increase the number of births in the Carolinas occurring in facilities working to improve maternity care practices through Baby-Friendly designation or state recognition program. Jacquana is an International Board Certified Lactation Consultant and is passionate about lactation and the need for equity and dismantling systemic issues that prevent babies from accessing human milk.

Alison Stuebe, MD, is a board-certified maternal-fetal medicine physician who practices the full scope of high risk obstetrics, including outpatient consultative care, prenatal diagnosis and ultrasound, and intrapartum care and inpatient management of high risk pregnant and postpartum women. She is a nationally-known expert on postpartum health. She chaired the American College of Obstetrics and Gynecology Task Force on Reinventing Postpartum Care, and she was lead author of the Safe Healthcare for Every Woman bundle, Postpartum Care Basics for Maternal Safety from Birth to the Comprehensive Postpartum Visit for the Alliance on Innovation in Maternal Health.

Donya Wallace, PhD, NCC, LPC, is a visiting assistant professor of counseling education at Palo Alto University. Her research focuses on the phenomenological experiences of African American women with wellness and the Strong Black woman archetype. She is licensed as a professional counselor and specializes in the treatment of anxiety and depression disorders in Black women.

Caitlin Williams, MSPH, is a PhD candidate in the department of maternal and child health at the UNC Gillings School of Global Public Health. Her research centers on scaling and sustaining policies, programs, and practices that advance sexual and reproductive health and rights.

Katie Wouk, PhD, IBCLC, is postdoctoral research fellow at the Carolina Global Breastfeeding Institute in the Department of Maternal and Child Health at the UNC Gillings School of Global Public Health and an affiliate of the T32 training program at the Center for Women's Mood Disorders. She trained as a lactation consultant through the Mary Rose Tully Training Institute, and collaborates with Piedmont Health Services to improve postpartum care delivery.

HAVE A QUESTION?  **Special Services**
Contact the Program Coordinator 828-407-2108

Brushell Solórzano, MPA
brushell.solorzano-romero@mahec.net or 828-348-3631

REGISTRATION INFORMATION	828-257-4475
FAX REGISTRATION	828-257-4768
ONLINE REGISTRATION	www.mahec.net/cpd
EMAIL	registration@mahec.net
MAIL	MAHEC Registration 121 Hendersonville Road, Asheville, NC 28803

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.



Stay connected! Follow us on Facebook: @MAHECEd

Doing Better Together to Equitably & Innovatively Advance Reproductive Health and Healthcare

with a Focus on Human Rights, Quality Improvement, and Interprofessional Collaboration

Multiple sessions in 2021 — pick & choose your topics of interest!

REGISTRATION FORM

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

CHOOSE YOUR DATES:

February 10, 2021 March 31, 2021

February 17, 2021 April 7, 2021

February 24, 2021 April 14, 2021

March 3, 2021 April 21, 2021

March 10, 2021 April 28, 2021

March 17, 2021

March 24, 2021

Send completed registration form to:

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

#64901

Fax: 828-257-4768