



MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

SEX & PERINATAL MENTAL HEALTH CONFERENCE

THERE'S NO PERINATAL MENTAL HEALTH
WITHOUT SEXUAL HEALTH

MAY 1 & 2, 2024
8 AM - 4:30 PM

The California Endowment
1000 Alameda St, Los Angeles, CA 90012
AN IN-PERSON OFFERING ONLY

Sponsored by



California
Health Care
Foundation

Protecting the mental health needs of pregnant and postpartum people and their families requires a holistic approach that includes sexual health. However, due to cultural norms and the evolving landscape of reproductive rights in the United States, the conversation of sexuality is often isolated from perinatal mental health while perpetuating stigma and misinformation. This conference convening is tailored for the birthing care professional committed to deconstructing their internalized concepts of family structure, gender, and sexuality to increase their capacity to competently (and confidently) welcome diverse perinatal individuals and families of all kinds into their care. Any health care or community based provider who serves the expectant and postpartum community and wants to learn more about how to support and prioritize the sexual well-being and expression of their clients is invited to attend.

In this second conference convening titled Sex and Perinatal Mental Health (the first occurred in January 2020), we will gather once again to collaboratively explore topics of sexuality for expecting and postpartum families. We have invited a range of voices to speak to the critical implications at this intersection including sex educators, embodiment practitioners, mental health professionals, lactation consultants, holistic health practitioners and healers, and more.

This event is approved for CE credit for Mental Health Professionals.

REGISTER AT

www.maternalmentalhealthnow.org

OBJECTIVES

At the end of this conference, attendees will be able to...

- 1 Demonstrate an understanding of the **foundations of gender, sexuality, and sex positivity** as it relates to the perinatal period;
- 2 Discuss the **importance of sexual health and pleasure** in perinatal mental health care;
- 3 Critique current systems and **cultural norms that perpetuate shame and stigma** concerning parental sexual expression;
- 4 Integrate skills and tools for **coaching families toward improved communication, intimacy, and reclaiming sensuality** during pregnancy and postpartum;
- 5 Apply trauma-informed skills to **support trauma survivors** in achieving autonomy, sexual health, and pleasure while navigating the perinatal journey;
- 6 Identify the **relationship between sexual health, fertility, and perinatal loss**;
- 7 Identify the **relationship between sleep and sex** in the perinatal period;
- 8 Develop an understanding of **diverse family structures** along the reproductive spectrum, including non-monogamy and polyamory, and their protective factors for perinatal mental health conditions;
- 9 Identify the difference between **consensual and non-consensual pregnancy and birth**;
- 10 Explore the impact of **hormonal shifts across the reproductive continuum** on mental, physical, and sexual well-being.

AGENDA DAY 1

MAY 1, 2024 | 8 - 4:30 PM PT

TIME	TOPIC(S)
7:30-8:15AM	REGISTRATION
8:15-8:30AM	OPENING REMARKS
8:30-8:45AM	SPONSOR REMARKS
8:45-9:00AM	GROUNDING/OPENING
9:00-9:25AM	PERSONAL STORY
9:30-10:30AM	BREAKOUT SESSIONS
10:30-11:00AM	BREAK/MOVEMENT
11:00-12:00PM	PRESENTATION/KEYNOTE
12:00-1:00PM	LUNCH & NETWORKING
1:00-2:00PM	PANEL
2:00-2:30PM	BREAK/MOVEMENT
2:30-3:30PM	BREAKOUT SESSIONS
3:30-4:15PM	GROUP DISCUSSION, Q&A, AND INTEGRATION
4:15-4:30PM	CLOSING REMARKS

Full descriptions online at www.maternalmentalhealthnow.org/2024conference

This is a preliminary event schedule. Presentations, speakers and sessions are being finalized and are subject to change.

AGENDA DAY 2

MAY 2, 2024 | 8 - 4:30 PM PT

TIME	TOPIC(S)
7:30-8:15AM	REGISTRATION
8:15-8:30AM	OPENING REMARKS
8:30-8:45AM	SPONSOR REMARKS
8:45-9:00AM	GROUNDING/OPENING
9:00-9:25AM	PERSONAL STORY
9:30-10:30AM	PANEL
10:30-11:00AM	BREAK/MOVEMENT
11:00-12:00PM	BREAKOUT SESSIONS
12:00-1:00PM	LUNCH & NETWORKING
1:00-2:00PM	BREAKOUT SESSIONS
2:00-2:30PM	BREAK/MOVEMENT
2:30-3:30PM	PRESENTATION/KEYNOTE
3:30-4:15PM	GROUP DISCUSSION, Q&A, AND INTEGRATION
4:15-4:30PM	CLOSING REMARKS

Full descriptions online at www.maternalmentalhealthnow.org/2024conference

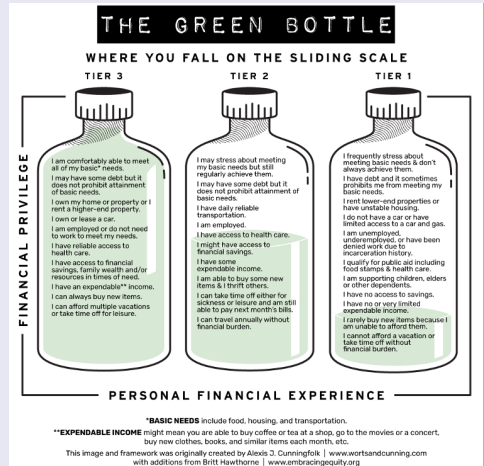
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ABOUT

REGISTRATION RATES

This event will be offered in-person and will not be available for livestream. The recording of this conference will be available for purchase on **June 3, 2024** and learners will maintain access on our Learning Management System until **December 31, 2024**. More information regarding how to purchase the recording option will be available as we near June 2024.

To broaden accessibility for our community, Maternal Mental Health NOW will be implementing a sliding scale for this year's conference tickets. We understand that continuing education is a costly expense for many, which is why we created tiered and equitable price points inspired by [Worts + Cunning](#), [Embracing Equity](#), and [Radical History Club](#). We invite you to visit the linked sites to learn more about how the sliding scale can be utilized as a tool for economic justice and empowerment.



TIER 1: \$500

Consider investing more if you comfortably meet all your basic needs, have a relatively high degree of earning power due to level of education (or gender and racial privilege, class background, etc.) and have access to financial savings, family wealth and expendable income. This tier level includes the ticket price and a supportive contribution to subsidize tier 3 purchases and conference scholarships.

TIER 2: \$350

Consider investing in the listed price if you are employed, able to meet your basic needs, and have access to health care, savings, and some expendable income, etc.

TIER 3: \$250

Consider investing a bit less if you are experiencing any of the following (but not limited to): significant debt, medical expenses not covered by health insurance, unstable housing, supporting children, elders or other dependents, unemployed/underemployed, etc.

All ticket options include continuing education credit (see pages 8 for more detail).

SCHOLARSHIPS

Limited partial scholarships are available for students/providers in the early stages of their career and BI & POC providers. To apply, please inquire for more information by emailing training_info@maternalmentalhealthnow.org.

ORGANIZATION / GROUP RATES

Please inquire regarding organization and group rates.

BASH @ BOOMTOWN BREWERY TICKET DISCOUNT OPPORTUNITY

Please inquire regarding discounted pricing.

COVID-19 PRECAUTIONS

Maternal Mental Health NOW is excited to gather in person once again for our annual conference. We are committed to the health, safety and comfort of all conference attendees. As such, we will be following all state and county guidelines regarding COVID-19. We will update all registrants of policies and procedures by April 17, 2024. Currently, the conference center does not require proof of vaccination or negative test results. Masks are also not required at this time. The developments around COVID-19 will continue to be monitored.

TRAVEL INFORMATION

For information regarding hotel accommodation recommendations, please email us at: training_info@maternalmentalhealthnow.org

TARGET AUDIENCE

Any health care or community based provider who serves the expectant and postpartum community and wants to learn more about how to support and prioritize the sexual well-being and expression of their clients. This includes healthcare providers such as nurses, primary care/family practitioners, OBGYNs, pediatricians, physical therapists, mental health providers such as social workers, marriage and family therapists, psychiatrists, and birth workers and holistic care providers such as doulas, midwives, lactation consultants, nutritionists, and educators such as sex educators, academics, public health professionals, researchers, and more!

CANCELLATION & GRIEVANCE

REFUND POLICY

All ticket sales for the conference are non-refundable. Cancellations for in-person registrations due to COVID concerns will be converted to recording access of the live conference which will be made available in June 2024 as an online course.

This conference includes continuing education (CEs) for mental health professionals. Unfortunately, we are unable to offer partial refunds or subsidized rates for those who do not need CEs.

CONFLICT OF INTEREST

Speakers are paid an honorarium for their time. There are no other known commercial interests affiliated with conference speakers.

RECORDING

Community Partners FBO Maternal Mental Health NOW will be recording the speakers, presentations and discussions throughout this event. We hereby provide notice that, as an attendee of this event, your likeness and voice may be captured by such recording. Through your attendance at the event, you grant Community Partners FBO Maternal Mental Health NOW the right to said recordings and to sell or distribute any of the recordings and any derivative works in any medium or form throughout the world and to use them for advertising, promotion or any other lawful purpose. You agree that Community Partners FBO of Maternal Mental Health NOW does not have to get your approval of any of the photos or videos before using them.

ACCREDITATION

In compliance with our continuing education sponsors and their regulations, continuing education credits are only available for attendees participating in real time. Recordings of the conference will not be provided to make up for missed sessions. Unfortunately, no partial CE credit will be offered.

CONTINUING EDUCATION

CE for Mental Health Professionals

Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content.



This conference meets criteria for 10 continuing education credits for licensed mental health professionals including LMFTs, LPCCs, LCSWs, LEPs, and psychologists. APA-approved continuing education offerings are recognized by the Board of Behavioral Sciences (BBS) in the state of CA. Continuing education requirements vary from state to state. It is the registrant's sole responsibility to check with their licensing board directly to confirm if these CE credits will be approved.

****If you hold a license not listed here or are licensed outside of the state of California, please check with your licensing board directly to confirm that these CE credits will be accepted. We are unable to assist in verifying if CE credits will be approved for your license type/state outside of California.*

Following the event, please be sure to complete the survey evaluation, download your certificate, and save it within 30 days. Links for download will be disabled

at that time and any requests for assistance regarding certificates beyond 30 days will include a \$15 processing fee. Standard processing time is 72 business hours from when the request is accepted by Maternal Mental Health NOW. For expedited processing, an additional \$10 will be requested for a total of \$25 processing fee.

Please e-mail training_info@maternalmentalhealthnow.org for other questions regarding continuing education.

ACCESSIBILITY



We strive to host inclusive, accessible events that enable all individuals, including individuals with a range of abilities, to engage fully. Conference center facilities are designed to include the full participation and enjoyment of people with physical disabilities as well as those who are not fluent in English. Meeting rooms and restrooms are wheelchair accessible.

Our conference will be taking place in the Dr. Beatriz Solis Hall in The Center for Healthy Communities Los Angeles on the bottom floor. Our ballroom is on the furthest end from the parking lot and past the courtyard. The Dr. Beatriz Solis Hall is

in between the restrooms and the Cabrillo 7 ballroom. Break-out presentations will take place in the following rooms: Cabrillo, Catalina, and Mojave. All 3 breakout rooms are directly next to each other.

Lactation rooms and gender-neutral restrooms are closest to the entrance and Atrium between the Redwood Ballroom and the Sequoia Ballroom.

At The Center for Healthy Communities Los Angeles, assisted listening devices are available for people who are deaf or hearing impaired.

Animal Access: Guide dogs and assistance animals for people with disabilities are permitted in The Center for Healthy Communities but must be on leash at all times and muzzled, if necessary. No other animals are permitted.

Parking: Free accessible parking is available on a first-come, first-served basis. Overflow parking on-site is available as needed.

To request an accommodation or for additional inquiries about accessibility, please contact training_info@maternalmentalhealthnow.org.