

8-9 AM Registration**9 AM Welcome Address: The Heart and The Weight of the Work- Krysta Dancy**

Krysta will speak to both the heart and the weight of perinatal mental health work in the face of current realities for families and professionals. Together, we'll name the realities caregivers carry and ground ourselves in why this work matters so deeply, even when it is heavy.

9:30-10:30AM- Applied Skills For The Hard Days

- **Supporting High Risk Pregnancy- Sammy Faulkender**

Sammy will offer practical, trauma-informed strategies to support clients navigating high-risk pregnancy.

Participants will learn grounding tools, validating communication techniques, and compassionate approaches that reduce overwhelm, build trust, and strengthen emotional safety, while also honoring their own well-being in the process.

- **Supporting Perinatal Patients With Substance Use Disorders- Carley Castellanos**

Participants will review current prevalence and health impacts of prenatal substance use, practice brief screening and motivational interviewing techniques, and identify strategies for provider self-care in substance use intervention work.

10:30 AM Break**10:45 AM Keynote: What If We Heal?- Krysta Dancy**

An invitation into a hopeful and trauma-informed reimagining of perinatal care. Together, we'll explore what becomes possible when healing is centered not only for patients, but for the professionals who walk alongside them. This talk offers a steady lens for sustaining meaningful work in challenging systems.

12:15 PM Lunch on Site**1 PM- Beyond The Scores; Humanizing Mental Health Screening- Rebecca Johnson**

Together we'll dive into practical tools for assessing perinatal mental health while honoring the emotional and relational depth of this work. You'll learn how to approach assessments from both a clinical and compassionate lens, with space to reflect on your own care as a provider. Enjoy an insider "first look" at some new and exciting evidence related to real world screening for PMADs.

2:15 Break**2:30-3:30 PM- Applied Skills For The Hard Days**

- **Supporting Perinatal Patients With Eating Disorders or Body Dysmorphia - Jenny Pappalardo**

"Throughout our lifetime, we are given one body, and as providers how we peek into the labyrinth of the mind and body connection can only be to our benefit." Through the eyes of your families, we will discuss how to understand this viewpoint and maintain a supportive environment for yourself as a healthcare provider, as well as for your patients.

- **Supporting Families Through Pregnancy and Infant Loss- Kurt Seckington**

Blending lived experience and clinical expertise, this session invites birth professionals to explore the emotional weight of supporting families through pregnancy and infant loss. Through guided reflection and practical tools, participants will learn skills for supporting families while nurturing their own hearts. Together, we'll honor the sacred balance between caregiving and self-tending which is necessary to sustain this deeply meaningful and impactful work.

3:30-4 PM Wrap Up- Krysta Dancy

We'll close the day with space to reflect, consolidate key insights, and imagine the ripple effect of this work moving forward. This final gathering invites participants to carry what they've learned with intention, groundedness, and hope.

4-5 PM Private Reception for VIP Ticket holders