



# ACHIEVING BIRTH EQUITY

## Conference Breakout Session Details.

### Grassroots Maternal & Child Health Leaders Lead Systems Change Efforts to Improve Indiana Birth Outcomes

Infant mortality is a key indicator of a population's health & societal well being, yet system-level interventions aimed at improving societal well being are rarely a priority when devising infant mortality strategies. Historically, grassroots movements were critical to advancing social change to improve women's health and empowerment in marginalized communities and is needed now. In this session, you'll explore the elements of the [Grassroots MCH Initiative](#) and how it works to address social systems associated with poor birth outcomes in Indiana including: training of Grassroots MCH Leaders, the framework of action taken in partnership with the Grassroots MCH staff and the transformative impact this initiative has at personal, organizational, and policy levels.

**Presented by**  
**Jack Turman**

Director, Grassroots MCH Initiative  
PH.D. Professor, Dept of Social & Behavioral Science, Richard Fairbanks School of Public Health. Professor, Dept. of Pediatrics. Indiana University.

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### Indiana Maternal Mortality Review

In 2019, the [Indiana Maternal Mortality Review Committee](#) (MMRC) found a total of 60 pregnancy-associated deaths occurred in our state during pregnancy or within one year of delivery. 85% of pregnancy associated deaths occurred postpartum, including 56% after 6 weeks. The MMRC determined that 80% of reviewed pregnancy associated deaths in 2019 were preventable. This session is for everyone interested in improving maternal health in Indiana. You'll learn how data is obtained in Indiana, contributing factors to maternal mortality, the 2018 & 2019 MMRC data, and the recommendations for preventing maternal morbidity and mortality.

**Presented by**

**Mary Pell Abernathy**

Indiana Maternal Mortality Review Committee Chairperson  
MD, MS, MBA, FACOG, Maternal-Fetal Medicine Physician

**Angela Fosu**

Indiana Maternal Mortality Review Program Epidemiologist  
MPH, Indiana Dept of Health: Fatality Review & Prevention Division

**Caitlin Gandarilla**

Nurse Consultant and Labor and Delivery Staff Nurse  
BSN RNC, Indiana Dept of Health: Fatality Review & Prevention Division

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### Maternal Mental Health

Approximately 20% of women experience diagnosable mental health challenges during pregnancy and during the first year postpartum. In this session you'll engage in conversation about how unrealistic expectations and idealizing of the mothering experience can negatively impact a new mother's view of herself, how untreated trauma can interfere with a woman's transition to motherhood, and a review of treatment recommendations that includes research on the benefit of home visit models and other community based-interventions for BIPOC women, including barriers to care.

**Presented by**

**Lisa Kelly**

LCSW, MSW, MPH. Psychotherapist in Private Practice.  
Co-founder and President, [Mental Health Awareness Michiana](#)

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## Medicaid 101: Before, During, and After Pregnancy

Applying for insurance and understanding coverage can be confusing for everyone. The SJC Fetal Infant Mortality Review team has identified that obtaining insurance during pregnancy is a common barrier to early prenatal care. This panel presentation, moderated by [Connecting Kids to Coverage](#), with representatives from [Anthem](#), [CareSource](#), [MDWise](#), [MHS \(Managed Health Services\)](#), and [United Health Care](#) will help you understand the process so you can help your patients and clients. Our goal is to explain the Managed Care Entities' relationship, role, and responsibility to our partners including how we can assist with improving health outcomes through help finding local resources, addressing social determinant of health barriers, and coordination of care through Notification of Pregnancy, case management services, and incentive programs.

### Moderators

**Ann McCafferty**

Program Director, Connecting Kids to Coverage - IN  
CHW, CAC, Licensed Indiana Insurance Navigator, SHIP Counselor

**Collette Rhoads**

Program Coordinator, Connecting Kids to Coverage - IN  
BA Criminal Justice, CAC, Licensed Insurance Navigator

**Kathy Walker**

Program Coordinator, Connecting Kids to Coverage - IN  
BA Health Promotion, Licensed Insurance Navigator

### Panel

**Lori Riester**

OB Practice Consultant, Anthem, RN, BSN

**Christiane Soultz**

Women & Children's Health Specialist, CareSource, RN, BSN

**Rachel Maxey**

Community Outreach Supervisor, MDwise, CCHW

**Juana Ramirez Rocio**

Member Connections Representative, MHS, Certified Medical Interpreter, CCHW

**Kim Eldridge**

State Event Manager, United HealthCare Community Plan, Hoosier Care Connect

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## Partnering with Purpose

You've done it! You've successfully helped a family in the delivery process. Now comes the next step, connecting families to community resources, social coworkers, doulas, and community health workers who can help the family on the next step of their journey. In this breakout session, we'll discuss how to make those connections by examining cultural humility, community collaboration, and compassionate care. Come work with our team as we examine how to improve the connections we make and examine the perspectives of what families might need.

### Presented by

**Taylor Martin**

Assistant Director of [Health Equity, St. Joseph County Department of Health](#)  
LCSW, BSW, MSW, Certified Doula in Training.

**Marchelle Pettit**

Doula Services Coordinator, [Nurse Family Partnership](#)  
AA, Human Services. BA, Certified Doula -ProDoula, CLS, CCHW

**Bev Horton**

Director of [Community Doula Services, IMHC](#).  
Pregnancy & Postpartum Doula, CHW.

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## **Path4You - Details coming soon**

### **Pregnancy at a Time that is Happy and Healthy for You (PATH4YOU)**

Pregnancy at a Time that is Happy and Healthy for You (PATH4YOU) is one of the first primary prevention projects in the state focused on reducing infant and maternal mortality by helping people plan healthy pregnancies using these core values: educate people and clinicians - be a trusted source of information, empower people to make informed reproductive health decisions, foster mutual trust between clinicians and patients, respect patient autonomy, avoiding coercion, promote health equity and advocate for vulnerable people, increase access for all methods of contraception.

#### **Presented by**

**Tracey A Wilkinson**

MD, Pediatrician and health services researcher at Indiana University School of Medicine

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## **Strategies for Birthing Professionals**

This session will provide insight into maternal health work and practical strategy to navigate issues and barriers that prevent quality care. Attendees will gain an understanding of how policy, communication, and funding shape health practices and subsequently, our communities. You'll learn how trauma informed communication and touch in maternal care can avoid triggering clients, how to identify toxic policies and avoid creating or upholding systemic racism in maternal health care, and how to identify funding sources and partnerships that serve with an anti-racist mission and avoid the commodification of doulas.

#### **Presented by**

**Kelli Brien**

Founder, Mahogany Maternity,  
Certified Doula (DONA), LCCE, CLS, SpBCPE. Creator of Speak Life Doula Program

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## **TOXIC - A Black Woman's Story: Film Screening & Discussion**

"Toxic: A Black Woman's Story" explores a day in the life of "Nina," a professional African American woman in her second trimester of pregnancy. The film was created by First Year Cleveland's Pregnancy & Infant Loss Committee & Healthy Neighborhoods Committee of Healthy Cleveland to bring awareness to the racial disparity in infant mortality locally, and nationally. This film illustrates how the phenomenon, known as weathering,\* contributes to the disparity in premature birth for Black women in the United States. *Toxic* seeks to raise consciousness about structural racism and the factors that impact infant loss by shedding light on the faces of parents who deal with infant loss. The film and discussion are tools that can help build a critical mass of equitably minded people and transform the perspectives of those who may still be unconsciously driven by false assumptions about African American infant mortality.

#### **Presented by**

**Yolanda Washington**

RN, Elkhart and St. Joseph County Head Start Consortium.

*\*A concept developed by University of Michigan professor of public health, Arline Geronimus, that suggests that health of African American women deteriorates at a faster rate than white women because of the cumulative effects of racism and bias. TOXIC FILM SCREENING & DISCUSSION GUIDE*

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