

BCAPOPOP Fall Virtual Conference

Prenatal Support & Best Practices

October 18, 2022 | 9am – 4pm PT | virtual

featured presenter



Sydney Bell

keynote presenter



Erin Fulton

Dr. Nancy Poole **Lindsay Wolfson**



breakout presenters



Heather Allyn **Colleen Bunbury**

BCAPOP FALL VIRTUAL CONFERENCE | OCTOBER 18, 2022

CONFERENCE SCHEDULE

Time	Event
9:00 AM – 9:05 AM	BCAPOP Welcome HEATHER CAMERON, RN, BCAPOP Executive Director
9:05 AM – 9:15 AM	Elder's Opening ELDER IRIS JULES
9:15 AM – 10:45 AM	featured presentation SYDNEY BELL, MSW, RSW, Psychotherapist <i>Introduction to Health At Every Size (HAES)</i>
10:45 AM – 11:00 AM: BREAK	
11:00 AM – 12:15 PM	breakout session DR. NANCY POOLE, PhD & LINDSDAY WOLFSON, MPH <i>Nicotine and Cannabis Vaping during Pregnancy and Postpartum</i>
	breakout session HEATHER ALLYN <i>Support Skills for Care Providers</i>
	breakout session COLLEEN BUNBURY, IBCLC <i>Supporting Families with Lactation in the Early Weeks Postpartum</i>
12:15 PM – 1:00 PM: BREAK	
1:00 PM – 1:10 PM	Appreciation & Reflection ELDER IRIS JULES
1:10 PM – 1:40 PM	presentation DR. NANCY POOLE, PhD & LINDSDAY WOLFSON, MPH <i>Healthy Care Pregnancy Program Evaluation</i>
1:40 PM – 3:55 PM	keynote presentation ERIN FULTON, RN, BScN, IBCLC, MSN <i>The Physiology of Birth</i>
2:45 PM – 3:00 PM: BREAK	
3:55 PM	Appreciation and Reflection ELDER IRIS JULES BCAPOP Closing Remarks HEATHER CAMERON

*schedule may change slightly

Registration is **now open** for the BCAPOP Fall Virtual Conference



Early Bird Pricing (available until August 31st):
BCAPOP Member: **\$160** | Non-Member: **\$175**

Groups of 5 or more? email Monica at events@bcapop.ca for pricing!
Can't attend live? all paid registrants will receive access to a recording for a limited time.



Registration is for the paid registrant **only**, and is **not** to be shared/viewed with non-registrants. *BCAPOP reserves the right to invoice the paid registrant for any additional unpaid viewers using the paid registration.*

9:15 AM – 10:45 AM

featured presentation | SYDNEY BELL, MSW, RSW, Psychotherapist
Introduction to Health at Every Size (HAES)

Overview

Health at Every Size (HAES)[®] is an approach to health and wellness that encourages a move away from using weight as the go-to indicator of health and wellbeing and instead looks to other, more reliable indicators. This introductory session will explore the evidence-based, weight-neutral approach to supporting health and wellbeing in the people we work with, including the science behind this compassionate and effective approach. This workshop will provide an introduction to evaluating weight science, promoting health behaviour change, and understanding the negative impacts of the current climate of size discrimination. With HAES[®], we embrace body diversity and practice radical self acceptance – no matter our body size.

ABOUT SYDNEY BELL



Sydney Bell, MSW is a registered social worker and psychotherapist, providing strength-based support to people struggling with self-worth, body image concerns, and life transitions. Sydney's passion is contributing to the invigorating emergence of rejecting diet culture and healing body shame. Body Sovereignty is a sustainable path towards improved health and wellbeing for every body.

Reclaiming Body Sovereignty is a weight inclusive healing framework developed by Sydney bringing together the power of self-compassion, mindfulness and discernment.

Sydney currently resides in Penticton, British Columbia with her partner Jon, along with their elderly cat and goofy dog. You can find resources and learn more about her work at: www.sydneybell.ca.

11:00 AM – 12:15 PM

breakout session | DR. NANCY POOLE, PhD & LINDSAY WOLFSON, MPH
Nicotine and Cannabis Vaping during Pregnancy and Postpartum

Overview

Understanding women's experiences and motivations for vaping during pregnancy and postpartum is an under-researched area that has implications for women, families, and health services and systems. The Centre of Excellence for Women's Health team surveyed and interviewed women who vape(d) nicotine and/or cannabis during pregnancy/postpartum to better understand experiences and motivations for vaping. Women who were pregnant or recently postpartum were recruited via social media. In this presentation, we will share some of the survey and interview findings, including how women spoke of their own agency, balancing the benefits and harms, reasons for and decision making around vaping, context of use, and stigma. Women's voices and experiences will allow for tailored responses that can incorporate health promotion and trauma-informed practices.

ABOUT DR. NANCY POOLE AND LINDSAY WOLFSON



Dr. Nancy Poole, PhD, is the Director of the Centre of Excellence for Women's Health, and the Prevention Lead for CanFASD Research Network. She has worked with governments, organizations, and groups across Canada and internationally, offering creative thinking on complex issues such as the interconnections between substance use problems and the experience of trauma and intimate partner violence. Dedicated to connecting across distance, cultures, genders and sectors, Nancy is catalyst for bringing knowledge to practice and policy, to make social change.



Lindsay Wolfson, MPH, is the Manager at the Centre of Excellence for Women's Health and a researcher with the CanFASD Research Network. She holds a Master of Public Health, Social Inequities and Health, from Simon Fraser University. Lindsay is responsible for research and collaboration on projects relating to the operationalization of the Truth and Reconciliation Commission, fetal alcohol spectrum disorder prevention, and the integration of gender-, trauma-, culture- and equity-informed approaches into policy and research.

11:00 AM – 12:15 PM

breakout session | HEATHER ALLYN

Support Skills for Care Providers

Overview

Since the Covid-19 pandemic began, the incidence of Perinatal Mood and Anxiety Disorders (PMADs) has risen from 1 in 5 pregnant or newly parenting people to 1 in 3, with higher rates in marginalized populations. Health care providers and other professionals are on the front lines of support and are often the point of entry into the perinatal mental health care system. However, it can be difficult to know what warning signs to look for and how to offer support, especially in a time of high demand and scarce resources. This presentation will help attendees understand the signs and symptoms of PMADs and build a toolbox of basic support skills, with particular attention drawn to working across differences.

ABOUT HEATHER ALLYN



Heather Allyn is a Counsellor and Group Facilitator at the Pacific Post Partum Support Society. In addition to being a counsellor and group facilitator, Heather is also the host of the PPPSS podcast. She came to PPPSS as a volunteer after recovering from postpartum depression and anxiety after the birth of her second child. Heather loves being a part of PPPSS because she gets to support new parents in the way she wishes she had been supported—by someone who has been there and truly understands.

She has also learned the true value of self-care and gets reminded by her co-workers to continue prioritizing herself. Heather likes to practice yoga, go for long walks, write poetry and fiction, and is learning to roller skate.

11:00 AM – 12:15 PM

breakout session | COLLEEN BUNBURY, IBCLC

Supporting Families with Lactation in the Early Weeks Postpartum

Overview

An overview of human milk production, milk supply maintenance, troubleshooting and supporting families. Participants will review the basics of how the human body makes milk, how it maintains milk supply, common challenges families come across and research-based solutions. Lastly, we will explore how to support the family through the breastfeeding/chestfeeding journey, focusing on mental health.

ABOUT COLLEEN BUNBURY



Colleen Bunbury, IBCLC, has been supporting families through the perinatal period for 15 years. Her postpartum struggles with her first child sparked a desire in her to help others dealing with the same challenges. Her passion to care for families welcoming a new family member led her to become a Pregnancy Outreach Worker and accredited La Leche League Leader. She trained at Douglas College for Breastfeeding and Thompson River University in Health Sciences. During that time, she became a Certified Postpartum Doula and Childbirth Educator.

Colleen is presently a Pregnancy Outreach Worker in Sicamous and Malakwa, a La Leche League Leader, a Baby Talk instructor, and the Owner and Operator of Halo Perinatal Services and Lactation Consulting.

As an International Board Certified Lactation Consultant, she offers professional in-home consultation, as well as personalized postpartum care, to ease the transition for parents and newborns.

Certifications: International Board Certified Lactation Consultant – IBLCE | Certified Postpartum Doula – Doula Services Association of BC | Certified Childbirth Educator – Doula Canada | Canadian Lactation Consultant Association Member | British Columbia Lactation Consultant Association Member

1:10 PM – 1:40 PM

presentation | DR. NANCY POOLE, PhD & LINDSAY WOLFSON, MPH
Healthy Care Pregnancy Program Evaluation

Overview

The Healthy Care Pregnancy Program (HCPP) focused on supporting participants who are not already well connected to existing services and programs and who are experiencing risks to their health and wellbeing (i.e., through lack of stable housing, food insecurities, lack of prenatal care, experiencing poverty, intimate partner violence, and/or systemic racism). HCPP is being piloted at 10 sites, using formal connections between 10 acute care facilities and 10 BC Association of Pregnancy Outreach Programs (BCAPOP) Program Members. In 2022, the pilot was evaluated to identify how HCPP participants, workers, supervisors, and partner agencies see the value of this innovating programming. In this presentation, we will share findings from the evaluation that emphasize the importance of meeting clients where they are at and having dedicated programming for complex participants and families, the critical need for trust and relationships, and how HCPP is a key approach in keeping families together.

ABOUT DR. NANCY POOLE AND LINDSAY WOLFSON



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1:40 PM – 3:55 PM

keynote presentation | ERIN FULTON, RN, BScN, IBCLC, MSN

The Physiology of Birth

Overview

This session will provide professionals and peers who support pregnant people with the basic knowledge and understanding of the innate capacities people have to birth. This education will help protect, promote and support healthy, normal physiologic childbirth by understanding the intricate balance of the physical, physiological and psychological aspects of birth. Understanding how birthing bodies are designed for pregnancy, labour and birth while normalizing the process to enhance better birth outcomes for perinatal families.

ABOUT ERIN FULTON



Erin Fulton, RN, BScN, IBCLC, MSN, is a Kamloops public health nurse with 22 years' experience supporting families through their journey of pregnancy, labour, birth and postpartum. I have been a certified childbirth educator for 20 years and am very passionate about creating a safe, healthy space for families and health care providers to support woman through the beautiful journey of mothering. I have 3 children of my own and one granddaughter. My passion for perinatal nursing and educating came from my personal birth experiences. My current position is in a specialized program that supports young vulnerable woman and their children, to be happy, healthy, safe and successful in reaching their heart's desire.

ABOUT ELDER IRIS JULES



I am a proud Nlaka'pamux lady, I was born in Lillooet to Mary Louise Dickey (James) & Ronald Reid Joseph Dickey. My grand parents are Albert & Maryann James (Adams) from 25-mile ranch on the Westside of Lytton BC. My other grandparents are Amy Seymour (Fountain) and John Baptiste (Oliver).

I was a part of the 60's scoop, this is how I was raised in the Secwepemc Nation, by Sanford Kenoras and Norma Manuel. Through these years I was taught much of the Culture and traditional ways by my adoptive grandmother Catherine Kenoras and later by many other ladies in the community: Mary Jules, Mary Louise Narcisse, Mary Thomas. My male mentors were my later father-in-law Harvey Jules, Louise Narcisse & Ernie Philips.

I am married to my husband Ronnie Jules and, we have raised 6 daughters my husband has 1 one son and together we have 9 grandchildren. I also have many adopted daughters as well. Through my teachings I have been passing on knowledge to my daughters and mentoring many other women on traditional ways.

My focus in traditions is spending time with the younger women and teaching them the protocols and roles of the women and how to carry themselves in a positive way. I practice my medicines, Birthing and the protocols, drumming, singing, and praying. I enjoy doing this and it really helps lift the spirit. I am drug and alcohol free; I have never done drugs. I quit tobacco for about 10 years now and it was a choice I had to make to role model for my grandchildren.

My background degrees are:

- Social Work
- Psychology
- Education Coordinators Diploma
- Major Genealogy
- Reiki 1 & 2

I utilize these degrees to assist me in all my cultural work.