

## Wednesday, November 2, 2022

8:30 am - 8:45 am **Welcome to the 2022 Illinois Women and Families Health Conference**

8:45 am - 9:45 am **Keynote Presentation: Predictable and Preventable; The Public Health Crisis of Abortion Bans and the Critical Role Illinois is Playing**

*Criminalization of abortion across the United States will have short and long term health, social, economic, and familial impacts that will not likely be fully appreciated for decades. Illinois has a unique role and responsibility to address the evolving public health crisis. A successful response must move abortion from its current place as political issue back to the appropriate sphere- healthcare.*

**Dr. Colleen McNicholas, DO, MSCI, FACOG**, Chief Medical Officer, Planned Parenthood of the St. Louis Region

9:45 am - 9:50 am **Break**

9:50 am - 10:50 am **The Impact of Childhood Experiences on Lifelong Health: Lessons for Our Work**

*Objectives: (1) Identify at least one health and one social consequence of ACEs and of PCEs; (2) Explain how childhood experiences become embedded in our bodies; (3) Give two examples of prevention and mitigation strategies for ACEs.*

**Audrey Stillerman, MD**, Medical Director, UIC

**Addressing the Maternal Mortality Crisis in the Community Setting: The Chicago Collaborative for Maternal Health**

*The Chicago Collaborative for Maternal Health (CCMH), led by AllianceChicago and EverThrive Illinois, is wrapping up a three-year initiative to improve maternal health outcomes. The effort centered on three main activities: an ambulatory care quality improvement initiative, community and social service organization engagement, and policy advocacy.*

**Madeline Perry, MD**, Third Year Resident, Northwestern McGaw Medical Center and John H Stroger Hospital of Cook County Health in Obstetrics and Gynecology

**Jena Gemkow, MPH, BSN, RN**, Clinical Research Manager, Alliance Chicago

**Kirbi Range, MS**, Associate Director of Birth Equity, EverThrive Illinois

**Before the Cord is Cut: Prenatal Opportunities to Promote Safe Infant Sleep**

*Much attention has been paid to the importance of high quality prenatal care to improve newborn health. In the United States, the leading cause of death in the postneonatal period is Sudden Unexpected Infant Death (SUID) which takes the lives of 3400 infants each year with little recent progress. A majority of these deaths involve unsafe infant sleep including bedsharing. We know a great deal about what puts infants at risk, but we are still learning what works to effectively promote safe sleep. This session will provide details on the epidemiology and prevention of these deaths and look at the importance of safe infant sleep counseling beginning prenatally.*

*Objectives: At the end of this session, attendees will be able: (1) To appreciate the epidemiology of Sudden Unexpected Infant Death and recognize that risk perception may not be aligned with the true frequency of these events, and that this may affect families' compliance with safe sleep guidance; (2) To identify opportunities for safe infant sleep counseling in the prenatal care of the pregnant patient; (3) To recognize that beginning discussions of safe plans for infant sleep are best started prenatally.*

**Kyran Quinlan, MD, Director**, Division of Pediatrics, Rush University Children's Hospital

## Wednesday, November 2, 2022

10:50 am - 11:00 am Break

11:00 am - 12:00 pm **Improving Maternal Health Outcomes for Medicaid Customers**

*This session will provide an overview of HFS initiatives to improve quality and expand services for maternal and child health populations. This will include an overview of the maternal and child health pillar in HFS' quality strategy and the implementation of new provider types and covered services.*

**Laura Phelan, MPA**, Policy Director, Illinois Department of Healthcare and Family Services

**Dawn Wells, RN, BSN**, Chief of the Bureau of Quality Management and Maternal/Child Health, Illinois Department of Healthcare and Family Services

### **The Most Common Complication of Childbirth: Why Maternal Mental Health Matters**

*Mental health is vital to maternal health in Illinois, and mental health conditions are the most common complication related to childbirth. Objectives - At the end of this presentation, participants will be able to: (1) Recognize common mental health conditions in pregnancy and postpartum; (2) Identify common misunderstandings about mental health treatment in the perinatal period; (3) Cite data on perinatal deaths by overdose and suicide in Illinois; (4) Apply this information to improve the care of perinatal women in Illinois.*

**Dr. Kara Driscoll, MD**, Owner/Psychiatrist, The Allegro Center

**Lita Simanis, MSW, LCSW, PMH-C**, Coordinator, Pregnancy & Postpartum Mood & Anxiety Disorder Program, Ascension Illinois

### **Cervical Cancer Screening: Present vs Future Options**

*Objectives: At the conclusion of this session, learners should be able to: (1) Describe the USPSTF and ACS cervical cancer screening guidelines and how they differ; (2) Tailor screening to individuals based on age and screening history; (3) Manage screening using primary HPV testing; (4) Anticipate changes to guidelines expected soon.*

**Leslie Stewart Massad, MD**, Professor, Division of Gynecologic Oncology, Washington University School of Medicine

12:00 pm - 1:00 pm **Generation Sleepless**

*Every night of the school week, the average teen in the U.S. loses 2 hours of sleep. By high school, the majority of kids are chronically sleep deprived. There's a notion that adolescents can get by skimping on sleep, but research indicates that the opposite is true: sleep becomes more vital in the teen years, as the brain and body go through unique developmental changes. Good sleep in middle and high school protects our kids from depression and anxiety, makes them better students and athletes, and improves family connection.*

*Psychotherapists, sleep specialists and authors, Heather Turgeon and Julie Wright discuss their new book, Generation Sleepless, exploring the science of teen sleep, along with ways that families, clinicians and society at large can take steps to help teens improve their sleep, health and wellbeing.*

**Heather Turgeon, MFT**, Author, The Happy Sleeper

**Julie Wright, MFT**, Author, The Happy Sleeper

## Thursday, November 3, 2022

7:50 am - 8:20 am

### Mindful Morning Start

*Join Shelly Sital, a certified yoga teacher and public health professional, for a quick, easy mindful meditation and movement session. This will be a short guided session that is accessible to all. The movements are meant to be done seated or standing based on your comfort level. Breathing practices are structured to support individuals of all capabilities. The session concludes with a feel-good visualization practice to get you geared up for the virtual conference.*

**Shelly Sital**

8:30 am - 8:45 am

### Welcome to Day 2 of the 2022 Illinois Women and Families Health Conference

8:45 am - 9:50 am

### Keynote Presentation: Pronouns: A Deeper Look

*Pronouns: A Deeper Look is an opportunities to gain a deeper understanding to why it is important to respect other people's gender identities, to build sympathy based on personal experiences, to practice and normalize sharing and asking pronouns, and to assist you in creating safe and inclusive environments.*

**Viminda Shafer, BA**, Community Relations and Development Coordinator, The Project of Quad Cities

9:50 am - 10:50 am

### Perinatal Harm Reduction and Overdose Prevention

*Objectives: (1) Name the components of a perinatal harm reduction plan; (2) Identify strategies to engage pregnant/postpartum patients in your practice who may not be ready for MAR (medication assisted recovery); (3) Increase knowledge in overdose prevention and harm reduction in the pregnant and parenting populations.*

**Nicole Gastala, MD**, Medical Director, Illinois Department of Human Services

**Ruchi Fitzgerald, MD, FAAFP**, Assistant Professor in the Departments of Family Medicine and Psychiatry/Behavioral Sciences, Rush University

### Understanding Your Breast Cancer Risk and Options For Managing It

*As breast cancer screening gets more complicated, women are faced with new information and new decisions about what tests to pursue. Along with the screening mammogram, many mammography practices are offering information about individual breast cancer risk and suggesting consultations with high risk clinics. This session will provide information about what it means when you are told that you are (or are not) at increased risk for breast cancer, and what you can consider doing based on that information.*

**Sameer Khan, MD**, Director, Illinois Department of Public Health

### Motherhood and Monkeypox: Pregnancy Considerations for Treatment and Prevention

*Objectives: (1) Improve understanding of the transmission risk to women and to the fetus; (2) Increase awareness of current guidelines for management of women with MPV; (3) Enhance knowledge of available treatment and prevention strategies*

**Arti Barnes, MD, MPH**, Medical Director / Chief Medical Officer, Illinois Department of Public Health

10:50 am - 11:00 am

### Break

11:00 am - 12:00 pm

### Women and Family Health as we emerge from the Public Health Emergency. Where do we go from here?

*Objectives: (1) Understand the trends in women and family Health outcomes; (2) Identify challenges and opportunities from frontline providers who care for women and families; (3) Describe efforts that the State is sponsoring to address the challenges we face as we emerge from the pandemic.*

**Sharon Stoolman, MD**, Associate Professor of General Pediatrics, Nebraska Children's Hospital and Medical Center

**Dr. Debra Stulberg**, Professor and Chair of Family Medicine, University of Chicago

**Lisa Masinter, MD**, Deputy Director, Office of Women's Health and Family Services, IDPH