



New Mexico

Breastfeeding Task Force



2023 Hospital & Clinic Summit

Health Equity for All: Supporting High Risk Populations



WELCOME!

2023 NMBTF Hospital and Clinic Summit Health Equity For All: Supporting High Risk Populations

Welcome to the 2023 NMBTF Hospital and Clinic Summit. As I think about this year's theme, Health Equity for All: Supporting High-Risk Population, think about all the communities impacted by inequities, racial bias and discrimination. I think about communities living in rural areas, maternity and lactation deserts, and the barriers to accessing prenatal, and postpartum care. I want to thank you for being here and expanding your knowledge and toolbox in lactation care. I hope that you take advantage of this time to network and generate new ideas, resources and connections to take back to your communities. As we leave today each of us leaves with a next step towards expanding your work and together we continue to expand the lactation ecosystem.

Monica Esparza, executive Director

Thank you to our 2023 Planning Committee!

Kimberly Smetzer, RN, BSN, IBCLC

Jessica Marquez

Marianna Kliner-Childers

Siboney Rodriguez Gallegos, *LMSW, CLC*

Monica Esparza, *Executive Director NMBTF, CLC, Community Interpreter*

KendraJoi Trujillo, BS, CLC

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LOGISTICS

Information

If you have any questions before the summit you may email kendrajoitrujillo@breastfeedingnm.org

Sponsors

Thank you to all our sponsors and exhibitors that participated in making events like these possible.

Recorded Sessions

No sessions will be available to view after the event.

Materials

Access to the virtual summit program will be sent via email to all registered attendees. Please take a moment to review. The summit program includes all information and links relevant to the summit.

Summit Program

Access to the virtual summit program will be sent via email to all registered attendees. Please take a moment to review. The summit program includes all information and links relevant to the summit.

Continuing Education

Conference participants seeking to receive continuing education credits, contact hours, or requesting a certificate of attendance are required to complete an evaluation. The link to the evaluation will be included in the post-summit email. The continuing education certificate, contact hours or certificate of attendance will be emailed within a week of the summit. Attendees are eligible to receive up to 3 hours.

This nursing continuing professional development activity will be approved by New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CHW CEUs Approved by DOH-

OCHW." It is the responsibility of the CEU provider to track attendance and issue certificates.

CONTINUING EDUCATION

DISCLOSURES

This nursing continuing professional development activity was approved by New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

***CHW CEUs Approved by DOH-OCHW**

2023 NMBTF Hospital and Clinic Summit Health Equity For All: Supporting High Risk Populations | September 22nd

WELCOME: BABY FRIENDLY UPDATE

8:30- 9:00AM

With Monica Esparza and Kimberly Smetzer

UP IN SMOKE: THE POTENTIAL HEALTH IMPACT OF CANNABIS USE DURING PREGNANCY AND LACTATION ON THE BABY.

9:00-10:00AM

With Laurel Wilson

10:00-10:10AM

BREAK

IMPROVING COLLABORATION TO DECREASE LACTATION

10:10-11:10 AM

DESSERTS: INTERACTIVE SESSION

With Ora Nez: Navajo Nation WIC

30 min panel sharing lived experience providing care in a rural community followed by a 30 min brainstorming session “mapping resources within their community”

LACTATION OPTIONS AVAILABLE TO FAMILIES IN HIGH RISK PREGNANCIES AND NICU BABIES

11:15-12:15 PM

With Rebecca Servoss

CLOSING AND EVALUATION

12:15-12:30PM

With Monica Esparza

SESSION DESCRIPTIONS

Lactation options available to families in high risk pregnancies and NICU babies

Rebecca Servoss, RNC-NIC, NC-BC

When a family is experiencing high risk pregnancy and facing a stay in the NICU, providing milk can be the bridge to bonding between a birthing parent and their newborn. This session will explore options for keeping the breastfeeding/chestfeeding relationship intact despite a highly medicalized experience. Rebecca will offer options that are available in the NICU to support lactation as well as ideas on how to support the birthing parent as they balance postpartum healing, lactation, and grieving the separation from their baby

Rural Lactation Panel:

Ora Nez: Navajo Nation WIC

30 min panel sharing lived experience providing care in a rural community followed by a 30 min brainstorming session “mapping resources within their community”

The Navajo Nation is more than 27,000 square mile of beauty that spans across New Mexico, Arizona and Utah. Our population is more than 298,000 enrolled members and 173,000 of those live on the Navajo reservation. Data paints of picture of poverty, lack of electricity and running water, while most of it is true; we are rich with culture and spirituality. The Nation has five birth facilities/hospitals, four are baby-friendly, and we have less than ten clinics that offer prenatal and postpartum care, each hospital has limited lactation services. The Navajo WIC program has two breastfeeding peer counselors to cover 12 WIC clinics, providing breastfeeding services to over 900 prenatal and postpartum women. The Navajo Breastfeeding Coalition has Lactation Counselors and Indigenous Doulas throughout the Navajo reservation, to provide care and accessibility to our families. We do not have enough lactation counselors to provide quality lactation care, as the Navajo Nation is too vast. Many families live in rural areas. We continue to provide resources and accessibility to our people.

SESSION DESCRIPTIONS

Up In Smoke: The Potential Health Impact of Cannabis Use During Pregnancy and Lactation on the Baby

Laurel Wilson, BSc, IBCLC, RLC, CLE, CLD, CCCE, PPPI TEDx and International Keynote Speaker, Author, and Educator

3As the recreational and medicinal use of cannabis increases worldwide, the questions about this herb's use during breast/chestfeeding rises exponentially. In the United States, sixteen states have legalized or are on the path to legalizing the consumption of cannabis. This trend has led to more lactation and healthcare professionals being faced with the question, "Is it safe for me to use cannabis during pregnancy and lactation?" The answers vary widely due to myth, bias, and poorly conducted and accessed research. These widely differing recommendations lead healthcare professionals to scratch their heads and face the knowledge that they don't know what to say to families. The problematic question of safety is compounded when issues involving equity and healthcare access come into play, as bias certainly plays a role in the US response to cannabis. Healthcare professionals have a sincere concern as the endocannabinoid system, which interacts with almost every organ system and the immune system, reacts to the molecules found in cannabis. The endocannabinoid system plays a role in brain development, system homeostasis, and the functioning immune system. What we actually know about how much perinatal use affects babies is still unknown. This presentation takes a harm reduction approach while looking at the most recent research and policies surrounding this controversial herb during the perinatal period.

SPEAKERS

Rebecca Servoss, RNC-NIC, NC-BC

Rebecca Servoss is a Certified Neonatal Nurse and Board Certified Holistic Nurse Coach. She is the co-founder of Marigolde, a grief wellness platform rooted in culture and ritual. As a nurse, holistic coach, writer, and mother, Rebecca is profoundly committed to supporting new parents as they traverse the deeply transformational experiences of birth, death, and loss. Through her work as a nurse, through Marigolde, and as co-chair of the bereavement team at University of New Mexico Hospital, she ensures that her patients and clients are met with a compassionate, multifaceted framework that centers equity and safety. Rebecca is the author of *Navigating the NICU: A Self Care Guide for Parents*.

Ora Nez IBC, CLE, Doula

Ora Nez, is Ma'iideeshgiizhni (Coyote Pass Clan) born for Ta'neezahnii (Tangle Clan). She is a Breastfeeding Peer Counselor with the Navajo Nation WIC Nutrition Program, she is a Certified Lactation Educator, Indigenous Lactation Counselor and Doula. She has been with the program for over 15 years, providing breastfeeding education to prenatal and postpartum women throughout the Navajo Nation WIC clinics. She is a member with the Navajo Breastfeeding Coalition providing lactation support and resources to families, service providers, task forces and hospital/clinics Navajo Nation wide. She is also an active member with the New Mexico Breastfeeding Task Force and Arizona Breastfeeding Coalition and participates in meetings with the Four Corners Chapter of the New Mexico Breastfeeding Task Force. Her primary focus is to provide support and resources to all indigenous families by diversifying the knowledge to include the wisdom and knowledge of the Navajo culture and history, with continued collaboration and communication with all our providers our families can achieve birth equity. Born and residing in Fort Defiance, Arizona with her husband and five children, she is a long-term breastfeeding mother who has breastfed each of her children for over three years. Her hobbies included gardening, canning, soap-making, quilting, baking, coaching, and learning to be indigenous knowledge keeper.

Laurel Wilson IBCLC, BSc, RLC, CLE®, CCCE, CLD, CPPI TEDx and International Keynote Speaker, Author, Educator Professional Member of National Speaker Association

Laurel Wilson is a TedX and international speaker, women's health and perinatal specialist, health coach, consultant, educator, and author. Laurel has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period. Laurel has been joyfully married to her husband for three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.

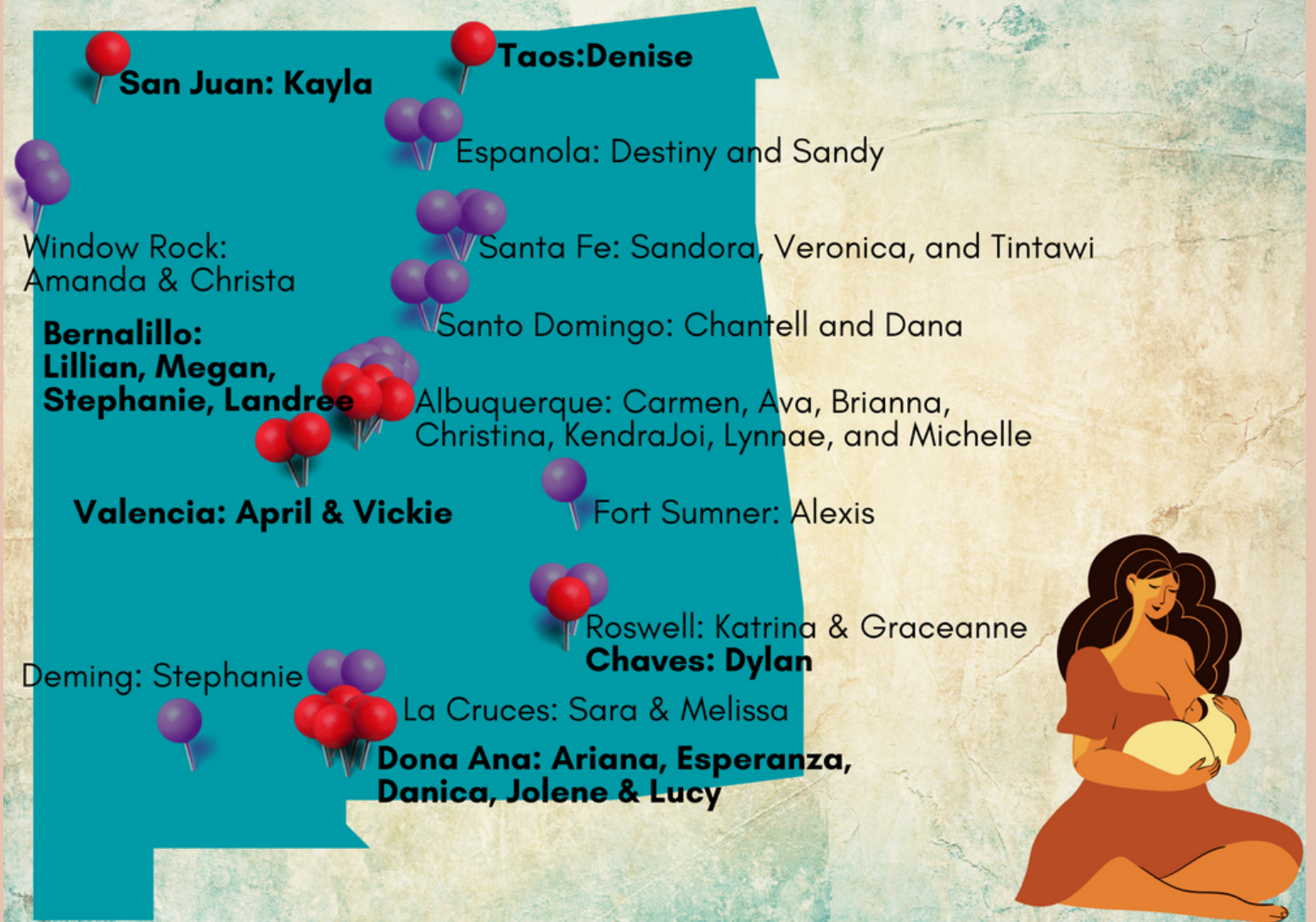
Thank You to Our Exhibitor



CHI St. Joseph's Children

*Change the first five years
and you change everything.*

CLC Scholarship Recipients





New Mexico

Breastfeeding Task Force

NMBTF'S **VISION** IS A WORLD WITHOUT BARRIERS TO LACTATION.

Our **MISSION** is to create environments in which lactation is the norm and human milk is available to all infants and children.

Your continued contributions allow NMBTF to continue supporting the community

**SUPPORT
THE CAUSE**

MAKE A DONATION



**JOIN THE
TASK FORCE!**

BECOME A MEMBER



Visit breastfeedingnm.org to learn more.