

CHERYL SQUIRE FLINT ANNUAL CULTURAL SENSITIVITY SYMPOSIUM

# Breast FED:

**Cultural Humility,  
Clinical Interventions  
and Community-Based Supports.**

**May 6th-7th, 2019**

**Doubletree Monroeville Pittsburgh  
101 Mall Blvd. • Monroeville PA, 15146**

**Pennsylvania's only regional  
breastfeeding summit!**



**\$100 for one day registration (\$75 before April 1)  
\$175 for two day registration (\$125 before April 1)  
Register at [www.healthystartpittsburgh.org](http://www.healthystartpittsburgh.org)  
CEUs will be available for social work, lactation, and nursing/midwifery**

# Invited Keynotes



## **Kimberly Seals Allers**

is an award-winning journalist, author and an internationally-recognized speaker, strategist and advocate for maternal and infant health. A former senior editor at ESSENCE and writer at FORTUNE magazine, Kimberly is a leading voice on the socio-cultural and racial complexities of birth, breastfeeding and motherhood. She is the director of the Maternal and Child Health Communication Collective, a national initiative to shift the narrative of maternal and infant health issues, funded by the W.K. Kellogg Foundation. Kimberly's fifth book, *The Big Let Down—How Medicine, Big Business and Feminism Undermine Breastfeeding* was published by St.

Martin's Press in January 2017.

As a consultant, Kimberly provides strategic communication services to hospitals, non-profits and other public health-related organizations, with an expertise in engaging communities of color.

Kimberly serves on the advisory board of MIT's "Make the Breast Pump Not Suck" Hackathon and of 1000 Days, a non-profit focused on early nutrition founded by Hillary Clinton and is the former vice president of the Board of Governors for the Commission for the Accreditation of Birth Centers (CABC). In 2018, she founded Narrative Nation, a non-profit that creates community-centered media and technology to eradicate health disparities.

Kimberly previously served as editorial director of The Black Maternal Health Project of Women's eNews and was an IATP Food and Community Fellow focused on reframing breastfeeding disparities as a food systems issue.

Kimberly is also the author of *The Mocha Manual* series of books, published by HarperCollins and founder of MochaManual.com, an award-winning pregnancy and parenting destination for African Americans.



## **Camie Jae Goldhammer, MSW, LICSW, IBCLC, (Sisseton-Wahpeton)**

is a Clinical Social Worker and Lactation Consultant. Camie received her Master of Social Work degree from the University of Washington in 2006, specializing in Maternal Mood Disorders and the affects of complex/Intergenerational trauma on attachment, bonding and the parenting practices of Native families.

Camie is the founder and chair of the Native American Breastfeeding Coalition of Washington. She is also a founding mother and President-Elect of the National Association of Professional and Peer Lactation Supporters of Color. In 2013 she became Washington state's first Native American IBCLC. Camie is a consultant with CHEER and is also a part of the Center for Social Inclusion's First Food Racial Equity Cohort. Recently she worked as a Campaign Director with MomsRising working to bring paid family and medical leave to Washington State which was signed into law in July 2017. She is now a member of the MomsRising breastfeeding team. She is a National leader on topics of racial equity and first food justice and recently launched the Indigenous Breastfeeding Counselor training.



## **Kathleen Kendall-Tackett, PhD, IBCLC, FAPA**

Dr. Kendall-Tackett is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of two peer-reviewed journals: *Clinical Lactation and Psychological Trauma*. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of the APA's Publications and Communications Board. Dr. Kendall-Tackett specializes in women's-health research including breastfeeding, depression, trauma, and health psychology,

and has won many awards for her work including the 2017 President's Award for Outstanding Service to the Field of Trauma Psychology from the American Psychological Association's Division of Trauma Psychology. Dr. Kendall-Tackett has authored more than 460 articles or chapters and is author or editor of 38 books. Her most recent books include: *Depression in New Mothers, 3rd Edition* (2017, Routledge UK), *Women's Mental Health Across the Lifespan* (2017, Routledge US, with Lesia Ruglass), and *The Phantom of the Opera: A Social History of the World's Most Popular Musical* (2018, Praeclarus).

# BreastFED

Monday, May 6, 2019		
7:45 AM	8:30 AM	<b>Registration &amp; Breakfast / Milk Minutes</b>
8:30 AM	9:00 AM	<b>Conference Opening and Welcome</b>
9:00 AM	10:15 AM	<b>Lactation Lecture: Kimberly Seals Allers</b> <i>The Big Let Down-How Medicine, Big Business and Feminism Undermine Breastfeeding</i>
10:15 AM	10:30 AM	<b>Power Pump</b>
10:30 AM	12:00 PM	<b>Hand Expressions (Concurrent)</b> 1: <i>Shifting the Narrative: Rewriting the Contextual 'Story of Breastfeeding' for All</i> <ul style="list-style-type: none"> <li>Kimberly Seals Allers</li> </ul> 2: <i>Examining Clinical and Cultural Case Studies</i> <ul style="list-style-type: none"> <li>Pittsburgh Black Breastfeeding Circle</li> </ul> 3: <i>Decoding Breastfeeding Mothers' Needs Using Virtual Care Tools</i> <ul style="list-style-type: none"> <li>Linda M. Hanna, MSN/Ed., RNC, IBCLC, Chief Nursing officer of Mahmee and Melissa Hanna, JD, MBA, Chief Executive Officer of Mahmee</li> </ul>
12:00PM	1:00 PM	<b>LUNCH / Power Pump / Vendors</b>
1:30 PM	2:30 PM	<b>Breast Breaks (Concurrent)</b> 1: <i>Barriers to Breastfeeding for the African American Community</i> <ul style="list-style-type: none"> <li>Kimberly Seals Allers</li> </ul> 2: <i>Where do I Turn? The Impact of Social Media on Breastfeeding</i> <ul style="list-style-type: none"> <li>Pittsburgh Black Breastfeeding Circle</li> </ul> 3: <i>Unshakeable Motherhood on Debunking Myths with Breastfeeding</i> <ul style="list-style-type: none"> <li>Syreeta Gordon, Kangaroo Concierge</li> </ul> 4: <i>Because She Persisted: Breastfeeding Barriers and Solutions at Work, at School, in Public, and in the Criminal Justice System</i> <ul style="list-style-type: none"> <li>Margaret Zhang</li> </ul>
2:30 PM	2:45 PM	<b>Power Pump</b>
2:45 PM	4:15 PM	<b>Lactation Lecture: Panelists TBD</b> <i>Breastfeeding Across the African Diaspora</i>
4:15 PM	4:30PM	<b>Closing/CEU Certification</b>

Milk Minutes - Morning activities to get you energized and learn a breastfeeding technique. **Power Pump** - Restroom break and chance to view poster presentations from colleagues conducting research in the field of maternal child health. **Lactation Lectures** - Expert keynotes and panel presentations providing you with best practice and current research around lactation and breastfeeding programming. **Breast Breaks** - Lecture style breakout sessions. **Hand Expressions** – Hands-on demonstrations and workshop style breakout sessions. **HSI Virtual Talk**-influential video chat from an expert speaker on Breastfeeding. **Breastpardy!** - Participate in an interactive learning experience through our take on a classic game with a breastfeeding twist.

# Breast FED

Tuesday, May 7, 2019		
8:00 AM	8:30 AM	Registration & Breakfast / Milk Minutes
8:30 AM	8:45 AM	Conference Opening and Welcome
8:45 AM	10:15 AM	<b>Lactation Lecture: Camie Jae Goldhammer, MSW, LICSW, IBCLC</b> <i>For Us By Us. Decolonizing Breastfeeding Education</i>
10:15 AM	10:30 AM	<b>Power Pump</b>
10:30 AM	11:30 AM	<b>Breast Breaks (Concurrent)</b> <b>1: Ethics and Efficacy of the Lactation Health Professional</b> <ul style="list-style-type: none"> <li>Pittsburgh Black Breastfeeding Circle</li> </ul> <b>2: Workplace Pumping Made Easier</b> <ul style="list-style-type: none"> <li>Dare Henry-Moss, MPH</li> </ul> <b>3: Breastfeeding in Reality: Common Challenges and Outcomes as Experienced in an Outpatient Pediatric Setting</b> <ul style="list-style-type: none"> <li>Amy Maddalena, IBCLC, DO</li> </ul>
11:30 AM	12:00 PM	<b>HSI Virtual Talk</b> <i>Major Depressive Episodes in Black Women and What We Stand to Learn About Breastfeeding</i> Kathleen Kendall- Tackett, PHD, IBCLC, FAPA and Ngozi D. Tibbs MPH, IBCLC
12:00 PM	1:00 PM	<b>LUNCH / Power Pump / Breastpardy!</b>
1:00 PM	2:00 PM	<b>Lactation Lecture: Sara Thuma, MPH, PA Department of Health</b> <i>Utilizing Evidence-Based or Research-Informed Strategies to Address the Promotion of Breastfeeding within African-American Populations</i>
2:00 PM	2:15 PM	<b>Power Pump</b>
2:15 PM	3:45 PM	<b>Lactation Lecture: Ngozi Tibbs, MPH, IBCLC and Gabriella Mendez, MD, MPH, IBCLC</b> <i>Got Milk: The Truth about Milk Supply</i>
3:45 PM	4:00 PM	<b>Closing/CEU Certification</b>

Milk Minutes - Morning activities to get you energized and learn a breastfeeding technique. **Power Pump** - Restroom break and chance to view poster presentations from colleagues conducting research in the field of maternal child health. **Lactation Lectures** - Expert keynotes and panel presentations providing you with best practice and current research around lactation and breastfeeding programming. **Breast Breaks** - Lecture style breakout sessions. **Hand Expressions** – Hands-on demonstrations and workshop style breakout sessions. **HSI Virtual Talk**-influential video chat from an expert speaker on Breastfeeding. **Breastpardy!** - Participate in an interactive learning experience through our take on a classic game with a breastfeeding twist.



## Session Descriptions

(in order of agenda)

### Lactation Lecture

#### ***The Big Let Down-How Medicine, Big Business and Feminism Undermine Breastfeeding***

**Presenter: Kimberly Seals Allers**

In this session Kimberly Seals Allers will discuss her book THE BIG LETDOWN. Allers' goal in speaking about her book is to identify and explain the social, cultural and economic forces at work manipulating decisions about breastfeeding. The talk examines the role of science and scientific protocols, medicine, commercial interests, and feminist ideals in shaping infant feeding decision-making and what can be done to level the playing field. Allers also pushes for more structural support for breastfeeding mothers, improved communication and messaging from the lactation community and a call to action by physicians and other health professionals.

### Hand Expressions (Concurrent Sessions)

#### ***Shifting the Narrative: Rewriting the Contextual 'Story of Breastfeeding' for All***

**Presenter: Kimberly Seals Allers**

As policy advances are made, it is also critically important to change the narrative of breastfeeding, particularly as it relates to vulnerable communities and reaching beyond the "choir." This session will explore how the power of storytelling is unleashed to help bolster and advance the policy changes and cultural shifts needed to improve the health of mothers and babies. How do recent new events, from the presidential election to social media movements provide leveraging points and lessons learned for advancing breastfeeding messaging? What are the critical conversations needed now?

#### ***Session: Examining Clinical and Cultural Case Studies***

**Presenter: Ngozi D. Tibbs MPH, IBCLC, Pittsburgh Black Breastfeeding Circle**

Breastfeeding is the normative way to feed infants; however, women of color experience lower breastfeeding initiation and duration rates. Addressing these concerns in a culturally humble and competent manner can provide necessary support to nursing mothers and help them reach their breastfeeding goals. This presentation will assist with identification of implicit bias in treatment of breastfeeding and infant development.

#### ***Decoding Breastfeeding Mothers' Needs Using Virtual Care Tools***

**Presenters: Linda M. Hanna, MSN/Ed., RNC, IBCLC, Chief Nursing Officer of Mahmee**

**Melissa Hanna, JD, MBA, Chief Executive Officer of Mahmee**

This session is an interactive clinical presentation and workshop designed to educate lactation professionals and advocates on how new digital care tools can be used to support breastfeeding mothers virtually, and how to identify and treat their clinical needs using these tools throughout the breastfeeding experience. The first portion of this session is a presentation that will cover the changing landscape of breastfeeding support, the virtual tools that are legal to use and those that are not, and how to use virtual tools to decode mothers' needs and provide proper clinical support. Case studies will be presented that demonstrate successful use of these tools. The clinical, financial and legal ramifications of providing virtual breastfeeding support will be address as a component of this presentation. The final portion of this workshop will include reviewing real questions submitted by mothers. Attendees will be asked to decode what the mothers' needs are and what type of clinical response is required.



### **Breast Breaks (Concurrent Sessions)**

#### ***Barriers to Breastfeeding for the African American Community***

**Presenter: Kimberly Seals Allers**

In this session Allers will identify five key cultural and structural barriers to breastfeeding for the African American community; then present eight strategies for overcoming barriers, engaging with the community and communicating effectively with African American women and men.

#### ***Where do I Turn? The Impact of Social Media on Breastfeeding***

**Presenter: Renae Green, CLC, Healthy Start, Inc.**

The age of information has given birth to the growth and development of various social media platforms. Facebook and other social media networks serve as communication vehicles to not only connect members of the breastfeeding community, but also opportunities for moms to receive peer support for common breastfeeding issues. These support networks help to normalize breastfeeding, especially within groups that struggle with familial support and access to other resources. By investigating the use of social media as a communication support tool for the breastfeeding dyad, strengths and weaknesses have been revealed. Research-informed and evidence-based practice will be appraised. This session will highlight ways the managers of the platforms can better facilitate collaborations with other clinical networks and community based supports. Managers will be able to effectively triage breastfeeding issues that require immediate, hands-on support to external community partners.

#### ***Unshakable Motherhood on Debunking Myths with Breastfeeding***

**Presenters: Syreeta Gordon, Kangaroo Concierge**

**Natalia Krutchin, Doula, CLC, Growing Love Birth Services**

While breastfeeding has become a more mainstream topic over the last few decades there is still a well of misinformation and myths that persist out there. "Breastfeeding is painful", "You have no freedom when you're breastfeeding", and "Your partner can't bond with the baby if you're breastfeeding" are three common myths that are easily debunked. This session will cover topics related to latching and positioning for comfort, comfort tools, information about the reality of how long it takes to learn to breastfeed, breast size/shape myths, lactation accessories (i.e. bras, tops, cover ups) that make breastfeeding in public easier, tips and tricks for getting out and about with your breastfed baby, and the myth that you aren't allowed to breastfeed in public.

#### ***Because She Persisted: Breastfeeding Barriers and Solutions at Work, at School, in Public and in the Criminal Justice System***

**Presenter: Margaret Zhang, Women's Law Center**

The decision to breastfeed often comes with unanticipated challenges, which arise in a variety of different contexts. In the workplace or at school, breastfeeding employees and students need break time and private space to express breast milk, but employers and administrators may refuse to provide these necessary accommodations. Even out in public, public establishments may unlawfully force breastfeeding women to stop breastfeeding or to cover up. And in the criminal justice system, breastfeeding and substance use may result in criminal charges, while programs supporting breastfeeding incarcerated women are few and far between. In each of these arenas, the Women's Law Project (WLP) is working to protect and advance breastfeeding women's rights. At times, we rely on existing laws and policies to help breastfeeding women defend their rights. Other times, we must push policymakers to change the laws and policies, to protect women's ability to breastfeed their babies.



## **Lactation Lecture**

### ***Breastfeeding Across the African Diaspora***

**Moderator: Dara Mendez, PhD, University of Pittsburgh Graduate School of Public Health**

**Panelists: TBD**

What is the culture of breastfeeding for Black women across the African Diaspora? How extensive are the differences in culture, attitude, practice and experience? How do women across the Diaspora relate to black American women as it relates to breastfeeding and other maternal and child health issues—and how do we qualify the disparities? This discussion will help us to understand the ways black women across the world experience breastfeeding.

## **Lactation Lecture**

### ***For Us By Us. Decolonizing Breastfeeding Education***

**Presenter: Camie Jae Goldhammer, MSW, LICSW, IBCLC**

Modern day breastfeeding education tends to center white communities particularly upper middle class white women. From the teachers, to where courses are held and how participants are taught have historically centered upper, middle class white women. This has resulted in one of the least diverse fields in health care. Camie will discuss how the year old Indigenous Breastfeeding Counselor training strives to center Native communities by adopting a truly “For us. By us.” model. Camie along with co-teacher Kimberly Moore-Salas, IBCLC, travel to Native communities training community members so that they can support families in reaching their breastfeeding goals.

## **Breast Breaks (Concurrent Sessions)**

### ***Ethics and Efficacy of the Lactation Health Professional***

**Presenter: Ngozi D. Tibbs, MPH, IBCLC, Pittsburgh Black Breastfeeding Circle**

The lactation professional plays an important role in observing, assessing and solving breastfeeding challenges. Experienced providers can identify infants with feeding difficulties that may translate into additional difficulties. This presentation will outline the scope of practice of the lactation professional and when referrals may be necessary.

### ***Workplace Pumping Made Easier***

**Presenter: Dare Henry-Moss, MPH, Workplaces for Women**

It is imperative to address institutional challenges to breastfeeding through system level supports, such as access to lactation space and supportive policies. Research demonstrates that comprehensive workplace lactation support programs can result in improvements in breastfeeding continuation, but planners and institutional decision-makers may need support in identifying appropriate interventions. Advocates need practical strategies for optimizing Breastfeeding Friendly Workplace programs.

The IOM Community Health Improvement Process informed the development of a recommendation for a lactation support improvement initiative at Penn Medicine. We compiled evidence for, and assessed feasibility of, potential changes by conducting a literature review, landscape scan, and needs assessment; soliciting expert feedback; identifying best practices; and engaging the Wellness Committee in collaborative strategizing. This session will explore that process and the practicality of its implementation.



***Breastfeeding in Reality: Common Challenges and Outcomes as Experienced in an Outpatient Pediatric Setting***

**Presenter: Amy Maddalena, IBCLC, DO, The Breastfeeding Center of Pittsburgh**

Breastfeeding families can experience a variety of challenges in their journey. Some of these may serve to hinder their breastfeeding relationship, others may be an opportunity for growth. At the Breastfeeding Center of Pittsburgh, we help families approach each new challenge with a strong foundation of clinical expertise, knowledge of what is typical for babies, and a curiosity about each family, what their goals are and how we might help them reach those goals.

**HSix Video Presentation**

***Major Depressive Episodes in Black Women and What We Stand to Learn About Breastfeeding***

**Ngozi D. Tibbs MPH, IBCLC, Pittsburgh Black Breastfeeding Circle and Kathleen Kendall-Tackett, PHD, IBCLC, FAPA**

This session will explore postpartum depression in black mothers and its impact on mothering and breastfeeding, investigate common misconceptions regarding postpartum depression and breastfeeding, and explore how clinical and community support can help black breastfeeding mothers reach their breastfeeding goals.

**Lactation Lecture**

***Utilizing Evidence-Based or Research-Informed Strategies to Address the Promotion of Breastfeeding within African-American Populations***

**Presenter: Sara Thuma, MPH, PA Department of Health**

The decision to breastfeed can improve and protect the health and well-being of a mother and baby over a lifetime and is a nationally and internationally recognized key to health promotion. While the breastfeeding rates of all women have increased across the nation and in Pennsylvania, African-American women are breastfeeding at lower rates than other racial or ethnic groups. The Pennsylvania Department of Health, Bureau of Family Health has developed a technical assistance document to further explore this breastfeeding disparity and to provide guidance for agencies and stakeholders in utilizing evidence-based or research-informed strategies to address the promotion of breastfeeding with African-American populations.

**Lactation Lecture**

***Session: Got Milk: The Truth about Milk Supply***

**Moderator: Gabriella Mendez, MD, MPH, CLC**

**Panelists: TBD**

Milk supply is a valid concern for the new mother. Often, mothers wrestle with whether they make enough to uphold and support the nutritional needs of their little one. With so much information at their fingertips, this panel will uncover the realities of building and sustaining a milk supply. How much does supply confidence effect the continuity of breastfeeding?