

2025 Maternal Health Conference

AGENDA

Friendship Missionary Baptist Church, Charlotte, NC

8:30-9:00 Check In, Networking, Sponsor & Community Partner Expo, Continental Breakfast

9:00-9:30 Welcome and Opening Remarks

Ramona Holloway, Conference MC | Tchernavia Montgomery, Care Ring CEO

9:30-10:30 The State of Maternal Health in North Carolina and Mecklenburg County

Dr. Reynard Washington | Tara Shuler

10:30-10:45 Break/Transition

10:45-11:45 Morning Breakout Sessions (see details on next page)

Breakout 1 | Heart-Related Maternal Health Risk Factors and the Built Environment: Addressing Disparities and Promoting Healthy Pregnancies

Breakout 2 | Fathers Haven: Daddy Doulas & The Path to Thriving Black Maternal Health Arriving in 2025

Breakout 3 | Addressing Stillbirth: Prevalence, Prevention, and Birth Worker Support for Bereaved Families

Breakout 4 | Empowering Communities Through Peer Education: The SHAPE Program's Role in Advancing Preconception Health

Breakout 5 | The Groundwater Approach: building a practical understanding of structural racism

Breakout 6 | Risk to Reasons: Reframing HIV With and For Black Women

11:45-1:00 Lunch, Sponsor Remarks, IMPACT Awards, Drive to Thrive Mobile Unit, Raffle

Ramona Holloway, Conference MC

1:00-2:00 Fireside Chat

Tchernavia Montgomery, Care Ring CEO | Alma Adams, Congresswoman | Charles Johnson, Founder/President 4Kira4Moms

2:00-2:15 Break/Transition

2:15-3:15 Afternoon Breakout Sessions (see details on next page)

Breakout 1 | Transforming the Mirror: Addressing Body Image and Perinatal Mood Disorders in Black Maternal Wellness

Breakout 2 | UnAnswered Questions: Bridging the Gap Between Black Mothers and Equitable Healthcare

Breakout 3 | Elevating Black Voices in Doula Advocacy: Action, Impact, and Equity

Breakout 4 | I GAVE BIRTH Bracelets; Promoting Early Recognition and Treatment of POST BIRTH Warning Signs

Breakout 5 | Preconception Care: Strategically reducing adverse pregnancy factors for men and women

Breakout 6 | Reproductive Life Planning: A Framework for Wellness, Choice, and Equity

3:15-3:25 Break/Transition

Ramona Holloway, Conference MC

3:25-3:45 Sponsor Remarks/Raffle

Ramona Holloway, Conference MC | Sponsors

3:45-4:00 Call to Action and Closing Remarks

Tchernavia Montgomery, Care Ring CEO

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Morning Breakout Session Details

Breakout 1

Heart-Related Maternal Health Risk Factors and the Built Environment: Addressing Disparities and Promoting Healthy Pregnancies

- Assess learner knowledge on the connection between heart-related maternal health risk factors and the built environment.
- Assess learner knowledge on how improved built environments can reduce the burden of heart-related health issues among pregnant women.
- Provide guidance on follow up, preventive measures, monitoring, and management after delivery

Speakers: Dr. Ashley Carmenia, DHSc, MPH | Jamaal Smith, MPA | Dr. Ray Feaster, MD

Breakout 2

Fathers Haven: Daddy Doula & The Path to Thriving Black Maternal Health Arriving in 2025

- Demonstrate the role of fatherhood in improving Black maternal health outcomes through evidence-based research and lived experiences.
- Introduce the Fathers Haven Daddy Doula model as an innovative approach to increasing paternal involvement, reducing stress, and enhancing maternal health.
- Provide actionable solutions to normalize Black maternal health as a thriving experience in 2025, including policy shifts, healthcare collaborations, and culturally relevant support systems.

Speaker: Kelly Little, MBA, MSL, CM&MT, EQ-I 2.0/eq 360, CSSGB, Daddy Doula, CPC, ELI-MP, CSOTS

Breakout 3

Addressing Stillbirth: Prevalence, Prevention, and Birth Worker Support for Bereaved Families

- Educate audience on prevalence of stillbirth
- Educate audience on research based preventative measures
- Educate audience of support available for families navigating stillbirth

Speakers: Tomeka Isaac | Racquel Washington, MA, Doula, Lived Experience, Lactation Peer Counselor

Breakout 4

Empowering Communities Through Peer Education: The SHAPE Program's Role in Advancing Preconception Health

- Participants will be able to define preconception health and understand the benefits of preconception care and be able to identify who is involved in care.
- Participants will be able to identify two or more ways peer education programs like SHAPE contribute to reducing Black maternal health disparities.
- Within six months of the presentation, participants will have shared information about preconception health with at least one peer or community member.

Speakers: Kayla Blake | Brianna Gardner | Adina Girmay | Kayla Walker - UNC Charlotte Students

Breakout 5

The Groundwater Approach: building a practical understanding of structural racism

- Understand Structural Racism and its Relationship with Health Disparities
- Highlight data to illustrate the systemic nature of Inequalities
- Develop a Racial Equity Lens to Analyze Organizational Policy & Practice

Speakers: Elisa Chinn-Gary, MSW, JD | Deena Hayes-Greene, BA | Monica Walker

Breakout 6

Risk to Reasons: Reframing HIV With and For Black Women

- Participants are aware of social drivers of health related to HIV, particularly those that impact women of color.
- Participants will understand the importance of language in speaking about HIV and health in a way that is specific, nonjudgmental, and non-alienating to Black women.
- Participants will identify action steps they can take to achieve change in ONE of the following categories: Engage Black Women, Change Narrative and Culture, Train Providers and Organizations, Advocate for Change.

Speaker: Kayla Early, MPH

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Afternoon Breakout Session Details

Breakout 1

Transforming the Mirror: Addressing Body Image and Perinatal Mood Disorders in Black Maternal Wellness

- Attendees will be able to identify at least three ways body image and eating disorders can impact perinatal mood and anxiety disorders (PMADs) among Black mothers.
- Participants will demonstrate understanding of how Pilates and other movement-based practices can be used as supportive tools to improve body image, reduce PMAD symptoms, and promote holistic healing during the perinatal period.
- Attendees will identify two evidence-based strategies to help providers support Black mothers navigating body image, eating disorders, PMADs, and those who have experienced infant loss or infertility, ensuring culturally sensitive and compassionate care practices.

Speakers: Tiffany Bishop, LCMHC-S, PMH-C | Whitney Coble, LCMHC-S, PMH-C

Breakout 2

UnAnswered Questions: Bridging the Gap Between Black Mothers and Equitable Healthcare

- Identify at least three systemic barriers contributing to adverse maternal health outcomes for Black women.
- Analyze how bias and cultural incompetency in healthcare settings impact Black maternal experiences and health outcomes.
- Develop actionable strategies to advocate for equitable maternal healthcare policies and patient-centered care models.

Speaker: Neshe Conley, MPH, CHES[®]

Breakout 3

Elevating Black Voices in Doula Advocacy: Action, Impact, and Equity

- Understand the impact of Black doulas on Black maternal health outcomes and their role in supporting birthing people alongside medical professionals.
- Identify strategies for integrating more Black doulas into healthcare and community settings, and ways to support their practice and networks.
- Equip attendees with advocacy tools and strategies to advance equitable maternal care, including securing Medicaid coverage and engaging policymakers

Speakers: Racquel Washington, MA, Doula, Lived Experience, Lactation Peer Counselor | Kris Elle, Doula, Lived Experience, Lactation Counselor | Iris Jones, IBCLC | Shonva Millien, BS, LPN, CD, PMP | Venus Standard, MSN, CNM, APRN, FACNM, LCCE, CD(DONA)

Breakout 4

I GAVE BIRTH Bracelets; Promoting Early Recognition and Treatment of POST BIRTH Warning Signs

- The participant will be able to state what the POST BIRTH acronym means
- The participant will be able to explain the purpose of the I GAVE BIRTH bracelets.
- The participant will be able to identify a postpartum patient experiencing a complication.

Speaker: Karen Clark, MSN, RNC-OB, CEFM

Breakout 5

Preconception Care: Strategically reducing adverse pregnancy factors for men and women

- Understand the role of preconception counseling in improving reproductive health Outcomes
- Explore the benefits of community-based approaches in implementing culturally tailored preconception counseling
- Examine the impact of community-based participatory research in designing and scaling preconception programs

Speakers: Kaala Berry, MPH | Oluyemi Farinu, PhD, MPH | Benjenus Jenkins, MSW, LCSW | Erica Marshall, MS | Danette McLarin Glass

Breakout 6

Reproductive Life Planning: A Framework for Wellness, Choice, and Equity

- Explain how Reproductive Life Planning (RLP) improves maternal and infant health outcomes by addressing preconception and interconception care.
- Identify effective strategies for incorporating RLP discussions into healthcare and advocacy work.
- Walk through a sample reproductive life plan to understand its structure, application, and impact on informed decision-making.

Speakers: Jussica Haynes, MPA | Cathy Henderson, MSOD