



The
Meadowlark
Initiative®
HEALTHY PREGNANCIES
& SECURE FAMILIES

SESSION DESCRIPTIONS

Meadowlark Initiative Conference | June 14–15, 2023

Wednesday, June 14

8:50 – 9:50 a.m. | State of the Meadowlark Initiative

Tressie White & Melinda Buchheit

Of the 10,000 deliveries in Montana yearly, Meadowlark care providers now screen more than 6,000 pregnant women for substance misuse, depression, and anxiety. The initiative aims to make Meadowlark care available in every Montana community with a delivery hospital. In this opening session, Montana Healthcare Foundation staff will present the latest research on the statewide impact of the initiative, followed by suggestions for initiative messaging and communication tools.

10:00 – 10:30 a.m. | Maternal Health in Montana: Action-Oriented Data to Improve our Systems of Care

Annie Glover

Maternal mortality has become an emergency in the United States, with rates increasing each year, particularly for historically disenfranchised populations. Pregnant and postpartum people also experience increased risks associated with mental health and substance use disorder; these conditions are compounded by social risk factors that underscore the need to improve health systems to better support patients. This presentation will explore Montana and national data on maternal health to inform program design to make pregnancy safer and healthier for Montanans.

10:45 – 12:00 p.m. | Maternal Mental Health 101: Mental Health Challenges and Needs of Pregnant and Parenting Women and Families

Ariela Frieder

This session will cover the major mental health challenges that can emerge (or re-emerge) during pregnancy and the first year after birth as well as an overview of potential helpful interventions. Special attention will be paid to postpartum psychosis and suicide risk in the first year after birth. Emphasis will be placed on how to educate and discuss maternal mental health issues and treatments with patients and families. Time will be provided for questions and discussion at your table and with the whole group.

1:00 – 2:15 p.m. | Pregnancy and Infant Loss: Creating Relationships and Support

Suzanne Helzer

In this session an overview of a theory of grief and loss specific to perinatal bereavement will be considered. The experience of loss as it impacts the the individual, family and community and the professionals that care for them will be examined. Strategies in the immediate loss period and for follow up in the year after loss will be described to assist with critical community outreach for families experiencing pregnancy or infant loss.

2:25 – 3:25 p.m. | Substance Use and Misuse in Pregnancy and Beyond: Practical Information for the Healthcare Provider

Ariela Frieder

This session will discuss some of the risk factors for substance use both before, during, and after pregnancy (through the first year of life) and the impact of substance use in pregnancy, babies, and families. Current information will be provided. The rising overdose rate among women in the first year after birth is of major concern, so attention will be paid to screening and brief intervention as well as identification of helpful interventions. As with the mental health session earlier in the day, there will be time for questions and discussions with your peers and Dr. Frieder.

3:40 – 4:10 p.m. | Continuing Our Partnership: Legislative and Practice Updates from Child and Family Services Division

Nikki Grossberg

The partnership between Meadowlark grantees and Child and Family Services Division has been a key factor in supporting families with challenges. This session will focus on the updated data in infant removals, other updates from CFSD, and updates/changes that may affect Meadowlark grantees in the coming months.

4:10 – 4:55 p.m. | Community Connections

Kalli Jacquay, Anna Semple & Chelsea Solberg, facilitated by Stephanie Morton

Leveraging community connections is vital to successful referrals and care coordination. This panel will discuss how Meadowlark sites have been able to connect to community groups to help with referrals, creating vetted resource guides, and organizing across sectors, including child protection, public health, and independent behavioral health providers.

5:00 – 6:00 p.m. | Happy Hour

Following the close of the conference on day one, join us for hors d'oeuvres and continued conversations in the Delta Marriott Lounge.

Thursday, June 15

8:40 – 10:40 a.m. | Getting Started on the Right Foot

Tara Sundem

Hushabye Nursery, based in Arizona, engages with pregnant women/families struggling with substance use. This session will describe the process of developing an innovative approach to caring for families who are struggling with substance use. Tara Sundem, the founder, will share her journey of discovery as well as steps along the way to implementation. Hushabye collaborates with other system partners to walk alongside families in their recovery journey. Its unique trauma-informed integrative family care model is proving to keep Arizona families safe and together.

10:55 – 11:55 a.m. | Cultural Safety and Perinatal Mental Health

Amy Stiffarm

We will discuss unique risks and resiliency factors for Indigenous communities and how they relate to perinatal health, specifically mental health. This session will cover the need to recognize power dynamics in perinatal mental health, especially for Indigenous moms and birth givers. We will briefly review the impacts of colonial systems and historical trauma on Indigenous Peoples and how it relates to perinatal health. We will discuss cultural safety and how it differs from cultural competency. The session will end by walking through tangible ways to implement cultural safety into your practice.

POST-CONFERENCE: CLINICAL INTENSIVE TRAINING

1:00 – 4:30 p.m. | IBH 101: Key Principles & Interventions

Liz Davies, Joan Kenerson King, Lacey Alexander-Wind, Ellen Bluett, Lindsey Grove

This four-hour clinical intensive training will cover the key principles of integrated behavioral health (IBH), including the spirit of team-based care, fundamentals of functional assessment, key similarities and differences between PCBH and CoCM models, documentation, billing, and will review targeted interventions for common behavioral health conditions in primary care and perinatal populations. Attendees will have the opportunity to observe and practice clinical skills through small group work and role-play scenarios.

This training is geared towards behavioral health providers new to IBH or looking for a refresher – recent graduates, licensure candidates, and therapists transitioning from private practice or community mental health into integrated care settings. Open to anyone who wants to learn more about integrated, team-based behavioral health.

