New Hampshire Association for Infant Mental Health
Shaping Lives Before Birth and Beyond

25th Annual Conference

Understanding and Addressing the Impacts of Maternal Substance Misuse

featuring
Nancy Suchman, PhD
and
Eda Spielman, PsyD and Amy Sommers, LICSW

September 19-20, 2019
Church Landing, Mill Falls at the Lake
Meredith, NH

This conference has been approved by the NHAMFT for up to 11 CEUs.
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<tr>
<td>7:30 - 8:30</td>
<td>CONFERENCE REGISTRATION AND CONTINENTAL BREAKFAST</td>
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| 8:30 - 11:15 | Maternal Addiction and Parenting: Implications of Neuroscience and Trauma for Attachment Relationships and Parenting Interventions  
Nancy Suchman, PhD          |
| 11:15 – 11:30 | Break                                                                |
| 11:30 – 12:15 | A Parent’s Story  
Cheri Bryers, CRSW          |
| 12:15 – 1:45 | Lunch  
on your own                                                |
| 1:45 – 3:15 | **Workshops**  
**Workshop A**  
Mothering from the Inside Out: Principles and Strategies of a Mentalization-Based Intervention for Mothers in Substance Abuse Treatment  
Nancy Suchman, PhD          |
| 1:45 – 3:15 | **Workshop B**  
Kinship Care: Parenting the Second Time Around  
Kathleen Egan, LMHC          |
| 1:45 – 3:15 | **Workshop C**  
Supporting Families with Substance Use Disorder Through Home Visiting: A Program’s Journey  
Susan Wydra, BA          |
| 3:15 – 3:45 | Break                                                                |
| 3:45 – 5:15 | **Workshops**  
**Workshop D**  
Recognizing Commonly Misused Substances and Their Impacts  
Shanna Large, MS, LMHC          |
| 3:45 – 5:15 | **Workshop E**  
Transforming Your Care for Substance-Exposed Babies and Their Families  
Katie White, RNC-LRN and Lindsey Wyma, MSW          |
| 3:45 – 5:15 | **Workshop F**  
Forever Hope: A Two-Generation Approach with Families Affected by Substance Use Disorder  
Karen Welford, BSN, MPAff and Michelle Lennon, MAPM          |
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| 9:00 – 12:00| Bringing an Infant Mental Health Lens to Home-Visiting Work with Pregnant and Parenting Women in Substance Use Recovery: Lessons from Project NESST  
*Eda Spielman, PsyD and Amy Sommers, LICSW* |
| 12:00 – 1:30| **Lunch on your own**                                                  |
| 1:30 – 3:00| **Workshops**  
*Locations TBD*  
**Workshop G**  
Understanding and Working with Unhealthy Partner Relationships in the Context of Substance Use Disorders  
*Amy Sommers, LICSW and Tiffany Clark, LICSW*  
**Workshop H**  
Applying NH’s Wraparound Model to Work with Families in Perinatal Addiction Treatment: Continuous Improvement  
*Mary Ann Evers, LICSW and JoAnne Malloy, PhD* |
MATERNAL ADDICTION AND PARENTING: IMPLICATIONS OF NEUROSCIENCE AND TRAUMA FOR ATTACHMENT RELATIONSHIPS AND PARENTING INTERVENTIONS – Participants will learn about research linking the neuroscience of addiction and trauma to the parenting struggles and developmental risks in families affected by parental addiction. The implications for parenting interventions that target parental mentalizing capacity and child attachment security will also be reviewed. **Nancy Suchman, PhD**

A PARENT’S STORY – Cheri Bryers is the Recovery Coach at the Moms in Recovery Program at Dartmouth Hitchcock where she provides peer support recovery services and advocacy to pregnant and parenting women. As a person in long term recover, she uses her own personal story of addiction to help reduce stigma and bring a voice to those who have been silenced. Her experiences and recovery are proof that people can change. **Cheri Bryers, CRSW**

**Afternoon Workshop Choices:**

A. MOTHERING FROM THE INSIDE OUT: PRINCIPLES AND STRATEGIES OF A MENTALIZATION-BASED INTERVENTION FOR MOTHERS IN SUBSTANCE ABUSE TREATMENT – Participants will learn about principles, and therapeutic strategies associated with Mothering from the Inside-Out, a brief individual intervention that aims to enhance a mother’s capacity for parental reflective functioning. Parental reflective functioning involves two components – the capacity to make sense of and manage one’s own strong emotional experiences and the capacity to accurately perceive and make sense of a child’s emotional experiences and attachment needs through a developmental lens. **Nancy Suchman, PhD**

B. KINSHIP CARE: PARENTING THE SECOND TIME AROUND – This workshop will explore the rising need for kinship care for children and adolescents. We will discuss the issues and conflicts grandparents and other relatives face caring for their grandchildren, nephews or nieces. Relative caregivers often face challenges in managing the behavior of the children in their care, due to trauma and/or developmental delays. Relative caregivers benefit from support groups that provide education about child development and behavioral management. **Kathleen Egan, LMHC**

C. SUPPORTING FAMILIES WITH SUBSTANCE USE DISORDER THROUGH HOME VISITING: A PROGRAM’S JOURNEY - Learn about one program’s approach to addressing the needs of families with infants and toddlers who are impacted by a substance use disorder. We will explore how to support recovery by working with the parent-child dyad, using trauma informed practices. We will also discuss the importance of staff self-care, and partnering with community resources to ensure program success. **Susan Wydra, BA**

D. RECOGNIZING COMMONLY MISUSED SUBSTANCES AND THEIR IMPACTS - This workshop will provide an overview of the most commonly misused substances and their effects on an individual. With this information, a provider will be better prepared to identify whether substance misuse is occurring in the home and help connect caregivers in the home to beneficial resources. **Shanna Large, MS, LMHC**

E. TRANSFORMING YOUR CARE FOR SUBSTANCE EXPOSED BABIES AND THEIR FAMILIES - In this interactive workshop, participants will discuss current practices and challenges in, and brainstorm strategies for effective implementation of baby and family-centered care for substance-exposed newborns and their families. Topics will include prenatal education for pregnant women with Substance-Use/Misuse Disorder, rooming-in care and parental presence, optimal non-pharmacologic care (e.g., skin-to-skin, breastfeeding, calm environments, holding, safe sleep), baby-centered functional NAS assessments with symptom prioritization for pharmacologic treatment decisions, referrals and resources for mother-baby dyad prior to and after discharge from hospital setting, community resources and referral to support safe transitions to home. **Katie White, RNC-LRN and Lindsey Wyma, MSW**

F. FOREVER HOPE: A TWO-GENERATION APPROACH WITH FAMILIES AFFECTED BY SUBSTANCE USE DISORDER - This workshop addresses the issue of Substance Use Disorder through a two-generation lens, providing information on the effects of substance use on children and on all members of the family. Information on opioids and the Stages of Recovery in the context of the Strengthening Families™ Protective Families framework will be discussed. A Family Resource Center that is also a Peer Recovery Center will be presented as a model of service. **Karen Welford, BSN, MPAFF, and Michelle Lennon, MAPM**
BRINGING AN INFANT MENTAL HEALTH LENS TO HOME VISITING WORK WITH PREGNANT AND PARENTING WOMEN IN SUBSTANCE USE RECOVERY: LESSONS FROM PROJECT NESST – The relational, trauma-sensitive lens of Infant Mental Health brings an essential perspective for supporting mothers facing dual challenges of parenting and recovery. This presentation will draw on the dyadic clinical work of Project NESST (Newborns Exposed to Substances: Support and Therapy) in addressing issues of separation and reunification, managing risk and safety, and navigating shame and stigma. EDA SPIELMAN, PSYD AND AMY SOMMERS, LICSW

Afternoon Workshop Choices:

G. UNDERSTANDING AND WORKING WITH UNHEALTHY PARTNER RELATIONSHIPS IN THE CONTEXT OF SUBSTANCE USE DISORDERS – When beginning work with parents impacted by substance use disorders, staff are tasked with gathering information and formulating a plan about supporting a clients’ and family’s well-being. Learning how best to gather information about intimate partner violence, the prevalence of its occurrence in this population, and how to manage treatment considerations accordingly will improve practice and client well-being. AMY SOMMERS, LICSW AND TIFFANY CLARK, LICSW

H. APPLYING NH’S WRAP-AROUND MODEL TO WORK WITH FAMILIES IN PERINATAL ADDICTION TREATMENT: CONTINUOUS IMPROVEMENT – This workshop will focus on the application of wrap-around with women who are in Perinatal Addiction Treatment and Medication Assisted Treatment (PAT/MAT). MARY ANN EVER, LICSW AND JOANNE MALLOY, PHD
About our presenters:

Cheri Bryers, CRSW is the Recovery Coach at the Moms in Recovery Program at Dartmouth Hitchcock where she provides peer support, recovery services and advocacy to pregnant and parenting women. She is a member of the interdisciplinary pediatric and OB teams at Dartmouth Hitchcock Medical Center where she works with women and families with substance use disorders. In her inpatient and outpatient role she provides individualized advocacy, support, and referrals to community recovery resources. As a person in long-term recovery herself she often accompanies individuals to medical appointments, recovery meetings, court hearings and treatment. Cheri is a certified CCAR recovery coach and Ethics trainer, leading many trainings in the Upper Valley. She has appeared in documentaries and speaks at public forums on behalf of herself and people with substance use disorder. She is inspired to speak out and uses her own personal story of addiction to help reduce stigma and bring a voice to those who have been silenced. Her experiences and recovery are proof that people can change.

Tiffany Clark, LICSW is a Maternal Recovery Specialist Supervisor and Parent-Child Clinician for Project NESST at the Center for Early Relationship Support at Jewish Family & Children's Service of Greater Boston. Tiffany has received extensive training in Infant-Parent Mental Health and additional evidence-based practices such as Child-Parent Psychotherapy and Circle of Security. Her expertise is in treating parent-child dyads impacted by substance use disorders and trauma. Prior to her role at JF&CS, Tiffany provided residential and outpatient clinical services to children and families impacted by domestic violence. In that role, she also provided training and consultation to community service providers, volunteers and staff. Tiffany was the 2014 recipient of the Shelter Liaison of the Year recognition through Horizons for Homeless Children for her dedication to improving the lives of young homeless children.

Kathleen Egan, LMHC has been a Child & Family Therapist at the Riverbend Children’s Intervention Program (ChIP) for 20 years. She is the supervisor of a large clinical team, is trained in many evidence based practices, and is nationally rostered in Child-Parent Psychotherapy. Kathleen facilitates the P.A.S.T.A. program, Parenting Second Time Around program, at Riverbend Community Mental Health. Her special interests include attachment theory, trauma, Dialectical Behavioral Therapy and, and Child-Parent Psychotherapy.

Maryann Evers, LICSW is the Director of Family Support Programs at Waypoint NH, a non-profit social service agency providing a wide range of supports to families and individuals throughout the life span. Following many years of overseeing and providing clinical and nonclinical supports to families, Maryann completed a post graduate certificate in Infant Mental Health. Maryann has focused her career on working with families with young children, with particular attention to advancing practices that support optimal parent child interactions. Maryann is the Vice President of the NH Association of Infant Mental Health and holds an Advanced Reflective Practice Consultant level credential in Early Childhood and Family Mental Health.

Shanna Large, MS, LMHC has worked in the substance use field for over 10 years, providing care for clients from Detox, through residential care, to outpatient treatment. Before moving to New Hampshire, Shanna was employed as the Director of a Medically Assisted Treatment program in Massachusetts, and had an integral role in opening and growing that program. She is currently employed as the Director of Substance Use Disorders at Riverbend Community Mental Health Center, which provides a full array of substance use services. Shanna enjoys being a part of the solution and is excited for the opportunity to be on the front lines of care for this population.

Michelle Lennon, MAPM is currently the Executive Director of the Greater Tilton Area Family Resource Center (GTAFRC). With a passion for working with families, she and her community opened the resource center in 2015 in response to the opioid epidemic. The GTAFRC has become a model for supporting individuals affected by substance use in the context of their family and within their community. Michelle is a certified Parent Educator in Nurturing Skills, Parent as Teachers, and Active Parenting, and is a Certified Trainer for the Connecticut Community for Addiction Recovery’s Recovery Coach Academy and Recovery Basics for Parents. Michelle is active in numerous community and state advisory boards and earned a MA in Ministry in 2015. She is Pastor of the Northfield-Tilton Congregational Church.

JoAnne Malloy, PhD began working at UNH in 1992. She is a nationally-recognized expert in the field of adolescent mental health with particular expertise in school-to-career transition services for youth with emotional and behavioral
disorders, school-based mental health services, dropout prevention, and family- and youth-driven wraparound. Dr. Malloy developed RENEW (Rehabilitation for Empowerment, Natural supports, Education, and Work), an evidence-based school-to-career intervention for transition-age youth with emotional and behavioral disorders implemented in New Hampshire’s mental health centers and over 20 of the state’s high schools. Dr. Malloy has authored numerous peer-reviewed journal articles and book chapters, and teaches a course in adolescent behavioral health in the UNH Social Work Department. In April, 2018, Dr. Malloy was contracted to develop and design workforce training for treatment and recovery and peer to peer providers, focused on youth with substance use disorders and co-occurring mental health and substance use disorders.

Amy Sommers, LICSW is the Program Director for Project NESST at the Center for Early Relationship Support at Jewish Family & Children’s Service of Greater Boston. Her expertise is in attachment-based interventions for infants and parents. She has practiced and supervised in home-based, healthcare, and addiction treatment settings; and she has provided training to local, national, and international audiences on dyadic work through a number of lenses. Recently, she has focused on training providers from medical, social service, and graduate programs on supporting families impacted by addiction.

Eda Spielman, PsyD is the Clinical Director of the Center for Early Relationship Support (CERS) and faculty at the Infant-Parent Training Institute of Jewish Family and Children’s Service of Greater Boston. She holds a post-graduate certificate in Infant Mental Health and additional training in Child-Parent Psychotherapy and Circle of Security. She is currently involved in supervision and program development for several projects at CERS focused on vulnerable families facing challenges related to substance use recovery, early childhood trauma exposure, and maternal mental health.

Nancy Suchman, PhD’s research integrates perspectives from attachment theory, neuroscience of addiction and developmental psychopathology. Funded by the National Institutes of Health since 1995, her research has focused on developing and evaluating attachment-based parenting interventions for mothers with substance use and psychiatric disorders. In 2015, she completed the second randomized clinical efficacy trial testing the efficacy of Mothering from the Inside Out, a mentalization-based psychotherapy that aims to promote maternal reflective functioning - the capacity to make sense of and manage emotional distress in difficult parenting situations and to make sense of young children’s emotional needs in order to promote secure attachments. Dr. Nancy Suchman is an Associate Professor at the Yale School of Psychiatry and the Yale Child Study Center.

Karen Welford, BSN, MPAff has spent over thirty years supporting families with young children in Massachusetts and New Hampshire and throughout New England. She feels fortunate to have held the positions of Early Intervention Program Director as well as Director of Early Intervention Field Services for the Massachusetts Department of Public Health; Director of Early Intervention Professional Development and Quality for New Hampshire’s Bureau of Developmental Services; and Technical Assistance Specialist for the New England Head Start Quality Initiative. She was the Director of the Family Resource Center in Laconia New Hampshire for 10 years and is an adjunct professor at Plymouth State University. Most recently, she was the Executive Director for Belknap House, a shelter for homeless families in her hometown of Laconia. She is a master trainer in the Standards of Quality for Family Strengthening and Support and a certified trainer for Bringing the Protective Factors Framework to Life in your Work. Karen holds a BS in Nursing and earned a master’s degree in Public Affairs from the McCormack Institute of the University of Massachusetts.

Katie White, RNC-LRN Katie has been employed as a nurse at Wentworth Douglas hospital since 2009. Currently she is the Perinatal NAS Care Coordinator for Wentworth-Douglass Hospital and a Pediatric Nurse there. In 2013, she was the recipient of the Clint Jones Nursing Award and was recognized for her exceptional commitment to high-quality patient care and to the nursing profession by the Foundation for Healthy Communities in New Hampshire. Katie serves as Gold Star Faculty Trainer for NNEPQIN’s Eat Sleep Console initiative/training. She also received her certification in Low Risk Neonatal care and has a passion for working with premature and substance exposed infants and their families. Recently, Katie had the opportunity to share Wentworth Douglass Hospital’s work during her presentation of Transforming Your Care for Opioid-Exposed Babies and their Families at the 32nd Annual Gravens Conference on the Environment of Care for High Risk Newborns in March 2019.

Susan Wydra, BA is the Head Start and Early Head Start Home-Based Supervisor for the Strafford County Head Start Program. In this role, she supervises home visiting staff and collaborates with community partners. Susan has worked in the program in a variety of capacities for the past 17 years. Home-based programming is her passion – connect with
families through building relationships, establishing trust and partnering with them to support them in their role as their child’s first and most important teacher. Susan holds an Intermediate Level Early Childhood and Family Mental Health credential and is certified in Born to Learn: Parents as Teachers Administration and Practice-based Coaching. She sits on the board of several leadership teams in Strafford County, including the Substance Misuse and Opioid Task Forces.

Lindsey Wyma, MSW has been employed as a social worker at Wentworth Douglas Hospital since 2010. Her primary interests include interdisciplinary and community collaboration, with a focus on advocating for the needs of patients struggling with substance misuse. Lindsey is invested in working closely with families and providing ongoing support and resource development, at both the micro and macro levels of care. She is also trained to provide parent education around the Eat, Sleep, Console protocols for substance exposed infants.
The registration fee is $140.00 for members and $175.00 for non-members and includes continental breakfast Thursday, a full buffet breakfast Friday and snacks.

There is no discount for one-day registrations. Registration fees are non-refundable.

Registration deadline: September 6, 2019.

**HOW TO REGISTER:**

Go to [NHAIMH.camp9.org](http://NHAIMH.camp9.org) to register for this event. We encourage payment to be made directly on the website at the time of registration. If you are unable to pay online, mail your check to:

**NHAIMH**  
P.O. Box 1421  
Concord, NH 03302

If you require a paper form, please contact nhaimh@gmail.com.

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**CONTINUING EDUCATION INFORMATION**

This conference has been approved for up to 11 CEUs.

CEUs are FREE to members, and available for a $10.00 fee for non-members (payable at the conference)

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**MEMBERSHIP**

Membership has benefits:

- Conference discounts
- Free or reduced costs for membership activities and trainings
- Professional networking opportunities
- Mini-grants to support trainings and projects

**Are you a NHAIMH member?**

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Click here to become a member: [http://nhaimh.camp9.org/page-802490](http://NHAIMH.camp9.org/page-802490)?

Email us with any questions: nhaimh@gmail.com
Mill Falls at the Lake, Church Landing
281 Daniel Webster Highway, Meredith, NH

A block of rooms has been reserved at the Inn at Mills Falls at a discounted rate for conference participants from Wednesday, September 18, 2019 through Friday, September 20, 2019. There are also a few rooms reserved at the Chase House and Church Landing. Participants are responsible for making their own reservations.

Reservations can be made by phone at 1-800-622-6455.

A deposit equivalent to one night’s lodging is required by September 6, 2019.

When making a reservation, attendees must identify themselves as participants of the NHAIMH Annual Conference to ensure they receive the correct rate and group placement. Rates cannot be changed upon arrival nor can discounts be given to guests who did not identify themselves when making their reservation.

**The Inn at Mills Falls - $125 per room, double occupancy**

The Inn at Mills Falls is a restored nineteenth-century linen mill. A tumbling 40-foot waterfall creates a setting that envelops guests in an atmosphere of warmth, comfort, and easy relaxation. The 54-room inn has two pet-friendly guest rooms and is ideal for families, with its indoor pool and favorable location adjacent to the Mills Falls Marketplace, restaurants, and Main Street activities. Mill Falls redefines the traditional country inn.

**The Chase House - $175 per room**

The Chase House is a cozy home away from home located across the street from Meredith Bay. The Chase House offers views of the bustling town docks and positions you just steps away from Meredith’s quaint village life. All guest rooms are built for your comfort, with crackling fireplaces and lake views; some have two-person jetted baths.

**Bay Point - $175 per room**

Bay Point, a short walk from Church Landing, sits right on the water’s edge. Enjoy amazing views from the deck. Just renovated spring of 2018!

**Church Landing - $225 per room, limited availability** (Offers luxury accommodations, lakeside, sleeps 2-5 people)

Set on the stunning shores of Lake Winnipesaukee and surrounded by lush gardens and lawns, this luxurious Adirondack-style inn redefines rustic elegance. The award-winning resort features 70 designer-decorated guest rooms with private lakefront balconies, cozy fireplaces, down bedding, convenient beach access, two indoor/outdoor pools, a fitness center, and the full-service Cascade Spa and Salon.

**Tax:** The rates listed above are net (non-commissionable), based on single or double occupancy, per night, and do not include NH tax which is currently 9%.

**Fees:** A charge of $20.00 + tax will be collected for each third and fourth person sharing a guestroom, per night. For your convenience, a $2.50 per room, per day housekeeping gratuity will be added to each guestroom. A fee of $1.50 per room, per night will be added to each guestroom for the Meredith Village Conservation and Preservation Fund.

**Cancellation Policy:** Cancellation or shortening of reservation length of stay is required at least 72 hours prior to arrival. If a change is needed within the 72-hour time frame, we will do our best to re-sell the accommodation. If we are not successful, payment in full will be expected.

**Check-in and Check-out:** Check-in time is after 3:00 PM. Check-out time is by 11:00 AM.

Mill Falls at the Lake offers walking paths, spa services, casual-to-fine dining opportunities and outdoor recreational activities. Picturesque downtown Meredith offers a multitude of dining and shopping options, opportunities to stroll along the lakefront boardwalk and boarding for Mount Washington Cruises, including the popular Scenic Foliage and Sunset Dinner Dance Cruise on Lake Winnipesaukee.

[Click here](#) for directions to Mill Falls.