



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

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Los Angeles County Supervisor
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KAISER PERMANENTE



L.A. Care
HEALTH PLAN

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 credits for Mental Health Professionals, Nursing CE Credits, and AASECT CE Credits.

REGISTER AT

www.maternalmentalhealthnow.org/2024conference/

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 awareness** to support clients and patients 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 Incorporate the principles of **kink, including boundaries and consent**, when working with perinatal clients;
- 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 - 4:35 PM PT

TIME	LOCATION	TOPIC(S)
7:30-8:15 AM	BEATRIZ SOLIS HALL	Registration
8:15-8:30 AM	BEATRIZ SOLIS HALL	Opening Remarks
8:30-8:45 AM	BEATRIZ SOLIS HALL	Sponsor Remarks
8:45-9:25 AM	BEATRIZ SOLIS HALL	SPADURA: Turning Poison Into Medicine With Comedy Dahéli Hall
9:30-10:30 AM	BEATRIZ SOLIS HALL	Kink: A Liberating Practice for Parents Sabia Wade
10:30-11:00 AM	BEATRIZ SOLIS HALL	BREAK/MOVEMENT
11:00-12:00 PM		BREAKOUT SESSIONS
	BEATRIZ SOLIS HALL	Who Am I and When Did This Happen? The Postpartum Pleasure Journey Aiyana Davison
	MOJAVE	A Beautiful Mess: Shapeshifting Sexuality & Care for the Birthing Body Pamela Samuelson
	CATALINA	Sexual and Gender Development Emily Prior

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.

TIME	LOCATION	TOPIC(S)
12:00-1:00 PM	BEATRIZ SOLIS HALL	LUNCH
1:00-2:00 PM	BEATRIZ SOLIS HALL	Panel: Sex Positivity Bianca Laureano (Moderator), Jamila Dawson, Bridgett Khoury, La Shonda Lipscomb
2:00-2:30 PM	BEATRIZ SOLIS HALL	BREAK/MOVEMENT
2:30-3:30 PM	BEATRIZ SOLIS HALL	BREAKOUT SESSIONS Mothers of the Mushroom: Returning to the Sacred Hoe Way Mikaela de la Myco
	MOJAVE	Sex after Abortion Bianca Laureano
3:30-4:30 PM	BEATRIZ SOLIS HALL	Integrative Storytelling and Wisdom Sharing Anna King
4:30-4:35 PM	BEATRIZ SOLIS HALL	Closing Remarks

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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 - 4:35 PM PT

TIME	LOCATION	TOPIC(S)
7:30-8:15 AM	BEATRIZ SOLIS HALL	Registration
8:15-8:30 AM	BEATRIZ SOLIS HALL	Opening Remarks
8:30-8:45 AM	BEATRIZ SOLIS HALL	Sponsor Remarks
8:45-9:00 AM	BEATRIZ SOLIS HALL	Grounding/Opening
9:00-9:30 AM	BEATRIZ SOLIS HALL	Pregnancy and the Village Jessica Daylover
9:30-10:30 AM	BEATRIZ SOLIS HALL	Panel: Non-Monogamy and Perinatal Mental Health Melissa LeSane and Anna King (Moderators), Jessica Daylover, Mitra Karimi-Taleghani, Wayne LeSane
10:30-11:00 AM	BEATRIZ SOLIS HALL	BREAK/MOVEMENT
11:00-12:00 PM	BEATRIZ SOLIS HALL	BREAKOUT SESSIONS Navigating Intimacy and Sensuality Through Pregnancy and Postpartum: Unveiling the Intersections of Sleep, Communication, and Societal Stigma Sydney Curls
	MOJAVE	Keeping Couples Connected: Barriers and Interventions for Sexual Satisfaction in Postpartum Couples Brienne Billups Hughes

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

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TIME	LOCATION	TOPIC(S)
12:00-1:00 PM	BEATRIZ SOLIS HALL	LUNCH
1:00-2:00 PM	BEATRIZ SOLIS HALL	BREAKOUT SESSIONS What to Expect When He's Expecting: A Presentation on Transmasculine Reproduction Vann Jones
	MOJAVE	From Functional to Fun: Supporting the Non-Birthing Partner's Sexual Experiences Janelle Watson
	CATALINA	Perinatal Loss, Fertility, and Sexual Well-Being Elyse Springer
2:00-2:30 PM	BEATRIZ SOLIS HALL	BREAK/MOVEMENT
2:30-3:30 PM	BEATRIZ SOLIS HALL	Mood Killers & How to Fix Them: Assessing Psychosocial Stressors Impacting Perinatal Sexual Health Catharine McDonald
3:30-4:30 PM	BEATRIZ SOLIS HALL	Integrative Storytelling and Wisdom Sharing Catharine McDonald
4:30-4:35 PM	BEATRIZ SOLIS HALL	Closing Remarks

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

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MEET OUR SPEAKERS



BRIANNE BILLUPS HUGHES

LMFT, CST, PMH-C (she/her)

Licensed Marriage and Family Therapist

Bird and the Bee Counseling

Conference Presentation: Keeping Couples Connected: Barriers and Interventions for Sexual Satisfaction in Postpartum Couples

Brianne Billups Hughes is a Licensed Marriage and Family Therapist (LMFT), AASECT Certified Sex Therapist (CST), and is Certified in Perinatal Mental Health (PMH-C). She is the founder of Bird and the Bee Counseling, an online psychotherapy private practice specializing in sexual and reproductive wellness. Brianne is in the process of earning a PhD in Clinical Sexology. The focus of her research is on enhancing sexual satisfaction for couples who are new parents. You can learn more about Brianne by visiting her website: birdandthebeecounseling.com.



SYDNEY CURLS

PT, DPT (she/her)

Fertility & Pelvic Physical Therapist

Dr. Curls for the Girls

Conference Presentation: Navigating Intimacy and Sensuality Through Pregnancy and Postpartum: Unveiling the Intersections of Sleep, Communication, and Societal Stigma

Dr. Sydney Curls is a pelvic floor physical therapist with a sincere passion for helping women harness their healing power through holistic practices. Her practice, Dr. Curls for the Girls, utilizes skilled manual therapy, therapeutic movement, and lifestyle education to improve the health outcomes of her clients. Having guided hundreds through their healing journeys, her commitment to empowering women to take an active role in their health and wellness is unwavering. In each client interaction, her dedication and warmth resonate as she continues to positively impact lives through her expertise and care.



AIYANA DAVISON

BS, BSN, RN, WHNP, CNM (she/her)

Certified Nurse Midwife

The Vagina Chronicles

Conference Presentation: Who Am I and When Did This Happen? The Postpartum Pleasure Journey

Aiyana Davison (she/her) is a certified nurse midwife practicing in Southern California. While she has worked for the last eight years at a large teaching hospital, in 2022, she started her own homebirth practice (The Village House, Inc.). Aiyana has been featured on a wide variety of platforms, including ESSENCE, Parents, Peanut, Elvie, and Mama Glow. Her work focuses on healing through sharing stories, supporting Black people as they traverse healthcare especially within pregnancy, birth, and postpartum, and educating those interested in midwifery. You can follow Aiyana on social media and her website under the name The Vagina Chronicles and Village House Wellness.



JAMILA DAWSON

LMFT (she/her)

Sex Therapist

Fire & Flow Therapy and Consulting

Panelist: Sex Positivity

Jamila M. Dawson, LMFT is a pleasure-positive therapist with expertise in trauma, somatics, kink/BDSM, and alternative relationships. She is co-author of the books *With Pleasure: Managing Trauma Triggers for More Vibrant Sex and Relationships* and *Essential Clinical Care for Sex Workers: A Sex-Positive Handbook for Mental Health Practitioners*. Jamila has provided sex education since 2005 and has been a therapist since 2015 after opening her private practice, Fire & Flow Therapy & Consulting. Jamila uses social media to share practices and reflections on sexuality, justice, relationships, and mental health. She grounds her work in neurobiology, sex-positivity, and the politics of pleasure.



JESSICA DAYLOVER

(she/her)

Executive Producer & Creator

Remodeled Love

Storyteller

Panelist: Non-Monogamy and Perinatal Mental Health

Jessica Daylover is an educator, a producer, an entertainer, a mystic, and a queer, polyamorous mother of two young children. Jessica has a Bachelor's degree in Philosophy and Sociology from the University of Wisconsin-Madison, with a Certificate in LGBT Studies. An entrepreneur of 20 years, Jessica is most well-known for her social media

platform, Remodeled Love. With over 170,000 followers across all platforms, Jessica’s mission is to expand the cultural narrative on love, family, and parenthood. In 2023 Jessica used her platform to successfully raise over \$17,000 to launch an app called Nuclear Fusion, whose purpose is to help folks find, build, and sustain their modern village.



MIKAELA DE LA MYCO

(she/they)

Mother, mushwomb Educator & Community Organizer
Mothers of the Mushroom

**Conference Presentation: Mothers of the Mushroom:
Returning to the Sacred Hoe Way**

Mikaela de la Myco, of blended ancestry, advocates for folk perspectives in the realm of entheogens. In occupied Kumeyaay territory, San Diego, CA, she serves as a mother, educator, herbalist, community organizer, and entheogen facilitator.

Mikaela prioritizes ancestral healing, especially for small businesses, cooperatives, non-monogamous individuals, psychedelic families, femmes, and those seeking herbal womb care. Collaborating with numerous companies and organizations, she’s recognized as a maternal caretaker in her community.

Through platforms like Mama de la Myco and the mushWOMB, Mikaela generates educational content embodying the roles of a medicine woman, a psychedelic mother, and a sacred hoe.

Her latest initiative, Mothers of the Mushroom, is an open-source project aimed at normalizing psychedelic use within families and rematriating entheogen.



DAHÉLI HALL

(she/her)

Writer & Performer
SPADURA

**Personal Story: SPADURA: Turning Poison Into Medicine
With Comedy**

Dahéli Hall (pronounced da-hay-lee) is a versatile performer, writer, and director based in Los Angeles. Known for her work on Netflix’s “DEAR WHITE PEOPLE” and Fox’s “MAD TV,” she’s currently touring with her award-winning comedy show “SPADURA,” an autobiographical love story that explores Dahéli’s journey through fertility challenges with humor and vulnerability. With credits spanning television, film, and digital content, Hall is a graduate of NYU Tisch and USC’s Stark Program and is a member of SAG-AFTRA and the WGA. She’s proud of her Haitian and Jamaican heritage and is dedicated to promoting diversity and professional development in the entertainment industry.



VANN JONES

(he/him)

Activist, Educator, Organizer, & Caretaker

Vibrant Pastel Contracting

Presentation: What to Expect When He's Expecting: A Presentation on Transmasculine Reproduction

Vann Jones is a transgender political analyst and activist, community organizer, educator, and caretaker, born and raised in the East Bay Area. Vann got his start in working towards community care at the age of 12 when he became heavily involved in the Castro Valley Unified School District, fighting for LGBTQ+ inclusion and education at every grade level. He is proudly a first-generation college student, graduating from the University of California, Santa Cruz with highest honors in Feminist Studies and the History of Art & Visual Culture. During his time in college, he published and presented his own research and educational website on transmasculine reproduction which has become a staple in transgender health care across the UC system, and is now permanently preserved by the GLBT Historical Society. He has worked with many organizations and activists such as Our Family Coalition, Trans Fertility Co., Equality California, California Assemblyman Evan Low, the National LGBTQ Task Force, Erin Reed, Full Spectrum Therapy, Transgender Strategy Center, Fearless Foundry, the Association of California School Administrators, and East Bay 4 Ceasefire Now. He is running for California's 14th Congressional District in 2026.



MITRA KARIMI - TALEGHANI

LCSW, CYT (she/her)

Licensed Clinical Social Worker

Social Justice Healing

Panelist: Non-Monogamy and Perinatal Mental Health

Mitra is a trauma-informed, co-creative psychotherapist currently practicing at Social Justice Healing in Los Angeles, California. She received her MSW from Radford University in Virginia, with trauma being a central focus of her therapeutic work. Mitra conducted undergraduate work for a BA in Gender Studies with a minor in Education at UCLA. Mitra is passionate about cultivating a space for people that is non-judgmental, sex-positive, educational, kink-aware, and affirming. She provides individual and relationship support primarily to adults in non-monogamous, polyamorous, and other relationship structures. Mitra has assisted people with issues that include: navigating feelings of jealousy in healthy ways, communicating needs and concerns while simultaneously honoring one another's autonomy, identifying what works well and what does not, envisioning and preparing psychologically and emotionally for bringing a child into the world, identifying feelings of the birthing parent around childbirth, exploring if and how the current relationship structure may need to change in order to accommodate a child's needs. Much of Mitra's work reflects a deep connection to her Persian and Black ancestry which informs her culturally affirming, anti-racist, and collective liberation-

focused approach. She has over 15 years of experience providing care to children, adolescents, and adults in various mental health settings. Mitra assists with research projects that are based on reproductive justice and racial equity.



BRIDGETT KHOURY

(she/her)

Founder & Executive Director
The School of Sexuality Project

Panelist: Sex Positivity

Bridgett Khoury, the founder of The School of Sexuality Project, draws from her personal journey as a first-gen Palestinian American and mother of two queer children.

With a decade of experience as a certified sex educator and a BA in Women/Gender Studies, she bridges the gap between home and classroom, championing inclusivity and empowerment. Motivated by personal experiences, including abusive relationships and insufficient sex education, Bridgett is committed to systemic change in sex education. Through The School of Sexuality Project, she envisions a future where comprehensive sex education unites and empowers individuals to make informed decisions about their bodies and relationships.



ANNA KING

PhD(c), LCSW, PMH-C (she/her)

Director of Training
Maternal Mental Health NOW

Facilitator: Integrative Storytelling and Wisdom Sharing

Dr. Anna King is a licensed clinical social worker, researcher, and certified perinatal mental health specialist. She has over 10 years of experience in community mental health and has

specialized training and experience supporting individuals and families across the reproductive spectrum. As the full-time Director of Training for Maternal Mental Health NOW, Anna oversees the development of training programs, including conferences and partnerships with healthcare institutions, and facilitates curriculum development to educate care providers on mental health during pregnancy and postpartum.

Before joining the MMH-NOW team, Anna served as a clinical social worker with outpatient oncology services and inpatient hospital units, including the neonatal intensive care unit (NICU), birthing center, and emergency department. She is a part-time psychotherapist with ARC Counseling and Wellness, offering anti-oppressive, body-oriented therapy as a student practitioner of Somatic Experiencing® and trained EMDR therapist. She successfully defended her dissertation after conducting qualitative research on the intersection of the Highly Sensitive Person (HSP) trait and embodied social justice. She will graduate with her PhD in Integral and Transpersonal Psychology in May of 2024.



BIANCA I LAUREANO

PhD, MA2, CSE, CSES (she/they/Dr.)

Educator and Sexologist

ANTE UP! PD

Panel Moderator: Sex Positivity

Conference Presentation: Sex After Abortion

Dr. Bianca I Laureano is an award-winning educator, curriculum writer, and sexologist. She is a founding member of the Women of Color Sexual Health Network, and her most recent project is ANTE UP! a virtual freedom school offering professional development and certification for sexuality professionals. She has written several curricula focusing on communities of color and is the editor of *The People's Book of Human Sexuality: Expanding the Sexology Archive* (2023). She is an AASECT-certified sexuality educator and supervisor. Find out more about Bianca at her website BiancaLaureano.com and about ANTE UP! at www.AnteUpPD.com



MELISSA LESANE

LMFT (she/her)

Licensed MFT, Love and Non-Monogamy Advocate and Coach
Los Angeles Sex Therapy | Shades of Therapy

Panel Moderator: Non-Monogamy and Perinatal Mental Health

Melissa has always had a passion for talking about sex, sexuality and relationships. Drawing from her professional and personal experience, she is excited to help individuals and intimate partners connect with and live out their full unapologetic sexual and relational selves.

In short- her strength is in emotions. She helps individuals and intimate partners feel their feelings (especially vulnerable ones) and helps them create an intentional and personal practice for emotional wellness; a solid foundation for emotional, sexual, and relational freedom.

Melissa especially loves to work with people who are BIPOC, non-monogamous, LGBTQ+, Kinky, sex workers, emotionally sensitive, and spiritual'ish.



WAYNE LESANE

(he/him)

Sex and Relationship Coach

Shades of Non-Monogamy

Panelist: Non-Monogamy and Perinatal Mental Health

Wayne is passionate to de-stigmatize, affirm, and advocate for non-monogamy as a viable relationship choice. He boldly accepts the challenge, with his clients, to confront and

respond to many of the difficulties and disadvantages that BIPOC individuals, especially cis hetero black men, face in their efforts to “find love.”

Wayne’s professional work is inspired and motivated by his 25+ years of lived experience journeying his own relationships and sexuality. Wayne loves to hype and support his clients to intentionally create and navigate the relationships they desire and are worthy of; relationships that are genuine and fulfilling.



LA SHONDA LIPSCOMB

(she/her)

Sex Educator and Founder

Eunique Flow

Panelist: Sex Positivity

La Shonda is the founder of Eunique Flow, an organization that is working to reframe conversations around sex and consent using thoughtful reflection and sex-positive analysis for young adults. She also offers classes and workshops for people who want to better understand the art of sensuality and techniques to connect and/or re-connect to their partner/s.



CATHARINE MCDONALD

LPC, PMH-C (she/her)

Perinatal Mental Health & Sex Therapist

Growing Well Counseling

**Conference Presentation: Mood Killers & How to Fix Them:
Assessing Psychosocial Stressors Impacting Perinatal
Sexual Health**

Catharine is a National Certified Counselor, Connecticut Licensed Professional Counselor Certified in Perinatal Mental Health, currently working on a post-graduate certificate in Sex Therapy at The University of Michigan. She owns Growing Well Counseling in Tolland, CT, where she specializes in integrative perinatal wellness, fertility and loss, birth trauma, postpartum sexual health, and parental work-life balance. She has spoken at state and national conferences and creates professional development training for therapists, birth professionals, and reproductive healthcare providers on these topics, perinatal ethics and clinical documentation, and more.



EMILY E. PRIOR

MA (she/her)

Professor and Executive Director

Center for Positive Sexuality

Conference Presentation: Sexual and Gender Development

Emily E. Prior is the Executive Director of the Center for Positive Sexuality and a sociology and psychology professor. Since 1996 she has been teaching formal and informal classes about a variety of sexuality-related topics, including Gender, Sexuality, Deviance, Relationships and Family, and Feminism. She is an adjunct professor at several colleges and universities, has over a dozen publications, and presents at conferences around the U.S. She is frequently interviewed about her research, the Center, and positive sexuality in general. She won the Vern Bullough Award for research.



PAMELA SAMUELSON

(SHE/THEY)

Body Literacy & Sex Educator and Full Spectrum Doula & Manual Therapist

Center for the Advancement of Body Literacy and School for Ethical Touch

Conference Presentation: A Beautiful Mess: Shapeshifting Sexuality & Care for the Birthing Body

Pamela Samuelson (she/they) is a somatic educator, a manual therapist specialized in trauma-informed pelvic care, the creator of Take Back the Speculum, and a writer and activist focused on issues relating to reproductive rights, patient advocacy, and bodily autonomy. She is a co-founder of the Center for the Advancement of Body Literacy, a nonprofit providing evidence-based, inclusive education and materials on body literacy and human sexuality, and the School for Ethical Touch, a US/UK-based project focused on the development and implementation of consent-based, trauma-informed practices across all aspects of healthcare and particularly in the vulnerable realms of gynecological, obstetric, and gender-affirming care. She is based in Los Angeles.



ELYSE SPRINGER

LMFT, PMH-C (she/her)

Licensed Marriage and Family Therapist

Conference Presentation: Perinatal Loss, Fertility, and Sexual Well-Being

Elyse Springer is a licensed marriage and family therapist (licensed in CA, OR & WA) with focus on perinatal mood and anxiety disorders, pregnancy and infant loss, LGBTQIA+, depression, trauma, anxiety, OCD, and HIV/AIDS. Elyse is a founding board member and serves as the Policy and Advocacy Chair for the California chapter of Postpartum Support International, is an Emeritus Governing Council member for

Maternal Mental Health NOW after serving an eight-year term, and maintains her role as training faculty for MMHN. Elyse served as a Board Member of the national maternal mental health policy and advocacy non-profit, 2020 Mom, from 2014-2019, and a Clinical Advisory panel member from 2019-2021. In addition, Elyse is an Emeritus Board Member for the national perinatal loss organization Return to Zero: H.O.P.E., and current training faculty, as well as current training faculty for the paternal-focused non-profit, Love, Dad. Elyse is certified in perinatal mental health, an EMDRIA-approved Therapist and EMDRIA-approved Consultant, certified in Interpersonal Therapy (IPT) by the IPT Institute, and an IPT Supervisor-in-training. She lives and works in Los Angeles, California.



SABIA WADE

(she/they)

CEO, Spiritual Care Worker, Full Spectrum Doula and Educator
Birthing Advocacy Doula Trainings

Keynote Presentation: Kink: A Liberating Practice for Parents

Sabia Wade (she/they), is a Black, queer, CEO, author, educator, full-spectrum doula, investor, and expander of Black luxury. Sabia is the founder of Birthing Advocacy

Doula Trainings, an accessible and inclusive training program for community care workers, and For the Village, a non-profit providing doulas at no or low-cost to low-income and marginalized communities in San Diego.

As a coach, board member, investor, educator, and programming development consultant for organizations throughout the Birth and Reproductive Health Industry, every part of Sabia's work centers on the liberation of all people through Reproductive Justice. Her book, *Birthing Liberation: How Reproductive Justice Can Set Us Free*, is now available for purchase. Additionally, Sabia is a certified reiki practitioner, death doula, somatic practitioner, human design reader, wedding officiant, and is currently working toward becoming a Spiritual Director!



JANELLE WATSON

LMFT, PMH-C (she/her)

Licensed Marriage Family Therapist
Embrace Wellness

**Conference Presentation: From Functional to Fun:
Supporting the Non-Birthing Partner's Sexual Experiences**

Janelle Watson, LMFT, PMH-C began working in the non-profit public health sector in 2006 providing sexual and reproductive health clinical services and education in school and community settings. As a therapist, she has worked with youth, adults, families, and couples struggling with depression, anxiety, and breakdowns in family trust and communication. Additionally, she works within the third-party reproduction field, providing support and education for egg donors and gestational carriers. In 2017

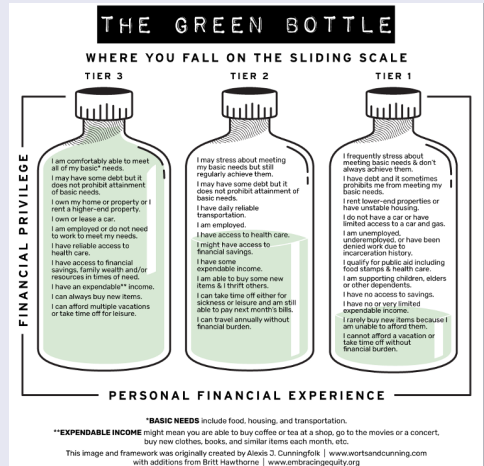
Janelle founded Embrace Wellness, a psychotherapy private practice serving clients within California and has completed certificates in Perinatal Mental Health and Sex Therapy. She is currently pursuing her PhD in Human Sexuality at the California Institute of Integral Studies (CIIS).

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: \$500.00 Community Support Ticket

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

TIER 2: \$350.00 Full Priced Ticket

Purchase this ticket if you are employed, able to meet your basic needs, and have access to health care, savings, and some expendable income, etc.

TIER 3: \$250.00 Reduced Rate Ticket

Purchase this ticket if you are finding it hard to meet everyday costs and experiencing financial hardship such as significant debt, unstable housing, difficulty supporting dependents, etc. Reminder: A limited amount of tickets are reserved for Tier 3 pricing. Please reserve this ticket for individuals experiencing financial hardship.

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.

Any grievances may be made to Maternal Mental Health NOW at info@maternalmentalhealthnow.org.

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.

CEs for Perinatal Mental Health Certification (PMH-C)

This conference is approved by Postpartum Support International (PSI) to qualify as an advanced training toward certification in Perinatal Mental Health (PMH-C) and as a CE course for existing PMH-C renewal (10 CE credits in total). For specific 20

information about how to qualify for perinatal mental health certification, please visit <https://www.postpartum.net/professionals/certification/>

CE for Nurses

HQI is an approved continuing education (CE) provider by the California Board of Registered Nursing and will provide attendees with an opportunity to earn CEs. Provider Number CEP16793 for 10.0 contact hours.

AASECT CE for Sex Therapists

This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 10 AASECT CE Credits. These CE Credits may be applied toward AASECT certification and renewal of certification.

The person with a grievance will first try to informally resolve their grievance by contacting Maternal Mental Health NOW with the issue concerning the training, its delivery, the evaluation method, or technological issue. If the solution put forth does not meet your needs, you may contact AASECT at ce@asect.org.

****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.