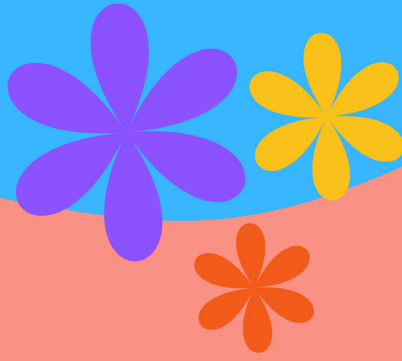




INTEGRATED CARE
FOR WOMEN AND BABIES



CAMPHIRE
Colorado Ambulatory Partnership for
Health Innovation and Research Excellence



don't stop believing

in recovery!

**2026 COLORADO PERINATAL
SUBSTANCE USE DISORDER
INTEGRATION CONFERENCE**



**THURSDAY-FRIDAY
MAY 7TH-8TH
2026**

**THE WESTIN RIVERFRONT RESORT &
SPA, AVON, VAIL VALLEY**

Conference Agenda

Day 1 - Thursday, May 7th 2026

9:30 - 10:00

Riverside Foyer

Registration & Light Refreshments

10:00 - 10:05

Riverside

Welcoming Remarks

Liza Creel, PhD; University of Colorado School of Medicine

10:05 - 10:20

Riverside

Peer Sharing 1

Gail Trembly; HardBeauty

10:20 - 11:20

Riverside

Keynote Session

Suicide Prevention Is Everyone's Work: Responding to Risk in the Perinatal Period

Sarah Nagle-Yang, MD; University of Colorado School of Medicine
Carolyn J. Swenson, MSPH, MSN, RN

11:20 - 11:30

Break and Transition (10 mins)

11:30 - 12:30

Various
Locations

Collaborative Breakout Session for Keynote

Please see your nametag or a conference host for your location assignment.

Group A - Riverside

Group B - Gondola A

Group C - Gondola B

Group D - Gondola C

Group E - Osprey

12:30 - 1:15

Lunch (45 mins)

1:15 - 2:30

Various
Locations

Breakout Sessions

A - Riverside

**Strategies for Building and Sustaining New Programs:
Family Medicine Center**

Courtney Kuepper, LCSW, PMH-C; UCHHealth Fort Collins Family Medicine Center

**Strategies for Building and Sustaining New Programs:
Lessons from the Colorado Recovery Coach Doula
Program Expansion**

Liza Creel, PhD; University of Colorado School of Medicine

Elyse Neal, MA; University of Colorado School of Medicine

Leanna Farrar; University of Colorado College of Nursing

B - Gondola

**Integrated Perinatal Cannabis Care:
Tools for Patients and Providers**

Jenn Leiferman, PhD; Colorado School of Public Health

Sarah Gelinias, MPH; Colorado School of Public Health

Adam Salyers; Clinic Chat

2:30 - 2:40

Break and Transition with Refreshments (10 mins)

Day 1 continued

2:40 - 3:40

Riverside

Bumps, Booze, and Big Red Flags: Alcohol's Role in Intimate Partner Violence and Implications for Pregnancy and Postpartum

Ruschelle Leone, PhD; University of Colorado School of Medicine

3:40 - 3:55

Riverside

Peer Sharing 2

Candis Query; HardBeauty

3:55 - 4:55

Riverside

Perinatal Substance Use and Parent-Infant Relationships

Aviva Olsavsky, MD; University of Colorado School of Medicine

4:55 - 5:10

Riverside

Peer Sharing 3

Susann Plenus; HardBeauty

5:10 - 5:55

Riverside Patio

Nature as Medicine - Optional Outdoor Activity

Jenn Leiferman, PhD; Colorado School of Public Health

Charlotte Farewell, MPH, PhD; Colorado School of Public Health

5:55 - 7:50

Riverside and

Lower Level Foyer

Networking and Poster Session with Dinner

Day 2 - Friday, May 8th, 2026

7:45 - 8:15

Riverside Foyer

Breakfast

8:15 - 8:30

Riverside

Peer Sharing 4

Nicole Valdovinos; HardBeauty

8:30 - 9:30

Riverside

Motivation, Motherhood, and Meaning: Promotion of Perinatal Behavioral Health in Underserved Communities

Charlotte Farewell, MPH, PhD; University of Colorado School of Public Health

9:30 - 9:45

Break and Transition (15 mins)

9:45 - 10:00

Riverside

Peer Sharing 5

Vanessa Lane; HardBeauty

10:00 - 11:00

Riverside

Art of Brief Interventions and Motivational Interviewing

Carolyn J. Swenson, MSPH, MSN, RN

11:00 - 12:00

Riverside

From Coverage to Care: Essential Health Policy for Improving Patient Outcomes

Hannah Crook, PhD; University of Colorado School of Medicine

Kyle Leggott, MD; University of Colorado School of Medicine

12:00 - 12:15

Closing and Transition (15 mins)

Grab and Go Lunch available

12:15 - 1:30

Riverside

Optional Session

MOUD Treatment Basics for Perinatal Patients

Kaylin Klie, MD, MA; University of Colorado School of Medicine

Rachael Duncan, PharmD; Epifluence, MOMs+

Kyle Knierim, MD; UChicago Medicine AdventHealth

TABLE OF CONTENTS

A Thank You from Dr. Creel	5
Acknowledgments	5
About CAMPHIRE AND ICWB	6
Project Partners Thank You	8
Continuing Education Information	8
Session and Speaker Profiles	9
Poster and Community Partner	30
Showcase Participants	
Presentation Handouts	31



ACCESS CONFERENCE & SPEAKER MATERIALS ONLINE

Materials including speaker details and presentations are available online at the conference website: <https://bit.ly/2026psud> or scan the QR code above.

A THANK YOU FROM DR. LIZA CREEL

Dear Attendees,

Welcome to the 4th Annual Colorado Perinatal Substance Use Disorder (SUD) Integration Conference in Avon, Colorado. On behalf of our planning team, thank you for joining us and for coming ready to learn, connect, and share your experiences and accomplishments.

This conference originated as part of the Integrated Care for Women and Babies (ICWB) program, authorized through SB 21-137 and administered by the Colorado Behavioral Health Administration. ICWB is implemented by the Colorado Ambulatory Partnership for Health Innovation and Research Excellence (CAMPHIRE) at the University of Colorado Anschutz Medical Campus.



ICWB focuses on strengthening clinical workflows to improve health outcomes for pregnant and postpartum women with substance use disorders and their families by integrating medical, substance use, and mental health care. Each of you—through ICWB or related programs—plays a critical role in this work. I am deeply grateful for your dedication to your patients and clients and for your commitment to compassionate, comprehensive care.

Over the next two days, we will feature speakers and sessions addressing key issues in perinatal substance use and behavioral health care, including suicide prevention, intimate partner violence, and parent–infant relationships, among others. We will also explore clinical and policy tools to support improved practice and patient outcomes. In addition, we have built in time for networking and opportunities to enjoy the outdoors with colleagues.

On behalf of CAMPHIRE and the team that makes this event possible, I would like to acknowledge the generous support of the Colorado Behavioral Health Administration (BHA), whose resources allow us to convene and collaborate. I also extend sincere thanks to our statewide partners and local medical clinics and behavioral health providers—without whom this work would not be possible.

Thank you for being here!

Liza M. Creel, PhD

Associate Professor

Division of Health Care Policy and Research

School of Medicine

University of Colorado Anschutz Medical Campus

ACKNOWLEDGMENTS

Please thank the following people for all the hard work to plan, coordinate, execute this conference.

Thomas Bao

Andrew Bienstock

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Bertha Gonzalez

Jennifer Halfacre

Jess Parascando

Lauren Quintana

ABOUT

CAMPFIRE

As of 2025, the Practice Innovation Program - Colorado, which delivers ICWB and IMPACT BH, is now under the Colorado Ambulatory Partnership for Health Innovation and Research Excellence (CAMPFIRE) umbrella.



CAMPFIRE

Colorado Ambulatory Partnership for
Health Innovation and Research Excellence

CAMPFIRE is comprised of the Practice Innovation Program (PIP) and the State Networks of Colorado Ambulatory Practices & Partners (SNOCAP), and is an integrated partnership of innovators, scientists, and clinicians who produce and translate evidence in ambulatory care and community settings. We work with practices, partners, and communities to conduct and foster collaborative practice- and community-based research, education, and innovation in real-world clinical practice to improve the health and well-being of communities, across the lifespan.

To learn more about CAMPFIRE, please visit <https://bit.ly/CAMPFIREhomepage>.

Join our mailing list to receive quarterly newsletters! <https://bit.ly/CAMPFIREnewsletter>.

ABOUT ICWB – INTEGRATED CARE FOR WOMEN AND BABIES



INTEGRATED CARE FOR WOMEN AND BABIES

ICWB is a program established by the Colorado Department of Human Services, Behavioral Health Administration (BHA), the University of Colorado, Department of Family Medicine's Practice Innovation Program to integrate the obstetric and gynecological (OB/GYN) health care services of clinics with behavioral health and substance use disorder treatment (SUD), including Medication-Assisted Treatment (MAT) services, of treatment facilities, by coordinating and providing such services at the same location. The program started in 2020 as a pilot program and became permanent in 2021.

Currently, seven partners, three SUD treatment facilities and four clinics/clinic systems where OB/GYN services are provided, are participating in the project along with advising from professionals in areas including clinical health information technology, behavioral health training, and sustainability planning. The program has graduated thirteen partners since 2020.

Funding for this project is provided by the Colorado State Legislature based on Senate Bill 19-228, Part 2.

LEARN MORE ABOUT ICWB

You can learn more on the CAMPFIRE (formerly known as Practice Innovation Program - Colorado) website at the QR code to the right or at <https://bit.ly/2026psud>.



PARTICIPATING CLINICS

The true stars of this Conference are the providers and staff at the clinics and SUD treatment sites in ICWB and IMPACT BH that are the change-makers improving their organizations and providing compassionate patient care to every person that enters their doors. We extend our thanks to the following organizations:

ICWB Cohort 1 Graduates (2020-2022)

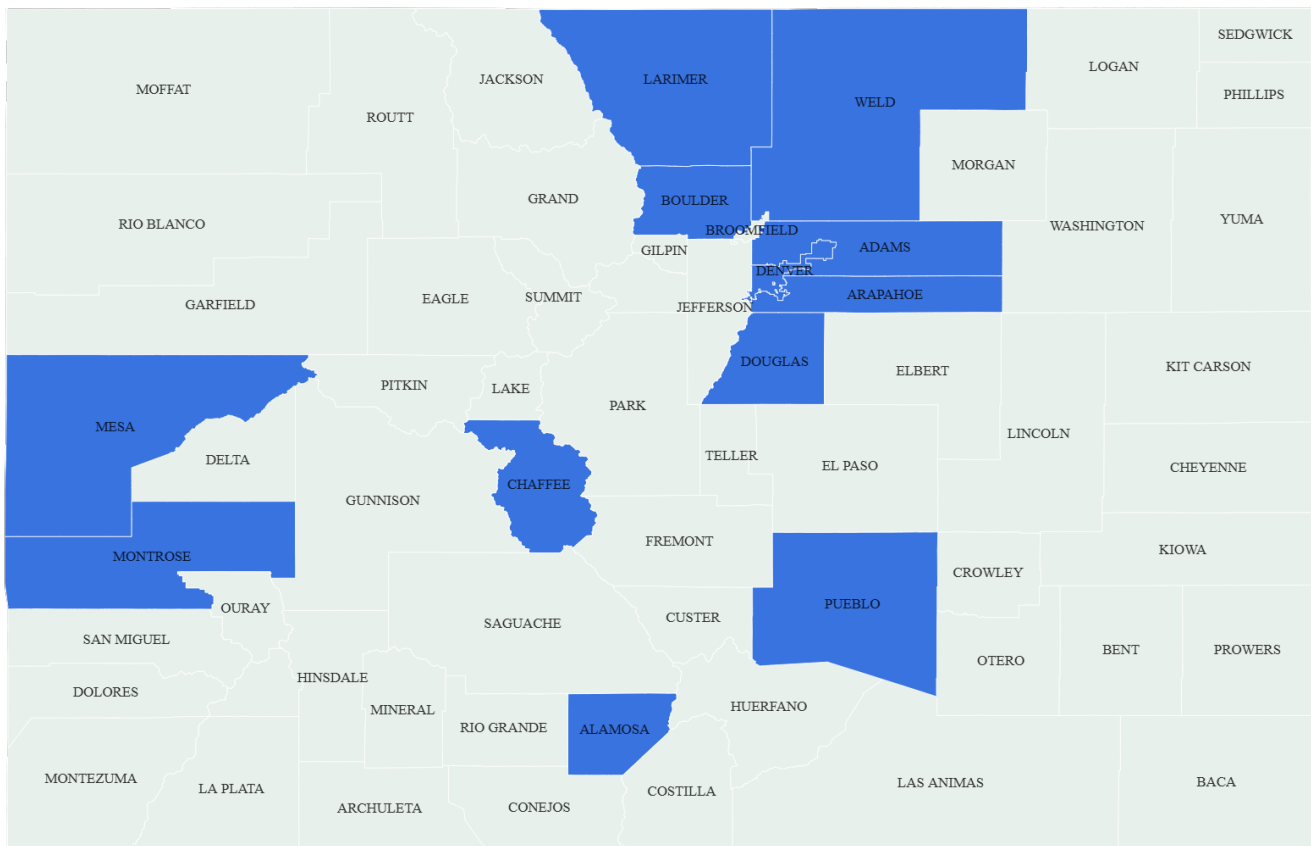
- Addiction Research & Treatment Services (ARTS) (Denver)
- Denver Health Women's Care Clinic (Denver)
- Mind Springs Women's Recovery Center (Grand Junction)
- San Luis Valley Health (Alamosa)
- Sheridan Health Services (Denver)
- Sunrise Community Health Center (Greeley)

ICWB Cohort 2 Graduates (2022-2024)

- Canyon View Women's Health (Grand Junction)
- CU College of Nursing Midwifery (Aurora/Lone Tree)
- Montrose Health Alpine Women's Clinic (Montrose)
- North Range Behavioral Health/Wings (Greeley)
- Salida Health Center (Salida)
- CommonSpirit Southern Colorado Family Medicine Residency (Pueblo)
- CommonSpirit St. Anthony North Family Medicine Residency (Westminster)

ICWB Cohort 3 (2024-2026)

- UHealth Family Medicine Center (Fort Collins)
- Aurora Mental Health and Recovery (Aurora)
- CU College of Nursing Midwifery Practices (Longmont/Highlands Ranch)
- Clinica Family Health Center (Boulder/Thornton)
- Elevate Healthcare (Pueblo)
- Pueblo Community Health Center (Pueblo)
- Crossroads Turning Point (Pueblo)



A BIG THANK YOU TO



COLORADO

**Behavioral Health
Administration**

This event was made possible by the generous funding from Colorado Behavioral Health Administration. Thank you for your commitment to supporting this important work and for your dedication to making Coloradans healthier.



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CONTINUING EDUCATION CREDIT INFORMATION

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SESSION AND SPEAKER PROFILES

DON'T STOP BELIEVING IN RECOVERY

At this year's conference, we are featuring members from the HardBeauty team who are sharing their own personal stories as mothers in recovery to ground the work we do in our clinics and communities. They show us what's possible when we provide comprehensive and compassionate care despite the often challenging environment women and mothers experiencing substance use challenges face in our communities, healthcare systems, and legal systems. At this conference, we are celebrating these accomplishments, knowing that what we do leads to empowering women to live successful lives with their families, community members and even supporting others who share their experiences. Please thank Racquel, Gail, Candis, Susann, Nicole and Vanessa for sharing their stories and for showing us what believing in recovery looks like.



Racquel Garcia
HardBeauty

Racquel Garcia is a nationally recognized recovery leader, mother, and woman in long-term recovery with over 16 years of sustained sobriety. Her work sits at the critical intersection of substance use, mental health, and maternal wellness, where she brings both lived experience and systems-level leadership to transform how care is delivered to women and families.

As Executive Director of the HardBeauty Foundation and Executive & Innovation Officer of HardBeauty, Racquel has pioneered one of Colorado's largest maternal recovery response models embedded within hospital systems. Through HardBeauty's Operation CARE program—an acute, compassionate response and engagement model—her team currently partners with 12 hospitals, with additional sites in development, providing immediate peer support in labor and delivery, emergency, and clinical settings.

Racquel is the architect of an integrated care approach that bridges maternal wellness, recovery support, and acute response navigation. She is leading the development of Colorado's maternal peer support specialist model and advancing an acute response peer credentialing pathway to expand this workforce both statewide and nationally. Her work emphasizes person-centered care, continuity of support, and reducing system fragmentation for women navigating substance use and mental health challenges.

A mother herself, Racquel employs and mentors women in active and sustained recovery—many of whom are also mothers—and leads the Mamas Collective, an advisory body informing maternal recovery strategies across systems and communities.

(continues on next page)

DON'T STOP BELIEVING IN RECOVERY

In partnership with the University of Colorado Anschutz Medical Campus, Racquel and her team serve as a consultant on a multi-year Caring for Denver Foundation initiative to design a perinatal intensive outpatient program (IOP), further advancing integrated care models for women.

Racquel is also an engaged participant and influencer in Tough as a Mother, a statewide initiative focused on shifting narratives and improving outcomes for mothers impacted by substance use.

Through this work, HardBeauty serves on the advisory council, facilitates virtual support spaces, and collaborates in advancing maternal-centered recovery efforts across Colorado. Racquel has been appointed twice by the Colorado Attorney General to the State Opioid Abatement Council and is serving her second term as Chairwoman of the Colorado Behavioral Health Administration Advisory Council. She is both a state and national thought leader, actively collaborating with Mobilize Recovery to elevate peer-driven, maternal-focused recovery solutions across the country. Beyond program design and executive leadership, Racquel remains an active responder in the field, ensuring her work stays deeply connected to the real-time experiences of the women and families she serves.



Gail Trembly

HardBeauty

Gail Trembly is a dedicated Peer Coach with decades of lived and professional experience supporting families, parents, and individuals navigating complex life transitions. With over 35 years as a foster parent, Gail has cared for more than 200 children, providing trauma-informed support, stability, and advocacy for youth and families. Her work is deeply rooted in compassion, resilience, and a strong belief in meeting people where they are.

Gail brings both professional skill and personal insight to the perinatal space. As a mother of five and grandmother, she understands the emotional, physical, and relational changes that accompany pregnancy and early parenting. Her coaching focuses on empowering parents, strengthening family systems, supporting recovery and mental wellness, and helping individuals build sustainable supports during the perinatal period. Gail is known for her gentle, nonjudgmental approach, her ability to build trust quickly, and her commitment to honoring each person's story.

In addition to her coaching and foster care experience, Gail has spent many years mentoring youth and families, including coaching high-level premier soccer teams, where she developed strengths in leadership, communication, and empowerment. She is passionate about walking alongside families during vulnerable seasons, helping them access resources, build confidence, and create healthy, thriving futures for themselves and their children.

DON'T STOP BELIEVING IN RECOVERY



Candis Query

HardBeauty

Candis is a Maternal Peer Support Specialist and recovery coach with over 11 years in sustained recovery from intravenous heroin and methamphetamine use. She brings both lived experience and professional expertise to her work supporting individuals navigating substance use, trauma, and system involvement.

She has worked across hospital, community, and correctional settings, providing response-based peer support to pregnant and parenting individuals impacted by substance use disorder. Her work includes bedside engagement with new mothers, facilitating groups in jails and sober living environments, and walking alongside clients as they navigate healthcare, child welfare, and victim advocacy systems. Candis is also a certified doula and has supported several births within the communities she serves.

Candis is known for her direct, strengths-based approach, emphasizing accountability, practical solutions, and connection. She is passionate about reducing stigma in perinatal substance use and helping others move from survival to stability and lasting recovery.



Susann Plenus

HardBeauty

Susann is originally from New Jersey and has lived the last 20 years in Grand Junction, Colorado. She is a dedicated wife and mother of two boys. Susann began experimenting with drugs as a teenager. A victim of domestic abuse, she relied heavily on drugs for years when eventually, her substance use led to her losing her home and her children. Desperate to get her life back, Susann leaned into her faith, got sober, regained custody and has been living in active sustainable recovery since 2014.

Susann received her peer training from CCAR and has worked in peer coaching for the last five years. She became certified through COPA as a CPFS in 2023, and earned her Bachelor of Psychology degree from Colorado Christian University in May of 2024. At the 2023 Rural Peer Conference, Susann was introduced to HardBeauty and was hired on as a Perinatal Navigator/Recovery coach. "Peer coaching is about giving others hope in the fact that recovery is possible. It's meeting the individual where they are at and being the light in their darkness."

Ever since that day I chose recovery and my children over addiction, I get to be the best version of myself for my boys. I get to be present in their lives, enjoying all the precious moments. All the laughs and giggles we have had. All the family vacations we have taken and all milestones in my boys lives. I have gotten to watch as they grow up into the men they are becoming today proudly holding my head up high as I am able to say, "I did that! I raised them to be the kind, loving, wonderful young men they are today!". Most of all I get to thank God for giving me the privilege of being those wonderful young men's momma".

DON'T STOP BELIEVING IN RECOVERY



Nicole L Valdovinos, PRC, ST-C

HardBeauty

Nicole is a resilient and single mother of five daughters, a Certified Surgical Technologist, and a dedicated Peer Recovery Coach. After struggling with addiction for over 30 years, she has transformed her life and now walks alongside others on their recovery journeys. Her past was marked by shame and guilt as a single parent navigating the challenges of active addiction, including abduction, sexual assault, domestic violence, and mental health struggles, all while maintaining a career in the healthcare field. Having lived a double life by hiding her

home lifestyle from her professional life, she now embraces her authenticity and strength and teaches her younger kids not to be afraid to be themselves. Through the transformative peer led program of HardBeauty, she has rediscovered parts of herself that she thought were lost. Nicole is learning to forgive and love herself, which she will admit has been her greatest challenge. Today, she faces those same challenges with courage and hope, and she challenges her clients to do the same. “Everyone has a story, but not everyone gets the opportunity to overcome the challenges of trauma without a community of support.”



Vanessa Lane

HardBeauty

Vanessa Lane is a dedicated leader on the Western Slope, Rise and Restore Director, and a Colorado Peer and Family Specialist / Peer recovery coach who works on the front lines of recovery, walking alongside moms who are struggling with substance use and mental health, reminding them that change is possible. As a woman in long-term recovery herself, Vanessa brings lived experience, authenticity, and deep compassion to her work, helping others see that transformation is not only possible—it’s worth fighting for. With a

heart for restoration and a strong belief in the worth of every person, she encourages individuals to rise beyond their past and step into a better future. Her work is rooted in connection, accountability, and hope, meeting people where they are while challenging them to grow. Vanessa’s leadership is fueled by faith, service, and a commitment to building bridges between moms and possibilities. Whether she’s mentoring, training, or engaging in public outreach, she brings both strength and empathy to every space she enters.

KEYNOTE - THURSDAY

Suicide Prevention is Everyone's Work: Responding to Risk in the Perinatal Period + Breakout Session

Suicide and overdose are the two leading causes of mortality in the perinatal period. These two issues often overlap and share risk and protective factors. This session will explore evidence-based approaches to suicide risk screening, further assessment, early intervention, treatment and ongoing monitoring of patients with any level of suicide risk using an interdisciplinary team approach. The keynote presentation will be followed by a small-group breakout session for all conference participants which will focus on planning interdisciplinary workflows, and practicing skills related to screening, assessment, and patient care planning. Suicide prevention is everyone's work and there is a role for every member of the perinatal healthcare team!

Learning Objectives

1. Explore risk & protective factors for suicide and how they overlap with substance use risk.
2. Examine evidence-based approaches to suicide risk screening, further assessment, early intervention, treatment, and ongoing monitoring.
3. Describe how interdisciplinary healthcare teams can work together to address suicide risk and support patients using strengths-based approaches.
4. Facilitate interdisciplinary team discussion, skills practice, and implementation planning to put suicide prevention into practice.

Your Speakers



Sarah Nagle-Yang, MD

sarah.nagle-yang@cuanschutz.edu

University of Colorado School of Medicine, Aurora, CO

Dr. Sarah Nagle-Yang is the inaugural Vice Chair of Quality for the Department of Psychiatry and Executive Director of Colorado Women's Behavioral Health at the University of Colorado School of Medicine. She has been a specialist in reproductive psychiatry for over a decade and is passionate about providing high-quality psychiatric care to women across the reproductive lifespan, building innovative models of care to expand access to treatment, and developing

interdisciplinary education on topics within reproductive psychiatry. She is a co-editor of the first comprehensive textbook on Women's Reproductive Mental Health, the past president of the North American Society for Psychosocial Obstetrics and Gynecology and a founding contributor to the National Curriculum in Reproductive Psychiatry. In Colorado, she co-chairs the Colorado Maternal Mortality Review Board.

Dr. Nagle-Yang graduated from the University of Cincinnati School of Medicine and completed residency in psychiatry at Montefiore Medical Center/Albert Einstein College of Medicine in New York City. She completed fellowships in Consult Liaison Psychiatry and Public and Community Psychiatry at University Hospitals Cleveland Medical Center.

KEYNOTE - THURSDAY

Suicide Prevention is Everyone's Work: Responding to Risk in the Perinatal Period + Collaborative Breakout

Your Speakers



Carolyn Swenson, MSPH, MSN, RN

cjswenson57@gmail.com

Denver, CO

I provide consultation, training, and coaching on SBIRT, suicide prevention, and motivational interviewing. My clinical training was in nursing (RN and FNP) and my public health training focused on epidemiology. I am also a Question-Persuade-Refer (QPR) suicide prevention trainer. Past work includes perinatal and pediatric nursing; public health nursing with migrant farmworkers, on the Navajo reservation, and in a refugee camp in Sudan where I worked with traditional birth attendants, community-based epidemiology research and quality improvement. I was born and raised in Minnesota and currently reside in Denver, Colorado.



CONTINUING EDUCATION

CREDIT

This conference's speaker sessions can be redeemed for Continuing Education credits for select provider types. Details will be emailed to attendees and posted at <https://bit.ly/2026psudcec> or scan the QR code.

BREAKOUT 1 RIVERSIDE - THURSDAY

Strategies for Building and Sustaining New Programs: Family Medicine Center

This session presents a practical model for building and sustaining an integrated prenatal program in a family medicine setting, with a focus on behavioral health support and care for patients with substance use disorders. It outlines the core services that enable consistent, patient-centered care - universal screening, psychosocial and mood assessment, SDOH referral pathways, intensive care management, and peer-based support through roles like a Recovery Coach Doula. A central workflow is the Plan of Safe Care, positioned as both a compliance requirement and a continuity tool that connects outpatient and inpatient care and supports family stability. The presentation also addresses real-world implementation constraints in a large health system, including staffing, workflow integration, policy boundaries, and cross-team coordination. Finally, it highlights early outcomes and patient feedback suggesting strong satisfaction and reduced stigma, and it closes with sustainability strategies such as embedding processes into routine practice, maintaining key roles beyond grant funding, strengthening inpatient partnerships, and deepening community connections.

Learning Objectives

1. Program design: Identify the essential components of an integrated perinatal SUD support program.
2. Feasibility of programming: Evaluate feasibility factors for launching and operating the program in a large health system.
3. Sustainability: Define practical sustainability tactics that keep the program running after initial funding.
4. Quality and impact: Interpret basic program outcome signals using patient feedback to understand what's working and what to iterate.

Your Speaker



Courtney Kuepper, LCSW, PMH-C

courtney.kuepper@UCHEALTH.ORG

*UCHealth Fort Collins Family Medicine Center,
Fort Collins, CO*

Courtney is a social worker and mama of three with a passion for perinatal care. She is a member of the integrated behavioral team at Family Medicine Center (FMC), an outpatient family practice clinic and medical residency in Fort Collins, Colorado. Courtney is a leader in pediatric quality improvement and the behavioral health lead on the Integrated Care for Women and Babies project at FMC. In 2025, she was awarded UCHealth's Ambulatory Social Worker of the Year for her leadership in integrating Plans of Safe Care in the prenatal-outpatient setting. Courtney enjoys adventures of all sizes, leisurely riding a bike around Fort Collins, and providing chauffeur services to her busy kids.

BREAKOUT 1 RIVERSIDE - THURSDAY

Strategies for Building and Sustaining New Programs: Lessons from the Colorado Recovery Coach Doula Program Expansion

In this breakout session, attendees will explore practical approaches to plan for and implement new programs or care models. Using examples and tools developed through the CU Nursing Recovery Coach Doula program, the speakers bring both a research-informed lens and real-world implementation experience to guide program implementation and expansion decision-making within health care and community organizations. This session will highlight key considerations and strategies for assessing program feasibility, sustainability, and impact. Conference attendees who may be considering new program innovations or care models will learn effective planning methods, implementation strategies, and ways to strengthen program outcomes and financial sustainment.

Learning Objectives

1. Describe the CU Nursing Recovery Coach Doula program expansion.
2. Identify strategies and tools for assessing feasibility and planning implementation of a new program.
3. Summarize strategies and tools to support program sustainability planning.

Your Speakers



Liza Creel, PhD

University of Colorado School of Medicine, Aurora, CO

Dr. Liza Creel is an Associate Professor in the Division of Health Care Policy and Research and Affiliate Faculty in the Farley Health Policy Center at the University of Colorado Anschutz Medical Campus. Her research is in maternal/child health, organizational collaboration in health care and social service systems, and policy evaluation. Dr. Creel serves as PI and Co-I on several studies, including projects supported by the Robert Wood Johnson Foundation, NIH, and Colorado's Behavioral Health Administration and Department of Health Care

Policy and Financing. Dr. Creel has taught courses in health policy analysis, health policy research, and microeconomic theory.

BREAKOUT 1 RIVERSIDE - THURSDAY

Strategies for Building and Sustaining New Programs: Lessons from the Colorado Recovery Coach Doula Program Expansion

Your Speakers



Elyse Neal, MA

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University of Colorado School of Medicine, Aurora, CO

Elyse Neal, MA, is a Research Services Senior Professional in the University of Colorado's Division of Healthcare Policy and Research. She holds a master's degree in Sociology from the University of Arizona and brings experience in program evaluation for both private and public agencies. Her work focuses on Medicaid access and utilization in the areas of hearing health, intellectual and developmental disabilities, and maternal health. Elyse also contributes to the expansion and implementation of Colorado's Recovery Coach Doula Program, supporting evidence-based approaches to maternal health and substance use recovery.



Leanna Farrar

University of Colorado School of Medicine, Aurora, CO

Leanna is a Certified Peer and Family Specialist and a certified doula with the University of Colorado's College of Nursing. Leanna is working as a recovery coach doula, expanding the Recovery Coach Doula program to Fort Collins. Leanna began her career in the recovery field in 2023, working with community mental health providers.

BREAKOUT 1 GONDOLA - THURSDAY

Integrated Perinatal Cannabis Care: Tools for Patients and Providers

As perinatal cannabis use rises, healthcare professionals require evidence-based strategies to identify risks and manage care while maintaining the therapeutic alliance. This two-part session provides comprehensive tools designed to bridge the gap between clinical guidelines and practical application. The first segment introduces a specialized healthcare provider training curriculum that translates the latest research on maternal and fetal outcomes into actionable practice. Utilizing the 5As framework (Ask, Advise, Agree, Assist, and Arrange), the training equips providers with the skills to conduct non-judgmental screenings, communicate national safety considerations, and employ brief counseling strategies. Participants will gain confidence and skills in navigating complex conversations, from initial assessment to arranging long-term support and specialized referrals. The second segment features a demonstration of ‘The Healthy Pregnancy AI Assistant,’ an innovative digital tool designed for real-time patient education and support. This AI-driven chatbot offers patients continuous support for healthy behaviors throughout the pregnancy and postpartum periods. Attendees will conclude the session with an integrated model for care that combines high-level clinical communication with scalable technology to improve perinatal health outcomes.

Learning Objectives

1. Understand the potential harms related to perinatal cannabis use.
2. Identify current guidelines for prenatal and postnatal cannabis use.
3. Locate and utilize screening assessment tools for perinatal cannabis use.
4. Develop knowledge on available evidence-based treatments for perinatal cannabis use.
5. Develop skills to increase self-efficacy and intent to manage perinatal cannabis use.
6. Locate local and national resources for perinatal cannabis use.
7. Learn how to utilize an innovative digital patient education tool.

Your Speakers



Jenn Leiferman, PhD

JENN.LEIFERMAN@CUANSCHUTZ.EDU

University of Colorado School of Public Health, Aurora, CO

<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc>

Dr. Jenn Leiferman is a Professor and Chair of the Department of Community and Behavioral Health at the Colorado School of Public Health. She also directs the Rocky Mountain Prevention Research Center (RMPRC). She has developed and evaluated multi-level interventions targeting individual behavioral change, social and environmental structural supports, and community and systems-level changes. Her recent work has focused on developing and evaluating multi-level interventions to promote perinatal mental health and wellbeing including the enhancement of management practices among providers and coordinated systems of care.

BREAKOUT 1 GONDOLA - THURSDAY

Integrated Perinatal Cannabis Care: Tools for Patients and Providers

Your Speakers



Sarah Gelinas, MPH

Sarah.gelinas@cuanschutz.edu

Rocky Mountain Prevention Research Center at the Colorado School of Public Health, Aurora, CO

Sarah Gelinas, MPH, earned her Master of Public Health in Population Mental Health and Well-being from the Colorado School of Public Health at the University of Colorado Anschutz Medical Campus. As a Professional Research Assistant at the Rocky Mountain Prevention Research Center, Sarah focuses on conducting community-based research in rural areas of Colorado to develop trauma-informed interventions and evidence-based frameworks. Her professional expertise centers on the continuum of substance use prevention and recovery, where she leverages qualitative research to elevate the voices of those with lived experience and translates complex data into actionable resources. This includes conducting extensive research into the public health implications and health effects of high-concentration cannabis to inform policy and the creation of specialized training and digital wellness tools for both healthcare providers and the perinatal population. Sarah is dedicated to advancing health equity through the development of these evidence-based resources to ensure that support for perinatal mental health and substance use is accessible and effective.



Adam Salyers

Clinic Chat, Denver, CO

Adam has co-authored multiple studies on the intersection of AI and healthcare access. His recent academic work focuses on developing secure, HIPAA-compliant chatbots that avoid stigmatizing patients, using AI to increase access to sexual and reproductive health services, and implementing chatbots for mental health and Substance Use Disorder (SUD) screenings.

AFTERNOON SESSION 1 - THURSDAY

Bumps, Booze, and Big Red Flags: Alcohol's Role in Intimate Partner Violence and Implications for Pregnancy and Postpartum

This presentation examines the prevalence, correlates, and consequences of intimate partner violence (IPV) during pregnancy and the postpartum period, with a particular focus on the role of alcohol. The presentation will begin by summarizing current research and national statistical data to highlight the scope of IPV among prenatal and postpartum populations in the United States. Attention will be given to the mental, physical, and economic impacts of IPV for pregnant and postpartum individuals. Building on this foundation, the presentation will introduce the metatheoretical I³ framework to conceptualize partner violence from a dyadic perspective. This framework will be used to identify how both an individual's own characteristics and their partner's factors interact to increase risk for IPV. The discussion will then focus specifically on alcohol as a key contributing factor to prenatal and postpartum partner violence, drawing on empirical evidence and theoretical models. Overall, the presentation aims to advance understanding of alcohol-related IPV during pregnancy and postpartum and to inform prevention and intervention strategies.

Learning Objectives

1. Summarize the prevalence and impact of intimate partner violence in prenatal and postpartum populations using current research and statistical data.
2. Identify how one's own and one's partner's factors contribute to partner violence.
3. Evaluate the role of alcohol as a contributing factor for prenatal and postpartum partner violence based on empirical evidence and theoretical frameworks.

Your Speaker



Ruschelle Leone, PhD

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University of Colorado School of Medicine, Aurora, CO

Dr. Ruschelle Leone received her Ph.D. in Clinical Psychology from Georgia State University. She completed her clinical internship in substance use at the Medical University of South Carolina. Dr. Leone was an Assistant Professor in the School of Public Health at Georgia State University before joining the Division of Addiction Science, Prevention, and Treatment within the Department of Psychiatry at the University of Colorado Anschutz as an Associate Professor.

Perinatal Substance Use and Parent-Infant Relationships

The parent-infant relationship is a critical determinant of child well-being and is highly vulnerable during the perinatal period. Parental substance use can be associated with disruptions in early caregiving and data suggest that it has been involved in a substantial portion of foster care entries. Given the importance of not “assuming” abuse/neglect is occurring in families impacted by use and of keeping families together where possible, we must understand the impact of perinatal use on parent-infant relationships. In this talk, we will utilize early developmental concepts like attachment and working models to explore the impact of perinatal substance use on mother-infant relationships through the lens of cannabis use. Following this discussion, we will attempt to integrate the existing evidence to inform provider-patient conversations regarding broader perinatal substance concerns, utilizing a trauma-informed, harm reduction-centered, and individualized approach.

Learning Objectives

1. Describe the concepts of attachment and internal working models and their implications for early parent-child relationships.
2. Analyze the ways in which early adverse experiences, internal working models, and perinatal substance use interact to influence early parent-child relationship development.
3. Examine perinatal cannabis use, including use patterns, motivations for use, and the impact of use on maternal mental health and mother-infant relationships.
4. Integrate existing evidence to inform provider-patient conversations regarding perinatal substance use, utilizing a trauma-informed, harm reduction-centered, individualized approach.

Your Speaker



Aviva Olsavsky, MD

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University of Colorado School of Medicine, Aurora, CO

Dr. Aviva K. Olsavsky, MD, is an Associate Professor and a perinatal, infant mental health, and child psychiatrist and an Addiction Medicine physician at the University of Colorado. She is a graduate of Harvard College and UCLA School of Medicine. She has completed an NIH clinical research fellowship, as well as child psychiatry, infant mental health, and postdoctoral research fellowships. Her clinical work includes integrated care and access building consultation for perinatal mental health. Her NIH-funded research program investigates the impact of maternal cannabis use and mothers' early adverse experiences on neural responses to infant cues and relationships with their infants. She has designed innovative virtual educational programming for new-parent psychiatry trainees in collaboration with the NNCI and has collaborated with the American Heart Association to co-create psychoeducational content with faith-based institutions serving communities of color. In seeking to understand the mechanisms by which stress and substance use act on the parental brain, Dr. Olsavsky hopes to improve preventive and treatment approaches to impact the mental health of multiple generations.

OPTIONAL OUTDOOR ACTIVITY - WEATHER DEPENDENT

Nature as Medicine

This experiential session invites you to step outside the clinical environment and explore nature as a therapeutic ally. Through a guided forest therapy walk, participants will learn how intentional, sensory-based engagement with natural spaces can reduce stress, support emotional regulation, and enhance overall wellbeing. Rooted in evidence-informed ecopsychology and contemplative practice, the session introduces techniques that can be integrated into patient care, especially for populations experiencing burnout, anxiety, or chronic stress. Participants will leave with practical strategies for incorporating “nature as medicine” into both personal and professional self-care.

Learning Objectives

1. Engage in sensory-based techniques that support nervous-system down-regulation and emotional recovery.
2. Identify nature-based strategies that can be incorporated into clinical wellness, burnout-prevention, or self-care routines.
3. Experience how guided nature connection can enhance presence, reduce cognitive load, and improve overall wellbeing.

Your Speakers



Charlotte Farewell, MPH, PhD

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University of Colorado School of Public Health, Aurora, CO

Dr. Charlotte Farewell is an Assistant Professor with the Rocky Mountain Prevention Research Center at the Colorado School of Public Health and Director of the Population Mental Health and Well-being concentration at the Colorado School of Public Health. Dr. Farewell’s research focuses on preventing mood disorders and promoting the behavioral health of socioeconomically disadvantaged perinatal women through the investigation and implementation of

non-pharmacological, strengths-based interventions. She is dedicated to exploring how specific biopsychosocial mechanisms across sensitive periods interact to confer resilience and whole person health. Her research is rooted in community-based participatory research methods and mixed-methods approaches.

OPTIONAL OUTDOOR ACTIVITY - WEATHER DEPENDENT Nature as Medicine

Your Speakers



Jenn Leiferman, PhD

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University of Colorado School of Public Health, Aurora, CO
<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc>

Dr. Jenn Leiferman is a Professor and Chair of the Department of Community and Behavioral Health at the Colorado School of Public Health. She also directs the Rocky Mountain Prevention Research Center (RMPRC). She has developed and evaluated multi-level interventions targeting individual behavioral change, social and environmental structural supports, and community and systems-level changes. Her recent work has focused on developing and evaluating multi-level interventions to promote perinatal mental health and wellbeing including the enhancement of management practices among providers and coordinated systems of care.



CONTINUING EDUCATION

CREDIT

This conference's speaker sessions can be redeemed for Continuing Education credits for select provider types. Details will be emailed to attendees and posted at <https://bit.ly/2026psudcec> or scan the QR code.

MORNING SESSION 1 - FRIDAY

Motivation, Motherhood, and Meaning: Promotion of Perinatal Behavioral Health in Underserved Communities

This talk will explore how Self-Determination Theory (SDT) offers a powerful framework for improving perinatal behavioral health and addressing substance use and mental health in underserved communities. Drawing on evidence from perinatal mental health and substance-use research, the presentation highlights how three basic psychological needs, autonomy, competence, and relatedness, shape behavior, treatment engagement, and wellbeing across the perinatal period. The talk will illustrate how pregnancy creates a natural window of opportunity for behavior change, aligning with SDT's emphasis on internalized motivation and identity transformation. It will also examine how stigma and fragmented care systems undermine these psychological needs, particularly for low-income women and those navigating substance use. Non-pharmacological strategies, including nature-based therapeutic interventions (NBIs) will be presented as promising, SDT-aligned approaches that restore basic psychological needs, thus promoting perinatal behavioral health outcomes. The presentation will conclude with practice and research implications, including autonomy-supportive care models, peer-supported interventions, and SDT-based strategies for supporting perinatal wellbeing among underserved communities.

Learning Objectives

1. Describe how autonomy, competence, and relatedness influence perinatal behavioral health and substance-use trajectories.
2. Explain why pregnancy and postpartum represent a unique motivational window for behavior change through an SDT lens.
3. Identify ways that structural barriers undermine psychological needs in perinatal care.
4. Evaluate how nature-based interventions can support SDT needs and improve wellbeing among women with perinatal substance use and/or mood disorders.

Your Speaker



Charlotte Farewell, MPH, PhD

CHARLOTTE.FAREWELL@CUANSCHUTZ.EDU

University of Colorado School of Public Health, Aurora, CO

Dr. Charlotte Farewell is an Assistant Professor with the Rocky Mountain Prevention Research Center at the Colorado School of Public Health and Director of the Population Mental Health and Well-being concentration at the Colorado School of Public Health. Dr. Farewell's research focuses on preventing mood disorders and promoting the behavioral health of socioeconomically disadvantaged perinatal women through the investigation and implementation of

non-pharmacological, strengths-based interventions. She is dedicated to exploring how specific biopsychosocial mechanisms across sensitive periods interact to confer resilience and whole person health. Her research is rooted in community-based participatory research methods and mixed-methods approaches.

MORNING SESSION 2 - FRIDAY

Art of Brief Intervention and Motivational Interviewing

This session will explore how to foster patient engagement and decrease stigma when providing brief interventions to address substance use, mental health and related needs during the perinatal period. We will explore how motivational interviewing supports effective brief interventions using brief practice activities and discussion. We will also explore how to navigate challenges including discord that may arise when providing a brief intervention.

Learning Objectives

1. Identify factors that affect patient engagement in conversations about substance use, mental health and related needs.
2. Explore how to foster trust and nonjudgmental patient-centered communication.
3. Explore how the spirit of motivational interviewing helps promote confidence and readiness to change and accept help.
4. Practice motivational interviewing skills.
5. Explore how to navigate challenging situations and discord when providing brief interventions.

Your Speaker



Carolyn Swenson, MSPH, MSN, RN

cjswenson57@gmail.com

Denver, CO

I provide consultation, training, and coaching on SBIRT, suicide prevention, and motivational interviewing. My clinical training was in nursing (RN and FNP) and my public health training focused on epidemiology. I am also a Question-Persuade-Refer (QPR) suicide prevention trainer. Past work includes perinatal and pediatric nursing; public health nursing with migrant farmworkers, on the Navajo reservation, and in a refugee camp in Sudan where I worked with traditional birth attendants, community-based epidemiology research and quality improvement. I was born and raised in Minnesota and currently reside in Denver, Colorado.

MORNING SESSION 3 - FRIDAY

From Coverage to Care: Essential Health Policy for Improving Patient Outcomes

This session will cover essential health policy topics to help attendees understand the basics of health care coverage and financing, and how these provisions affect care delivery. Additionally, we will describe Colorado-specific policies impacting individuals and families affected by perinatal substance use disorder. Finally, we will help attendees identify key policy and advocacy skill sets to develop so they can effectively engage in policy conversations, support systems change, and advocate for improved patient care.

Learning Objectives

1. Understand principles of health care coverage and financing
2. Describe Colorado-specific policies impacting perinatal and SUD care.
3. Identify policy & advocacy skills for improving patient care.

Your Speakers



Hannah Crook, PhD

hannah.crook@cuanschutz.edu

University of Colorado School of Medicine, Farley Health Policy Center, Aurora, CO

Dr. Hannah Crook is a Senior Instructor in the Department of Pediatrics at the University of Colorado Anschutz Medical Campus and serves as the Medicaid Policy Director at the Farley Health Policy Center. In this role, she leads the Center's Medicaid-related initiatives and fosters collaboration with state agencies and other stakeholders.

She has previous experience in payment reform, social determinants of health, and mixed methods research. She is committed to policy-relevant research that improves the wellbeing of Medicaid beneficiaries both in Colorado and nationally. Dr. Crook holds a PhD in Health Policy and Health Services Research from Vanderbilt University.

MORNING SESSION 3 - FRIDAY

From Coverage to Care: Essential Health Policy for Improving Patient Outcomes

Your Speakers



Kyle Leggott, MD

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University of Colorado School of Medicine, Aurora, CO

Kyle Leggott, MD, is a family physician with health politics experience whose expertise includes policy development and translation, the intersection of policy with state-based health care legislation, and innovative approaches to addressing healthcare reform. Dr. Leggott seeks progressive approaches to address health inequities by promoting systems-based and policy-level interventions. Dr. Leggott is an Assistant Professor of Family Medicine in the University of

Colorado Department of Family Medicine, where he completed a fellowship in health policy and politics. Dr. Leggott is a health policy scholar at the Eugene S. Farley, Jr. Health Policy Center. He also serves as a board member for the Colorado Academy of Family Physicians (CAFP). He provides patient care in the clinic and hospital while teaching family medicine residents and medical students at the University of Colorado.



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OPTIONAL PROVIDER SESSION - FRIDAY

MOUD Treatment Basics for Perinatal Patients

This interactive session will review evidence-based use of methadone and buprenorphine for treating opioid use disorder (OUD) in pregnant and postpartum patients, highlighting safety, dosing, induction/maintenance strategies, and common clinical considerations. Participants will explore practical clinical pathways, referral networks, and resource tools (clinical workflows, counseling and breastfeeding guidance, and care navigation) to support MOUD provision. Through case-based exercises, clinicians will apply MOUD principles and decision tools to perinatal scenarios, initiating and adjusting therapy, coordinating multidisciplinary care, and addressing neonatal and maternal outcomes. Intended for obstetric, addiction, family medicine, and primary care providers seeking actionable skills to improve perinatal OUD care.

Learning Objectives

1. Discuss how to utilize methadone and buprenorphine to treat OUD in perinatal patients
2. Review clinical pathways and resources to support providers in MOUD
3. Apply MOUD knowledge and tools to perinatal patient cases

Your Speakers



Rachael Duncan, PharmD

Rachael@epifluence.org

Epifluence, MOMs+; Golden, CO

Rachael Duncan is a clinical pharmacist who is board certified in pharmacotherapy and critical care medicine. She is the co-founder and Chief Clinical Officer for Epifluence, a healthcare consulting company that focuses on expanding addiction medicine treatment, improving maternal health outcomes, and supporting rural and underserved communities. She has spent the past decade focused on policy, advocacy, and educational work surrounding opioid stewardship and addiction treatment at both the state and national level. Rachael serves as program director for Maternal Overdose Matters Plus (MOMs+).



Kaylin Klie, MD, MA

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University of Colorado School of Medicine, Aurora, CO

Dr. Kaylin Klie is a Family Medicine and Addiction Medicine physician with special interest in caring for pregnant and parenting people with substance use. She is an Associate Professor in the Departments of Family Medicine, Psychiatry, and OBGYN at the University of Colorado School of Medicine. She serves as the Program Director for the Addiction Medicine Fellowship, and as Medical Director for Addiction Medicine at CeDAR.

OPTIONAL PROVIDER SESSION - FRIDAY

MOUD Treatment Basics for Perinatal Patients

Your Speakers



Kyle Knierim, MD

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UChicago Medicine AdventHealth, Woodridge, IL

I am a board-certified Family Medicine physician and serve as the Regional Medical Director of Practice Transformation for the UChicago Medicine | AdventHealth Medical Group in Illinois where we are developing advanced care teams in our two Family Medicine residencies, 18 primary care clinics, and 25 specialty care practices. Previously, I was the Associate Director of the Practice Innovation Program and the Associate Vice Chair of Clinical Quality for the

University of Colorado Department of Family Medicine. I have served as a Principal Investigator on several projects focused on expanding access to evidence-based care of patients with mental health and substance use disorders. Current and past work have focused on topics related to team-based care, behavioral health integration, addressing substance use in primary care, patient centered medical homes, value-based contracts, using data to guide population health, risk stratification, care management, and patient engagement.

POSTER & COMMUNITY PARTNER SHOWCASE DETAILS

Poster Presentations

Thank you to the following for presenting their work in perinatal SUD care:

How Two Projects Complement and Support Parenting People with SUD Across Colorado

Thomas Bao, MPH; Andrew Bienstock, MHA; Danika Buss, BA; Kathy Cebuhar, MA; Jennifer Halfacre, BS; Sabrina Lor, BA; Lauren Quintana, MS

A Report of Perinatal Substance Use and Depression in Participants of the ROSE Program

Erin Flanagan, PsyD; Jenny Lee, BA; Yunying (Annie) Le, PhD; Jesse Allen, LCSW, LAC; Galena Rhoades, PhD; Elysia Davis, PhD; Jennifer Hyer, MD, FACOG

Dyadic Model of Healthcare for Women with Substance Use Disorders

Pamela Swendseid, FNP, PMHNP, MA-MHC; Mia Roberts, PhD, CPNP-PC; Bethany Ferret, LCSW, LAC, ADS; Brittany Westmoreland, NCPRSS, CD

Congenital Syphilis Elimination Initiative

Corrie Westwood, BSN, RN; Claudia Perez, RN

Screening for Substance Use Among Young Parents: Evaluating Tools in a Primary Care Teen-Tot Clinic

Makena Kaylor-Tapscott, PhD; Amanda Pryor, MS; Sarah Tillema, PA-C; Catherine Greisch, PsyD; Bethany Ashby, PsyD; Ayelet Talmi, PhD; Hana Smith, MD; Amelia Ehmer, PsyD

Adolescence Meets Parenthood: A Prevalence Study of Substance Use Among Perinatal and Parenting Adolescents

Amanda Pryor, MA; Makena Tapscott, PhD; Catherine Greisch, PsyD; Sarah Tillema, PA-C; Bethany Ashby, PsyD; Hana Smith, MD; Amelia Ehmer, PsyD

Identification and Management of Perinatal Cannabis Use: A Provider Training Framework

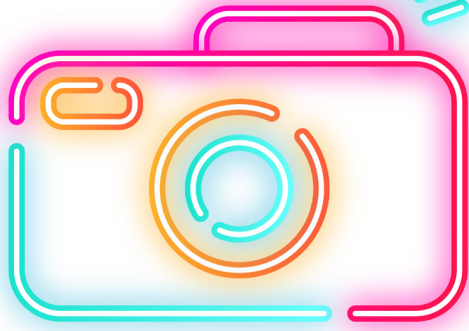
Sarah Gelinias, MPH; Jenn Leiferman, PhD

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