

REGION V | ADOLESCENT HEALTH NETWORK

SUCCESSSES IN ADOLESCENT HEALTH:

Tools and Techniques to Support Pregnant and Parenting Young People in Breastfeeding

An education and training event for health care providers, school staff, and others who work with adolescents

August 15, 2016 • 9:00 a.m. – 4:00 p.m. CT

Ann & Robert H. Lurie Children's Hospital of Chicago, Conference Center • Chicago, IL

AGENDA

- 9:00 a.m. **Registration**
- 9:30 **Welcome and Opening Remarks**
Lesley J. Craig, MPH, U.S. Department of Health and Human Services (HHS),
Office of the Assistant Secretary for Health (OASH) – Region V (IL, IN, MI, MN, OH, WI)
Matthew M. Davis, MD, MAPP, Professor of Pediatrics, Division Head of Academic
General Pediatrics, Director of the Smith Child Health Research Program, Ann & Robert H.
Lurie Children's Hospital of Chicago
- 9:45 Plenary Presentation – **Breastfeeding Makes All the Difference:
Breastfeeding's Role in Overcoming Adversity**
Moderator: **Michelle Hoersch, MS**, HHS, OASH – Region V
Kathleen Kendall-Tackett, PhD, IBCLC, FAPA
- 10:45 **Setting the Stage**
Andrea Moreno, MPH, CHES, Opciones Saludables/Healthy Options, Heartland Human
Care Services
- 11:00 Panel Presentation – **Understanding the Context: Experiences of Young People
When Initiating and Sustaining Breastfeeding**
Moderator: **Sadie Wych, MPH, CLC**, HealthConnect One
Panelists:
 - **Jasmin Coreño**, Opciones Saludables Peer Mentor, City Colleges of Chicago
 - **Amy Manion, PhD, RN, CPNP-PC**, Breastfeeding and Nutrition Support Group,
Simpson Academy High School for Young Women; Department of Women, Children
and Family Nursing, College of Nursing, Rush University; Northwestern Children's
Practice
 - **Luecendia Reed**, New Moms, Inc., Early Childhood Programs
 - **Heather Sipsma, PhD**, Benedictine University
 - **Charlotte Torres, CLC**, UIC Mile Square Health Center WIC
- 12:00 p.m. **Lunch** – *on your own* – see list on page 10 of nearby options



- 12:55 p.m. Concurrent Sessions –
- 1. Effective Counseling, Referral, and Systems to Support Breastfeeding in Young People: A Look at Successful Practices in Health Care Settings**
Moderator: **RADM Jim Lando, MD, MPH**, Assistant Surgeon General and Regional Health Administrator, HHS, OASH – Region V
- Welcome Remarks: **Matthew M. Davis, MD, MAPP**, Academic General Pediatrics, Smith Child Health Research Program, Ann & Robert H. Lurie Children’s Hospital of Chicago
- Panelists:
- **Ann E.B. Borders, MD, MSc, MPH**, Division of Maternal-Fetal Medicine, Department of Obstetrics and Gynecology, NorthShore University HealthSystem; University of Chicago Pritzker School of Medicine
 - **Heather Sipsma, PhD**, Benedictine University
 - **Aimee Crow, MD**, University of Chicago Pritzker School of Medicine; NorthShore University HealthSystem's Evanston Hospital; Erie Family Health Evanston/Skokie; Evanston Township High School’s School Based Health Center
 - **Sandra Morales, CLC**, Westside Healthy Start, Access Community Health Network
- 2. Practices and Policies to Support Breastfeeding in Schools**
Moderator: **Kristen Nuyen, AM**, EverThrive Illinois
- **Aleeza M. Strubel**, U.S. Department of Education, Office for Civil Rights
 - **Tiffany Pryor, MSW**, and **Imani Harris**, Illinois Caucus for Adolescent Health
- 2:30 **Networking Break**
- 2:45 **Interactive Roundtable Breakout Sessions**
1. **ROOM 1: Introduction to the Breastfeeding Advocate Training – Sadie Wych**, HealthConnect One and **Jasmin Coreño**, Opciones Saludables – Learn more about how YOU can become a trained breastfeeding advocate.
 2. **ROOM 1: Hands-on Training – Helen Dimas, CLC, LSP**, HealthConnect One – Demonstration of baby holds and equipment and supplies.
 3. **ROOM 2: Infant Mortality and Safe Sleep: Intersections with Breastfeeding – Rebecca Levin, MPH**, Strengthening Chicago’s Youth (SCY), Injury Prevention and Research Center, Ann & Robert H. Lurie Children’s Hospital of Chicago
 4. **ROOM 2: Pacifier Use and Depression: Exploring Associations with Breastfeeding Among Adolescent Mothers – Heather Sipsma**, Benedictine University
 5. **ROOM 3: The Roles of Families and Social Support – Andrea Moreno** and **Jacqueline Alva**, Opciones Saludables
 6. **ROOM 3: Networking – Kristen Nuyen, AM**, EverThrive Illinois; **Anna Carvlin, MPH**, Illinois Chapter of the American Academy of Pediatrics; **Katelyn Kanwischer, MS**, Consortium to Lower Obesity in Chicago Children – Meet with others to share your work, learn about theirs, and explore opportunities for collaboration.
- 3:05 / 3:25 **Interactive Roundtable Breakout Sessions – *sessions are repeated twice***
- 3:45 **Action Planning Activity & Closing Remarks**
- 4:00 p.m. **Adjourn**

HOST ORGANIZATIONS

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health - Region V Adolescent Health Network

OASH oversees 12 core public health offices, 10 Presidential and Secretarial advisory committees, and 10 regional health offices across the nation. Regional offices focus on prevention, preparedness, and agency-wide coordination. <http://www.hhs.gov/ash/about-ash/regional-offices/region-5/index.html>

The Region V Adolescent Health Network is a forum to information-share about challenges faced and successful policies, programs, and practices being implemented in adolescent services. Comprised of adolescent health and social service providers in Region V states (IL, IN, MI, MN, OH, WI), the Regional Network primarily focuses on adolescent-focused work taking place across the six state region.

Sign on to the Region V Adolescent Health Network email listserv to receive news updates on adolescent health, such as upcoming activities taking place in the region and nationally, relevant public health information, news, tools, and reports, opportunities for technical assistance, and funding announcements. Sign up by emailing LISTSERV@LIST.NIH.GOV with **only** the following text in the message body: subscribe REGION-V-ADOLESCENTHEALTHNETWORK your name.

Ann & Robert H. Lurie Children's Hospital of Chicago, formerly Children's Memorial Hospital, is the largest pediatric provider in the region and provides services grounded in the latest innovations in medical technology, research, and a family-centered approach to care. <https://www.luriechildrens.org/en-us/Pages/index.aspx>

- **Consortium to Lower Obesity in Chicago's Children (CLOCC)** is a nationally recognized leader for community-based obesity prevention. We support, coordinate, and unite partners to promote healthy and active lifestyles for children and families. Our multi-sector approach emerged in Chicago and can be adapted for use anywhere. Through our website, we provide breastfeeding support resources, including a breastfeeding toolkit. <http://www.clocc.net>
- **Strengthening Chicago's Youth (SCY)** works to build capacity among stakeholders to connect, collaborate and mobilize around a public health approach to violence prevention—adopting consistent messaging about the preventability of violence, promoting use of evidence-based violence prevention strategies and fostering multi-sector collaboration—encouraging partnerships that strengthen existing efforts and benefit the children of Chicago. <http://www.scy-chicago.org>

EverThrive Illinois, formerly the Illinois Maternal and Child Health Coalition, works to improve the health of women, children, and families over the lifespan through community engagement, partnerships, policy analysis, education, and advocacy.

The Child and Adolescent Health Initiative focuses on providing the state's youth with access to high-quality health care, comprehensive health education, and civic engagement opportunities. This initiative sponsors the Illinois School-Based Health Alliance, which brings together a broad-based coalition of organizations and individuals to advocate for and support school health centers (SHCs) as school and community assets. <http://www.everthriveil.org/>

HealthConnect One is the national leader in advancing respectful, community-based, peer-to-peer support for pregnancy, birth, breastfeeding and early parenting, HC One, has focused on collaborative work with grassroots maternal and child health and social service providers:

- training community health workers, or lay health promoters, who make a personal commitment to improving the health of their own community
- assisting organizations in developing programs that use the power of peer support, incorporating trained community health workers into paid positions in outreach, health education and community health advocacy programs
- mobilizing diverse stakeholders to build for policies and programs that improve maternal and child health in some of the most distressed communities in the country

<http://www.healthconnectone.org/>

Heartland Human Care Services, Inc. / Heartland Alliance works in communities in the U.S. and abroad to serve those who are homeless, living in poverty or seeking safety. It provides a comprehensive array of services in the areas of health, housing, jobs and justice—and leads state and national policy efforts, which target lasting change for individuals and society.

Opciones Saludables/Healthy Options was created out of a need to provide support and education to young Latino/a parents. Opciones is based on three components:

- Improving health outcomes and disparities among young Latino/a parents ages 16-25
- Encouraging participants and their support systems (parents/guardians, partners, and/or extended family members) to have healthy dialogues and incorporate techniques specific to conflict resolution strategies, stress management skills, and parenting styles with *Family Cafecitos*
- Ensuring that young mothers have the knowledge, skills and support necessary to successfully breastfeed their babies with *Breastfeeding Education and Support*
- Providing a safe, confidential environment for participants and their extended families to engage in counseling services to discuss personal challenges with a qualified clinician

<https://www.heartlandalliance.org/program/opciones-saludables>

Illinois Caucus for Adolescent Health is a network of empowered youth and allied adults who transform public consciousness and build capacity of family, school and healthcare systems to support the sexual health, identities, and rights of youth. We educate, advocate, and organize for reproductive justice for youth in Illinois.

<http://icah.org/>

Illinois Chapter of the American Academy of Pediatrics is an organization of approximately 2,000 pediatricians in Illinois. Primary activities include advocacy on behalf of children, families, and health professionals in Illinois; the provision of continuing medical education and other resources for pediatricians, pediatric specialists, and other child health care providers; and collaboration with other state organizations and agencies on programs and projects that improve the health and well-being of children.

<http://illinoisAAP.org/>

U.S. Department of Health and Human Services, Health Resources and Services Administration, Office of Regional Operations – Region V

HRSA is the primary Federal agency for improving health and achieving health equity through access to quality services, a skilled health workforce and innovative programs. HRSA's programs provide health care to people who are geographically isolated, economically or medically vulnerable. The Office of Regional Operations (ORO) includes 10 regional offices, 1 sub-regional office in Puerto Rico, and its headquarters in Rockville, Maryland. ORO provides regional leadership on HRSA's mission, goals, priorities and initiatives in the regions, states and territories.

Region V: <http://www.hrsa.gov/about/organization/bureaus/oro/region5.html>

PRESENTER BIOS

Jacqueline Alva, peer mentor, has been a participant with the Opciones Saludables program since August 2013. As a mother of a 6-year-old and a 2-year-old, she breastfed for the first two months after giving birth to her first child. Jacqueline has been very open about the challenges of her breastfeeding journey and has plenty of knowledge and support to share with other young mothers. During her time as a mentor, Jacqueline has been heavily involved in assisting in the facilitation of workshops at Sinclair, Second Chance and Aspira-Early College. Jacqueline is currently a full time student at Northeastern Illinois University.

Ann E.B. Borders, MD, MSc, MPH, joined the NorthShore University Health System Department of Obstetrics and Gynecology, Division of Maternal-Fetal Medicine at Evanston Hospital in August 2012 and is a Clinical Assistant Professor of Obstetrics and Gynecology at the University of Chicago, Pritzker School of Medicine. Her research interests are primarily focused on investigating determinants of adverse pregnancy outcomes in vulnerable populations of women, with a specific focus on the relationship between chronic maternal stress and preterm birth. Dr. Borders worked with the Illinois Department of Public Health and the Centers for Disease Control to lobby and pass legislation that implemented rapid HIV testing in the state's birthing hospitals and helped lead the statewide implementation effort. In 2008, she began a breastfeeding peer counseling and prenatal education program at the prenatal clinic to serve low income patients affiliated with Northwestern Memorial Hospital. She currently serves on the IDPH State Perinatal Quality Council and has provided leadership for the IL Department of Healthcare and Family Services CHIPRA perinatal workgroup. She serves on the National Executive Committee for the March of Dimes Big 5 State Perinatal Collaborative and is the current Illinois Team lead. She is the Executive Director and Obstetric Lead for the Illinois Perinatal Quality Collaborative, a collaborative focused on improving health outcomes for women and newborns through quality improvement with over 100 birthing hospitals in Illinois. She is the Principal Investigator for an NICHD funded study investigating chronic stress and pregnancy outcomes in over 700 pregnant women recruited across 4 sites around the country. In 2011 she was awarded Loretta Lacey Maternal Child Health Advocacy Award for Maternal Child Health Research by the Illinois Maternal Child Health Coalition, and in 2015 received the Jonas Salk Award from the March of Dimes for her Community Health leadership. Dr. Borders has received an MSc degree in health policy from the London School of Hygiene & Tropical Medicine, and an MD from Harvard Medical School in 1999. She completed a Maternal-Fetal Medicine Fellowship and a NRSA Post-Doctoral Fellowship in Health Services Research at Northwestern University in 2006. In 2007, she completed an MPH degree at Northwestern University. She became a Faculty Associate in the Institute for Policy Research (IPR) and Cells to Society (C2S): The Center on Social Disparities and Health, Northwestern University in 2009 and is an adjunct faculty member in the Center for Healthcare Studies and the Department of Medical Social Sciences at Northwestern University.

Jasmin Coreño, peer mentor, has been a participant with the Opciones Saludables program since August 2013. As mother of a 4-year-old, she breastfed for the first 6 months after giving birth. During her time as a mentor, Jasmin has assisted in developing educational materials for the program such as a self-care brochure for workshop participants. Jasmin works part-time and is also a student at the City Colleges of Chicago.

Lesley J. Craig, MPH, is a Public Health Advisor for the U.S. Department of Health and Human Services, Office of the Assistant Secretary (OASH)-Region V. This region covers six states surrounding the Great Lakes including Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin. In this role, Lesley supports a variety of public health efforts, OASH initiatives, and regional operating divisions. This includes leading the Region V Adolescent Health Network. Prior to this position, Lesley served as the Region V HIV/AIDS Regional Resource Coordinator and worked with the regional Office on Women's Health as a Program Assistant, project consultant, and intern. Lesley holds a Master's degree in Public Health from the University of Illinois at Chicago and a Bachelor's degree in Health and Society from Beloit College in Beloit, WI.

Aimee Crow, MD, is a practicing pediatrician and a Senior Clinical Instructor at the University of Chicago Pritzker School of Medicine. She attended Harvard Medical School and completed her pediatric residency at the former Children's Memorial Hospital, now Lurie Children's Hospital. She practices as a Pediatric Hospitalist at NorthShore University HealthSystem's Evanston Hospital; a primary care pediatrician at Erie Family Health Evanston/Skokie; and an adolescent medicine doctor at the School Based Health Center inside Evanston Township High School.

Matthew M. Davis, MD, MAPP, is Professor of Pediatrics and Division Head of Academic General Pediatrics and Primary Care at Lurie Children's Hospital and Northwestern Feinberg School of Medicine in Chicago. He is also Director of the Smith Child Health Research Program at Lurie Children's. Dr. Davis is a primary care doctor for children, adolescents, and adults, and is recognized nationally for innovative approaches to public health challenges. He has also led and participated in many community partnerships to advance children's and families' health.

Kelli Day is SCY's Operations Manager overseeing all administrative, communication, and fiscal functions. Kelli has extensive experience developing administrative systems and operationalizing programmatic strategies. Her role with SCY includes managing grant and philanthropic funding and subawards; preparation of fiscal reports, budgets, budget justifications, and contracts/memorandum of understanding; database, tracking systems, and website management; coordination of monthly trainings, quarterly meetings, and other relevant events; partner communication, social media, newsletter, and SCY's blog; and general day-to-day operations. Kelli is also the Co-Chair of the Midwest Injury Prevention Alliance's (MIPA) Membership Committee and the Co-Chair of the Society for Advancement of Violence and Injury Research's (SAVIR) Communication Committee. Before Kelli joined SCY in 2012, she was the Fiscal Programs Coordinator with the Consortium to Lower Obesity in Chicago Children (CLOCC) managing the Healthy Places project funding and subawards sponsored by the Centers for Disease Control and Prevention. Kelli received her Bachelor of Arts with a focus in Human Health Sciences from DePaul University and is currently working on her Masters of Public Health focused on Community Health and Social Justice at DePaul University.

Helen Dimas, CLC, LSP, is a Trainer and Project Coordinator for HC One. As a Certified Lactation Counselor and a certified doula, Helen trains and mentors breastfeeding peer counselors in Chicago, and facilitates trainings nationally for community women and frontline staff.

Helen has been a member of the HC One team since 1994. She has served as liaison and mentor for the Breastfeeding Peer Counseling Program at John H. Stroger Jr. Hospital, and for three years, was responsible for their NICU Club. In April 2012, she was featured in the Cook County Health and Hospital System Newsletter for this work. She was also part of the team which developed and shaped the Illinois Breastfeeding Blueprint: A Plan for Change — a collaboration among HealthConnect One, the Illinois Department of Human Services and the University of Illinois School of Public Health — where she designed, convened and facilitated open forums across Chicago, later collecting and analyzing data from a wide array of stakeholders.

Through both her work at HC One and service to her inner-city neighborhood, Helen maintains her connection to women, children, and community. She has a long history of community activism with disenfranchised populations and views her work with HC One as an extension of that commitment.

Helen has served as chair of the [Chicago Region Breastfeeding Task Force](#), is currently their Treasurer and Social Media Manager, and in 2015, she was re-elected to the [United States Breastfeeding Committee \(USBC\)](#) as an Alternate Regional Representative for the Midwest Region (IL, MI, IN, MN, OH, WI). She serves also as HealthConnect One's alternate representative to the USBC, and is serving her second 3-year term on USBC's membership committee.

She is a proud mama, grandma, and wife of more than 35 years. A woman of strong faith, Helen is an active member of two parishes . . . and in her spare time, what she likes to do is volunteer and help moms!

Imani Harris has been involved with ICAH for almost four years as a youth educator, dedicated member of the Change, Heal, Act, Together Network (formerly the youth leadership council), and a youth advocate. She is a current engineering student at UIC and a young mother. Imani is a Chicago native who is passionate about giving all young people equal opportunities and tools to be informed about their choices and the laws and rights that protect them.

Michelle Hoersch, MS, is a Public Health Advisor for the Office of the Assistant Secretary in the U.S. Department of Health and Human Services in Region V. Michelle has a Master's degree in Health Law and Administration from DePaul University in Chicago and has been with the Department since 1996, most of that time as Regional Women's Health Coordinator for the Office on Women's Health.

Before joining the Office on Women's Health, Michelle was on faculty at Rush-Presbyterian-St. Luke's Medical Center in Chicago in the Department of Preventive Medicine her work focusing largely on women's health and cardiovascular research. Prior to that, she worked with adolescents as a Mental Health Worker at Alexian Brothers Medical Center.

Michelle works to cultivate policies, programs and activities to improve the health of women across the lifespan with particular emphasis on disadvantaged and underrepresented groups of women and girls. Her work focuses on increasing health equity through trauma-informed, gender-responsive approaches. She has a particular emphasis on addressing the impact of trauma on women and girls and working with providers and systems to adopt trauma-informed practices. Michelle is also a strong supporter of interns to foster the development of emerging public health professionals interested in women's health and social justice.

Kathleen Kendall-Tackett, PhD, IBCLC, FAPA, is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of [Praelarus Press](http://PraelarusPress.com), 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 Board for the Advancement of Psychology in the Public Interest. 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 2016 Outstanding Service to the Field of Trauma Psychology from the American Psychological Association's Division 56. Dr. Kendall-Tackett has authored more than 400 articles and chapters, and is currently completing her 35th book, *The Phantom of the Opera: A Social History of the World's Most Popular Musical*. Her most recent books include: *Depression in New Mothers, 3rd Edition* (2016, Routledge UK, in press), *Women's Mental Health Across the Lifespan* (2016, Routledge US, in press, with Lesia Ruglass), *Psychology of Trauma 101* (2015, Springer, with Lesia Ruglass) and *The Science of Mother-Infant Sleep* (2014, Praeclarus, with Wendy Middlemiss). Her websites are UppityScienceChick.com, BreastfeedingMadeSimple.com, KathleenKendall-Tackett.com, and PraelarusPress.com.

Google Scholar link: <http://bit.ly/1nSwWIW>

Rear Admiral (RADM) Jim Lando, MD, MPH, FACPM, is a U.S. Public Health Service Commissioned Corps Officer who serves as the Assistant Surgeon General and Regional Health Administrator (RHA) for the U.S. Department of Health Human Services, Office of the Assistant Secretary for Health. He oversees Region 5 which includes IL, IN, MI, MN, OH and WI, home to over one-sixth of the U.S. population. RADM Lando serves as the principal federal public health leader, representing the Assistant Secretary for Health and provides executive level leadership in policy development, planning, implementation, and evaluation of public health programs.

RADM Lando is a graduate of the U.S. Centers for Disease Control and Prevention's (CDC) Epidemic Intelligence Service, where he was assigned to the National Center for Health Statistics. CAPT Lando directed the CDC Preventive Medicine residency program before being named the Deputy Associate Director for Science for the National Center for Chronic Disease Prevention and Health Promotion. He later led the National Center for Environmental Health's Health Studies Branch, investigating environmental hazards and their effects on human health. Following this, for five years he has worked as a Career Epidemiology Field Officer in the CDC Office of Public Health Preparedness and Response assigned to the Allegheny County Health Department in Pittsburgh, PA.

RADM Lando was a member of the Institute of Medicine Clinical Research Roundtable and the National Commission on Prevention Priorities. He was a team leader for CDC in Taiwan during the Severe Acute Respiratory Syndrome (SARS) outbreak of 2003 and has participated in guinea worm eradication activities in Ghana. He is the recipient of over 20 USPHS awards and has led investigations of many infectious disease, chronic disease, and environmental public health problems.

RADM Lando is interested in preventing diseases early in life, and he values the incorporation of physical activity into what would otherwise be a sedentary day. Recognizing the strong relationship between physical and mental health, he seeks to better connect the two in public health systems.

RADM Lando attended Brown University in Providence, RI for his medical and undergraduate neuroscience degrees. He completed his Master of Public Health at the University of New Mexico, in Albuquerque, NM. He is board certified in General Preventive Medicine and Public Health, and is a Fellow of the American College of Preventive Medicine.

Rebecca Levin, MPH, is the Strategic Director of the Injury Prevention and Research Center at Ann & Robert H. Lurie Children's Hospital of Chicago. She directs the Strengthening Chicago's Youth (SCY) violence prevention collaborative, which is building capacity among stakeholders in multiple sectors to connect, collaborate and mobilize around a public health approach to violence prevention. She is the principal investigator on the NIH-funded Community-Academic Collaboration to Prevent Violence in Chicago and leads dissemination efforts for the Illinois Violent Death Reporting System. Before coming to Lurie Children's in 2011, Ms. Levin worked at the American Academy of Pediatrics for 12 years, overseeing all violence and injury prevention efforts. Ms. Levin received her bachelor's degree in Integrated Science and Biology from Northwestern University and her master's degree in Health Policy and Administration from the University of Illinois at Chicago.

Amy Manion, PhD, RN, CPNP-PC, has over 27 years of pediatric clinical experience as both a nurse and a nurse practitioner. She has spoken nationally and internationally on asthma, obesity, breastfeeding, and child development. Dr. Manion is an assistant professor at Rush University School of Nursing and maintains a clinical practice at Northwestern Children's Practice in Chicago. In 2012, she started a successful breastfeeding/nutrition support group at Simpson Academy for Young Women, which has received community donations as well as funding from various institutions including Rush University, Sigma Theta Tau Nursing Honor society, and the McNeil Foundation.

Sandra P. Morales is a Certified Lactation Consultant (**CLC**) and has served as a Breastfeeding Support Counselor at Access Community Health Network since 2013. In her role as a Breastfeeding Support Counselor, Sandra is responsible for providing breastfeeding support/education to pregnant and post-partum women within the Westside Healthy Start program; both in the hospital and community at large. Her recent education has been with The Healthy Children Project in which she completed The Lactation Counselor Certificate Program (CLC) a comprehensive, evidence-based, breastfeeding management training included practical skills, theoretical foundations and competency verification. Sandra is also certified by Doulas of North America (DONA) as both a certified Doula provider and Doula teacher. Further trainings include Centering Healthcare Institute facilitator, International Childbirth Education Association Childbirth Educator, and HealthConnect One Breast Feeding Peer Counselor, to name a few. Sandra has dedicated her career to promoting healthy pregnancies, breastfeeding, and parent-infant attachment for the community in need.

Andrea Moreno, MPH, CHES, Program Manager of Opciones Saludables/Healthy Options, is a Certified Health Education Specialist (CHES). In her role, she coordinates workshops, case management needs, and the peer leadership program which empowers young Latino parents to make healthier decisions for themselves so they can, in turn, make healthier decisions for their families. This includes providing training and advocacy in sexual health and birth rights. As a health educator, she ensures that the overall health of her participants is of the utmost importance. Ms. Moreno obtained her Master's in Public Health from Benedictine University and has extensive experience in community-based wellness programming including health education, designing prevention initiatives, and curriculum development. With an interest in Maternal and Child Health, Andrea has been trained in various prenatal and parenting curricula and is also a Certified Lactation Counselor (CLC) and Professional Birth Doula.

Kristen Nuyen joined EverThrive Illinois in November of 2015 as Coordinator of the Child and Adolescent Health Initiative and is committed to increasing services for and improving the health of children and youth. Kristen comes to EverThrive Illinois with a background in Research Project Management, where she coordinated clinical trials that researched the treatment of Sarcoma. She has also gained professional experience working on youth development programs, health care enrollment initiatives, and policy advocacy for several Chicago nonprofits. Kristen received her B.A. in Psychology with a minor in Anthropology and Sociology from Kalamazoo College. She also has received her A.M. from the University of Chicago's School of Social Service Administration with a concentration in Social Administration.

Tiffany Pryor, MSW, is a charismatic spokesperson within the local Reproductive Justice movement and brings a wealth of knowledge from her rich experiences in youth development, advocacy, and organizing work. Tiffany received her B.A in Human Services from Villanova University and has spent 10+ years working with diverse populations, investing in youth-adult partnerships, and building key relationships with stakeholders. Tiffany is committed to partnering with individuals, communities, and institutions as a means to evoke change and improve health equity. This commitment was ignited early on when she realized the connection between health access & disparities in her home town of Boston and was further deepened during a trip to Phnom Pehn, Cambodia in 2005. She joined Americorps and proudly implemented after school program activities followed by a consecutive year in which she coordinated the intergenerational literacy program in an elementary school. These experiences have been the driving force in Tiffany's devotion to bridge the gap between health and rights and, as a result, she pursued her Master's Degree in Social Work at DePaul University. It was during her Master's program that she was introduced to the Illinois Caucus for Adolescent Health (ICAH) and served as a Community Organizing intern. Upon completion of the program in 2010, Tiffany joined ICAH as the Illinois Youth Policy Council Coordinator.

More recently as Chicagoland Organizing Manager, Tiffany has spearheaded ICAH's three-year strategic plan to increase the capacity of Family, School, and Healthcare systems to support the sexual health, rights, and identities of youth. She has worked hand-in-hand with Chicago Public Schools to increase Title IX rights for pregnant and parenting youth while improving the capacity and efficacy of adult professionals. She has engaged healthcare professionals in multiple trainings and town halls to improve youth-friendliness in healthcare and lead the production of ICAH's youth-friendly healthcare flashcards, which are now becoming the basis for healthcare curricula. Further, she has begun work with a group of young parents to increase knowledge of and access to birth justice in Illinois. During her time at ICAH, Tiffany has been recognized by Health & Medicine Policy Research Group as an Emerging Health Leader and is currently pursuing her Licensure in Clinical Social Work. She is committed to Reproductive Justice, amplifying youth & community voice, and utilizing creative strategies to evoke long-term change.

Tiffany's powerful advocacy tactics have been central to ICAH's successes in policy change, network growth, youth leadership development, and adult capacity building. In the process, she has risen as a compelling voice and energetic spokesperson for the Reproductive Justice movement and will be an innovative and inspiring leader as she guides ICAH's next stage of strategic planning to increase intersections between racial, youth, birth, labor, gender, immigrant, and reproductive justice.

Luecendia Reed, Assistant Director of Early Childhood Programs at New Moms, has over 11 years' experience in the maternal and child health field. She is a graduate of DePaul University, with a focus in Health and Social Service Management. Luecendia has supervised teams of home visitors and interns, is a Breastfeeding Peer Counselor, and has served in a maternal labor support role at PCC Community Wellness. She implemented and co-facilitated a Breastfeeding Peer Counseling curriculum, and has received public recognition for her outstanding service accomplishments.

Heather Sipsma, PhD, received her bachelors from Johns Hopkins University and her PhD in epidemiology from Yale School of Public Health. She has expertise in epidemiological study design and analysis and more than 10 years of experience in reproductive health research, with a focus on breastfeeding behaviors among young mothers. Her research to date has suggested that strategies uniquely tailored to adolescent mothers are critical for helping them to breastfeed successfully. She has published more than 50 peer-reviewed articles to date and is currently an Assistant Professor in the Department of Public Health at Benedictine University.

Aleeza M. Strubel came to the Chicago office of the U.S. Department of Education, Office for Civil Rights (OCR) in June 2010 as a supervisory attorney/team leader, where she supervises a team of OCR attorneys and investigators who resolve complaints of discrimination in education filed against school districts, colleges and other institutions. Prior to joining OCR, Ms. Strubel spent five years in private practice at Robinson Curley & Clayton, P.C., a Chicago-based litigation boutique, where her practice included employment and civil rights litigation. Ms. Strubel has also worked for the Sargent Shriver National Center on Poverty Law, and was a law clerk to the Honorable Diane P. Wood at the United States Court of Appeals for the Seventh Circuit. Ms. Strubel received her J.D. with honors in 2002 from the University of Chicago Law School where she was a member of the *University of Chicago Law Review* and was inducted into the Order of the Coif.

Charlotte Torres, CLC, is a Breast Feeding Peer Counselor at the UIC Mile Square WIC program where she has supported and educated mothers, family and staff for seven years. She is currently a CLC and works under the guidance of IBCLC Belinda Sayadian. She is the mother of three amazing children, all of which she breastfed until toddlerhood.

Amanda Waldrup, MS, CHES, is an experienced public health professional, who is passionate about bringing quality healthcare access to minority/underserved populations. Amanda currently serves as a Public Health Analyst with the Health Resources and Services Administration (HRSA), which is an agency of the U.S. Department of Health and Human Services. At HRSA, Ms. Waldrup works in the Office of Regional Operations, Region V (Chicago), and focuses on the Affordable Care Act outreach and enrollment efforts, as well as the health needs of people of color, women, LGBTQ, adolescents and those affected by HIV. In addition, she works closely with partners at the federal, state, and local levels to increase awareness, education, and trainings on these issues. Previously, Amanda served as the Program Administrator for the Reproductive Health and Wellness Program at The Ohio Department of Health (ODH) where she promoted access to family planning services in order to reduce unintended pregnancies and enhance health equity. As a member of the Diversity Committee at ODH, she served as Chair of both the LGBT and Minority Health subcommittees. She holds a Master of Science degree in Health Education with a focus on Community Health and a Bachelor of Science degree in Psychology, both from Eastern Michigan University. Amanda also holds distinction as a Certified Health Education Specialist (CHES), a national standard of excellence in her field of study.

Sadie Wych, MPH, CLC, coordinated the development and publication of the Illinois Breastfeeding Blueprint and presents regularly on breastfeeding support for new moms, working with hospital staff and community advocates taking steps towards Baby-Friendly Hospital status. She also shepherded the publication and distribution of the Hospital Breastfeeding Toolkit, and was responsible for overseeing HealthConnect One's involvement with Communities Putting Prevention to Work and Chicago's Healthy Places initiative.

In August 2012, she had the opportunity to present the Illinois Breastfeeding Blueprint: From Data to Strategy to Change to the United States Breastfeeding Committee (USBC).

Prior to joining HC One staff, Sadie managed the qualitative data for the Illinois Breastfeeding Blueprint as a consultant, and assisted with HC One event sponsorship and outreach as a volunteer. She comes to this role with a background in non-profit program evaluation and corporate marketing, with a track record of developing community partnerships – with the Consortium to Lower Obesity in Chicago Children and Heartland Health Outreach, among others.

Sadie completed her Masters in Public Health with a focus in Maternal and Child Health at the University of Illinois at Chicago.

U.S. PREVENTIVE SERVICES TASK FORCE BREASTFEEDING COUNSELING RECOMMENDATION

“There is convincing evidence that breastfeeding provides substantial health benefits for children and adequate evidence that breastfeeding provides moderate health benefits for women. However, nearly half of all mothers in the United States who initially breastfeed stop doing so by 6 months, and there are significant disparities in breastfeeding rates among younger mothers and in disadvantaged communities.

Breastfeeding support can begin during pregnancy and continue through the early life of the child. **Primary care clinicians can support women before and after childbirth by providing interventions directly or through referral to help them make an informed choice about how to feed their infants and to be successful in their choice.** Interventions include promoting the benefits of breastfeeding, providing practical advice and direct support on how to breastfeed, and providing psychological support. Interventions can be categorized as professional support, peer support, and formal education, although none of these categories are mutually exclusive, and interventions may be combined within and between categories.

Professional support is 1-on-1 counseling about breastfeeding provided by a health professional (medical, nursing, or allied professionals, including those providing lactation care). Some interventions include the provision of supplies, such as educational materials, nursing bras, and breast pumps. Professional support can include providing information about the benefits of breastfeeding, psychological support (encouraging the mother, providing reassurance, and discussing the mother's questions and problems), and direct support during breastfeeding observations (helping with the positioning of the infant and observing latching). Professional support may be delivered during pregnancy, the hospital stay, the postpartum period, or at multiple stages. It may be conducted in an office setting, in the hospital, through home visits, through telephone support, or any combination of these. Sessions generally last from 15 to 45 minutes, although some programs have used shorter or longer sessions. Most successful interventions include multiple sessions and are delivered at more than 1 point in time.

Similar to professional support, **peer support** provides women with 1-on-1 counseling about breastfeeding but is delivered by a layperson (generally a mother with successful breastfeeding experience and a background similar to that of the patient) who has received training in how to provide support. Like professional support, peer support may be delivered through a variety of stages, settings, methods, and durations.

Formal education interventions typically include a formalized program to convey general breastfeeding knowledge, most often in the prenatal period, although some may span time periods. Education is usually offered in group sessions and may include telephone support, electronic interventions, videos, and print materials. They are directed at mothers but may include other family members. Content generally focuses on the benefits of breastfeeding, practical breastfeeding skills (e.g., latching), and the management of common breastfeeding complications; these programs may also offer family members encouragement and advice on how to support the mother.”

For more information:

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/breastfeeding-primary-care-interventions>

PATIENT PROTECTION AND AFFORDABLE CARE ACT:

COVERAGE OF BREASTFEEDING COMPREHENSIVE SUPPORT AND COUNSELING

Health insurance plans must provide breastfeeding support, counseling, and equipment for the duration of breastfeeding. These services may be provided before and after birth. This applies to Marketplace plans and all other health insurance plans, except for grandfathered plans.

Coverage of breast pumps

Health insurance plans must cover the cost of a breast pump. It may be either a rental unit or a new one the patient will keep. Plans may have guidelines on whether the covered pump is manual or electric, the length of the rental, and when it can be received (before or after birth). Patients should contact their insurance plan (before the baby arrives if possible) with questions about breastfeeding benefits.

The doctor's breastfeeding recommendations

Insurance plans will often follow the patient's doctor's recommendations on what's medically appropriate. Some insurance plans may require pre-authorization from the doctor. Patients should talk to their doctors to find out what this means for them.

For more information:

<https://www.healthcare.gov/coverage/breast-feeding-benefits/>