

MO PQC Maternal & Infant Symposium

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[Anjali Anders](#), M.D. - Neonatal-Perinatal Medicine, *MU Healthcare*

[Elizabeth Bostock](#), M.D., PhD, FACOG -

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[Bree Fallon](#), MSN, RNC-OB, C-EFM - Director of Perinatal Risk Management, *BJC*

[Alicia Forinash](#), Pharm.D., FCCP, BCPS, BCACP - Professor of Pharmacy Practice St. Louis College of Pharmacy, *University of Health Sciences and Pharmacy in St. Louis*

[Karyn Fowler](#), M.D., FACOG, MHCM - Assistant Professor- Department of Obstetrics, Gynecology and Women's Health Division of Academic Generalists Saint Louis University School of Medicine, *SSM Health St. Mary's St. Louis*

[Jenny Garst](#), MSN, R.N., C-NPT - Perinatal Outreach Education Coordinator, *SSM Health Cardinal Glennon Children's Hospital*

[Madeline Goodman](#), MSN, RNC-OB - Clinical Education Specialist, *BJC*

[Kim Hawley](#), LMSW - President, *Whole Parent Foundation*

[Miranda Hyde](#), CPS, FSP, CRP, PPF, CCP, MAADC 1 - Peer Specialist, *Chestnut Health Systems*

[Elena Jenkins](#), BSN, R.N. - RN Program Coordinator Missouri Collaboration for Clinical Community Integration in Maternal Health, *SSM Health St. Mary's St. Louis*

[Traci Johnson](#), M.D., FACOG - Director of Perinatal Safety and Quality Assurance, Director of Perinatal Services, EMBER Program, *University of Missouri- Kansas City*

[Allison Kolker](#), M.D. - Medical Director of the Family Medicine Obstetrics, *MU Health Care*

[Gaurav Kulkarni](#), M.D., FAPA, PMHC, FASAM - Psychiatrist, Medical Director MC Cambridge Treatment Center, *Compass Health Network*

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Jen Lauck, M.A., P-LMFT - Behavioral Health Therapist, PhD Candidate, *SSM Women's Wellness Center - PMH Clinic, St. Louis University*

Jon Ludwig - Public Health Specialist-PAMR Interviewer, *Missouri Department of Health and Senior Services*

Kristen Lynch, MSN, MBA, R.N., NPD-BC, RNC-OB, C-EFM - Advanced Clinical Nurse Educator, *Mercy Hospital St. Louis*

Cassandra Marsh, LPC - Executive Director, *Supporting Empty Arms*

Emilia Mense Caby - Vice President of Programming & Community Engagement, *Whole Parent Foundation*

Melissa Miller, MSN, R.N., RNC-NIC, C-ONQS - *SSM Health Cardinal Glennon Children's Hospital*

Emily Miller, M.D., MPH - Associate Professor of Obstetrics and Gynecology at *Warren Alpert Medical School of Brown University* and Division Director of Maternal-Fetal Medicine at *Womens and Infants Hospital*

Charisse Montgomery, B.S., C.D., CHW-C, CPRS, CPST, CIMI - Family Services Coordinator, *Chestnut Health Systems*

Leslie Powell, MSN, RNC, NIC - *SSM Health Cardinal Glennon Children's Hospital*

Rebecca Preston, PhD - Clinical Lead Early Psychosis Care Center, *MIMH*

Reggi Rideout – Community Advocate

Sommer Rose, M.S. - Manager, Promise 1000 & Child Adversity Research Program, *Promise 1000/Children's Mercy Hospital*

Morgan Scarborough

Steph Shorey, WHNP – *SSM Health FIT Center*

Margaret Sieger, PhD - Associate Professor, *University of Kansas Medical Center*

Kali Springer - Neonatal Intensive Care Unit Nurse, *St. Louis Children's Hospital*

Luke Viehl, M.D. - Assistant Professor of Pediatrics, *Washington University School of Medicine/St. Louis Children's Hospital*

Rebecca Wanosik, CPM - Midwife, *Your Modern Midwife*

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[Stephanie Welch](#), MSN, R.N. - Director of Obstetrics and Nursery, *Phelps Health*

[Sarah Wells](#), MSN, RNC-OB - Clinical Education Specialist, *BJC*

[Amanda Wilkinson](#), PMzioH-C, CLS, MFA - Owner, Perinatal Peer Support Specialist,
Weeding the Garden: Peer Support & Coaching for Perinatal Mood Disorders

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Anjali Anders, M.D. - Neonatal-Perinatal Medicine, *MU Healthcare*

Dr. Anjali Anders is an Associate Professor of Pediatrics at the University of Missouri in Columbia in the Division of Neonatology. She completed her medical school and residency at University of Missouri-Columbia. Following this she completed Neonatal-Perinatal Medicine fellowship at Vanderbilt University Medical Center. Anjali has a strong interest in improving patient outcomes through quality improvement (QI) but also spreading of evidenced based practices through collaboration. She currently co-leads several QI initiatives within and outside of the NICU. She serves as the NICU QI director at the Children's Hospital, the Departmental Director of Quality and Safety and was elected co-chair of the Missouri Hospital Association-Maternal-Child Learning Action Network (MO Perinatal Quality Collaborative). She aspires to build a culture focused on providing the safest and most effective care for patients and families.

Elizabeth Bostock, M.D., PhD, FACOG

Dr. Elizabeth Bostock, MD, PhD, FACOG, is an OB-GYN, maternal health strategist, and former Executive Medical Director for Women's Health at Rochester Regional Health, where she oversaw quality and safety across eight hospitals and 23 ambulatory sites. She led the health system's effort to safely reduce NTSV cesarean rates through team-based labor management, work she has presented to the Alliance for Innovation in Maternal Health, the Premiere Perinatal Collaborative, and the Safe Motherhood Initiative Conference. As Chair of Obstetrics and Gynecology, she built new models of care including New York State's first women's health telemedicine urgent care service. She now consults and speaks with health systems ready to move cesarean reduction from talking point to lasting practice.

Rebecca Bugala, MSN, RN, SSM FIT Center

After graduating from St. Louis University with a bachelor's degree in nursing, I worked as a labor and delivery nurse while pursuing my Masters in Nursing from St. Louis University. Upon completion of my masters, I worked as a staff nurse in labor and delivery, a clinical instructor in obstetrics, a telephone triage nurse in OB/GYN and most recently as an office nurse in Maternal Fetal Medicine as well as an office and clinic nurse in the Fourth Trimester Integration and Transition (FIT) Center at St. Mary's Health Center in St. Louis.

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Kim Costello - Certified Doula, CEO, *Doula Foundation*

Kimberly Costello is the CEO of The Doula Foundation of Mid-America, a nonprofit maternal health organization serving Missouri families for more than 26 years, and President and Co-Founder of the Missouri Doula Association. With over 30 years of nonprofit leadership experience, she is dedicated to improving maternal and infant health through community-based solutions, workforce development, and collaboration between healthcare systems, doulas, public health agencies, and community organizations.

Kimberly is a recognized leader in Missouri's maternal health landscape, serving as President of the Southwest Missouri Pregnancy and Maternal Mental Health Coalition and contributing to statewide initiatives focused on postpartum care, Medicaid implementation, and maternal health workforce development. A Certified Nonprofit Leader and Certified Trainer, she also serves as Credentialing Director for Missouri's Perinatal Community Health Worker program and continues to champion integrated models of care that improve outcomes for mothers, infants, and families across Missouri.

Shannon Crowley-Einspahr, LCSW – *Compass Health Network*

Shannon Crowley Einspahr, MSW, LCSW is a behavioral health leader with more than 20 years of experience advancing mental health, and substance use treatment and recovery services for individuals, families, and communities across Missouri. As Director of Substance Use Recovery for the Central Region at Compass Health Network, she oversees adolescent and adult substance use treatment programs, providing leadership in clinical operations, program development, quality improvement, and regulatory compliance. Shannon has extensive experience serving women, children, and families through child welfare, residential and outpatient treatment, family therapy, developmental disability services, and statewide behavioral health initiatives. She previously served as a Suicide Prevention Coordinator and Therapist with the Department of Veterans Affairs, specializing in crisis intervention, care coordination, and treatment for Veterans at high risk for suicide. A Licensed Clinical Social Worker, Shannon holds a Master of Social Work from the University of Missouri and specializes in trauma-informed care, co-occurring disorders, and evidence-based treatment practices.

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Bekah Elrod – Director Patient Family Engagement Quality Improvement, TiPQC

Bekah Elrod is a seasoned maternal health advocate and national engagement leader with nearly two decades of experience in program leadership, patient and family engagement, education, quality improvement, and advocacy. Her work centers on strengthening the connection between lived experience and clinical practice to advance compassionate, equitable, patient-centered care.

Bekah has led national and state initiatives through organizations including Mammha, the Preeclampsia Foundation, and the Society for Maternal-Fetal Medicine, working across Perinatal Quality Collaboratives, hospitals, clinicians, and community partners. She specializes in empowering patients and families to use their lived experiences to drive meaningful quality improvement while helping healthcare professionals authentically integrate patient voices into care and systems change.

A skilled facilitator, storyteller, and speaker, Bekah has delivered keynotes, trainings, and webinars across the country and is passionate about building partnerships that translate patient voice into lasting improvements in maternal health.

Amanda Fahrendorf – Education and Collaboration Manager, *MoHealthNet*

Amanda Fahrendorf is the Education and Collaboration Manager for the MO HealthNet Division at the Missouri Department of Social Services. With 24 years of service, including 15 focused on MO HealthNet, she leads the development of education and training resources and frequently presents on Missouri Medicaid policy. Amanda has spearheaded provider recruitment efforts, especially in dental, and is recognized for her expertise in complex Medicaid policy and access to care initiatives. She has received multiple DSS leadership awards and the 2024 Oral Health Champion Award. Amanda holds a BS in Business Management and a Public Health Workforce Preparedness Certificate and is pursuing her MPH.

Bree Fallon, MSN, RNC-OB, C-EFM - Director of Perinatal Risk Management, *BJC*

Bree Fallon has dedicated more than 20 years to obstetric care. Throughout her career, she has served in a variety of roles, including bedside nurse, clinical educator, high-risk obstetric flight nurse, legal subject matter expert, and, most recently, perinatal risk management. Bree also served on the Kansas Maternal Mortality Review Committee,

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American Heart Association Scientific Advisory Panel, and has presented on a wide range of obstetric topics. She is passionate about advancing maternal and neonatal care by fostering collaboration, instilling a passion for lifelong learning, and helping healthcare teams deliver the safest, highest-quality care to every patient and family.

Alicia Forinash, Pharm.D., FCCP, BCPS, BCACP - Professor of Pharmacy Practice St. Louis College of Pharmacy, *University of Health Sciences and Pharmacy in St. Louis*

Dr. Alicia B. Forinash is a Professor of Pharmacy Practice at St. Louis College of Pharmacy at the University of Health Sciences and Pharmacy in St. Louis, Missouri. She received her Bachelor of Science in Pharmacy and her Doctor of Pharmacy from St. Louis College of Pharmacy. She completed a specialty residency in family medicine at Forest Park Family Medicine and St. Louis College of Pharmacy.

Dr. Forinash has practiced for over 18 years at SSM Health St. Mary's in the Maternal-Fetal Care, WISH, and Perinatal Mental Health Centers. She is a member of the interprofessional team that manages medical conditions for patients needing high risk obstetric care, substance use disorders during pregnancy, and perinatal mental health; Dr. Forinash is a board-certified specialist in pharmacotherapy (BCPS) and ambulatory care (BCACP) and fellow of ACCP (FCCP). Dr. Forinash has published numerous articles on women's health in both the pharmacy and medical literature including 11-13th editions of Briggs Drug Use in Pregnancy and Lactation.

Karyn Fowler, M.D., FACOG, MHCM - Assistant Professor- Department of Obstetrics, Gynecology and Women's Health Division of Academic Generalists Saint Louis University School of Medicine, *SSM Health St. Mary's St. Louis*

Dr. Karyn Fowler, MD, MHCM, FACOG, is an obstetrician-gynecologist and physician executive who serves as Women's and Neonatal Clinical Program Medical Director at SSM Health in St. Louis. She is also the co-principal investigator for Missouri's MOC3 maternal health innovation grant and continues to see patients in the WISH Clinic and Women's Wellness Center at St. Mary's. Dr. Fowler is recognized for her leadership in advancing maternal health, postpartum care, and family-centered approaches to care.

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Jenny Garst, MSN, R.N., C-NPT - Perinatal Outreach Education Coordinator, *SSM Health Cardinal Glennon Children's Hospital*

Jenny Garst, MSN, RN, C-NPT, is a Neonatal Outreach Education Coordinator at SSM Health Cardinal Glennon in St. Louis, MO. In this role, she supports healthcare providers across Missouri and Illinois by partnering with community hospitals to advance quality improvement initiatives and provide education and training in neonatal resuscitation, stabilization, and evidence-based newborn care. She utilizes a variety of teaching methods, including case reviews, virtual and in-person didactic sessions, and high-fidelity in situ simulations to enhance clinical knowledge, team performance, and patient outcomes. Her clinical expertise and passion for education empower healthcare teams with the knowledge, confidence, and skills needed to deliver high-quality, evidence-based care to newborns and their families.

Madeline Goodman, MSN, RNC-OB - Clinical Education Specialist, *BJC*

Madeline Goodman, MSN, RNC-OB, C-EFM, CBC, is an obstetric nurse and clinical education specialist with more than 10 years of experience in maternal-child health. She spent six years caring for high-risk obstetric patients in Kansas City before discovering a passion for nursing education. While continuing bedside practice in a PRN role, she served as both a clinical instructor and assistant professor for nursing students. For the past four years, Madeline has specialized in simulation-based education, designing and facilitating multidisciplinary obstetric simulations for more than 200 labor and delivery and postpartum nurses, 45 obstetricians, and emergency department nurses and providers. Her work focuses on fostering a culture of safety, building confident and competent healthcare teams, advancing patient safety initiatives, and supporting quality improvement through innovative drills, simulations, and collaborative learning experiences.

Kim Hawley, LMSW - President, *Whole Parent Foundation*

Kim Hawley, LMSW, is a perinatal therapist and the founder and president of Whole Parent Foundation, a Kansas City-based nonprofit dedicated to providing free mental health support for all parents. She served on the Missouri PQC task force that created the first guidelines for postpartum care in the state, and currently serves on the Maternal-Child Learning Action Network's Core Team. She is the Postpartum Support International (PSI)

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State Lead Coordinator for Missouri and is a PSI national specialized coordinator for preeclampsia and long-term health conditions. Kim was recently a Nonprofit State Policy Fellow with the Policy Center for Maternal Mental Health. She has spoken about parental mental health for organizations including the Missouri Hospital Association, St. Luke's Health System, Parents as Teachers, and Mental Health KC.

Miranda Hyde, CPS, FSP, CRP, PPF, CCP, MAADC 1 - Peer Specialist, *Chestnut Health Systems*

Miranda is a devoted mother, helping professional, and strong advocate for people navigating recovery and difficult life transitions. She works in the substance use recovery field, where she supports individuals involved with treatment programs, the legal system, and community resources, with a special interest in supporting mothers and families affected by substance use. She is passionate about helping people find their voice, recognize their strengths, and build a more stable future.

Outside of work, Miranda's greatest priority is being a mom to her daughter, Lanie. She values family, growth, loyalty, and creating a life filled with stability, love, and meaningful experiences. Whether she is helping someone through a difficult season, learning something new, or simply navigating the adventures of motherhood, Miranda brings compassion, determination, humor, and a big heart to everything she does.

Elena Jenkins, BSN, R.N. - RN Program Coordinator Missouri Collaboration for Clinical Community Integration in Maternal Health, *SSM Health St. Mary's St. Louis*

Elena Jenkins BSN, RN currently works as a Program Manager for Missouri Collaboration for Clinical Community Integration, a HRSA-funded Maternal Health Innovation Grant. Elena has had a career-long passion for improving the health of moms & babies and has led both Birth Equity and Perinatal Mental Health Initiatives at her institution, striving to implement strategies to address implicit bias, maternal health disparities, and promote conditions of optimal births for all people. She served as an AIM Clinical Champion in the 2022-2023 cohort and has been integrally involved in the implementation of several the AIM Patient Safety Bundles with multidisciplinary team members at the hospital level. She is an Entrepreneurial MBA student at William Jewell College in the OneDay program.

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Traci Johnson, M.D., FACOG - Director of Perinatal Safety and Quality Assurance, Director of Perinatal Services, EMBER Program, *University of Missouri- Kansas City*

Dr. Traci Johnson is a Maternal-Fetal Medicine physician, Director of Perinatal Safety and Quality Assurance at University Health, and Assistant Professor of Obstetrics and Gynecology at the University of Missouri–Kansas City School of Medicine. Her clinical, research, and implementation work focuses on improving maternal outcomes through health equity, quality improvement, and innovative models of care for pregnant and postpartum individuals with complex medical, behavioral health, and social needs. She serves as a clinical leader of the EMBER (Empowering Motherhood through Behavioral Health, Education, and Recovery) Program, an interdisciplinary model integrating maternal-fetal medicine, addiction psychiatry, behavioral health, peer recovery, and community partnerships to improve outcomes for families affected by substance use disorder. Her research spans maternal mortality prevention, severe psychiatric illness affecting pregnancy, behavioral health integration, postpartum transitions to primary care, implementation science, and evidence-based maternity care.

A rural Texas native, Dr. Johnson earned a softball scholarship to Prairie View A&M University before attending Drexel University College of Medicine. She completed her Obstetrics and Gynecology residency at Washington University in St. Louis, where she served as Administrative Chief Resident, and later completed fellowship training in Maternal-Fetal Medicine at UMKC. Dr. Johnson has served in statewide leadership roles advancing maternal health, including the Missouri Hospital Association Perinatal Quality Review Board and the Missouri Pregnancy-Associated Mortality Review Board, where she served as Chair. She is passionate about building systems that improve outcomes for mothers and infants through compassionate, evidence-based, and equitable care.

Allison Kolker, M.D. – Medical Director of the Family Medicine Obstetrics, *MU Health Care*

Allison Kolker, MD, is an Associate Professor and Fellow of the American Academy of Family Medicine (FAAFP). She is a medical director of a continuity clinic and medical director of the Family Medicine Obstetrics group in the department of family and community medicine at the MU School of Medicine-Columbia. She completed a fellowship in obstetrics at the MU School of Medicine-Kansas City. Dr. Kolker's clinical interests include obstetrics, pediatrics, and women's health. She is an ALSO program instructor and the author of several evidence-based pregnancy care algorithms for the department of family medicine at MU Health Care.

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Gaurav Kulkarni, M.D., FAPA, PMHC, FASAM - Psychiatrist, Medical Director MC
Cambridge Treatment Center, *Compass Health Network*

Gaurav Kulkarni, MD, is a triple board-certified psychiatrist and addiction medicine physician. He serves as Medical Director of McCambridge Treatment Center, where he oversees clinical and administrative operations for a 24-bed residential substance use disorder treatment program serving women and their children in Columbia, Missouri.

Dr. Kulkarni is also a member of the Psychiatry Executive Team at Compass Health Network, a comprehensive healthcare organization with more than 5,000 employees. In this leadership role, he contributes to clinical strategy, quality improvement, and the development of behavioral health services across the organization.

Dr. Gaurav Kulkarni also serves as Associate Training Director for the Child and Adolescent Psychiatry Fellowship at the University of Missouri. In this role, he helps support the clinical education and supervision of second-year child and adolescent psychiatry fellows who complete their community psychiatry clinic rotation at Compass Health Network.

His professional interests center on addiction medicine, perinatal substance use disorders, child and adult psychiatry, healthcare quality improvement, and public policy advocacy.

Jen Lauck, M.A., P-LMFT - Behavioral Health Therapist, PhD Candidate, *SSM Women's Wellness Center - PMH Clinic, St. Louis University*

Jennifer (Jen) Lauck, MA, P-LMFT is a Medical Family Therapist specializing in integrated perinatal mental health care within an academic OBGYN residency practice in St. Louis, Missouri. She collaborates with obstetric providers, pharmacists, nurses, social workers, and community health workers to deliver trauma-informed, interdisciplinary care for pregnant and postpartum patients experiencing mental health conditions and psychosocial challenges. Jen's clinical and scholarly interests include collaborative care, implementation science, perinatal mood and anxiety disorders, trauma-informed practice, and improving access to behavioral health services for underserved populations. She has contributed to the development and implementation of an integrated perinatal mental health clinic and is actively involved in program evaluation, resident education, and research focused on advancing equitable, patient-centered models of maternal mental health care.

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Jon Ludwig - Public Health Specialist-PAMR Interviewer, *Missouri Department of Health and Senior Services*

Jon Ludwig is the Outreach Coordinator for the Missouri Office on Women's Health. As part of this role, he conducts confidential interviews for the Pregnancy Associated Mortality Review (PAMR), where he interviews friends and family of women who died while pregnant, or within a year of delivery. Jon holds a bachelor's degree in history from the University of Missouri and a Master of Divinity from Fuller Theological Seminary. He also completed a year-long residency as a hospital chaplain and has worked as a chaplain at multiple hospitals. His experience providing emotional support during times of grief and loss strengthens his work in maternal health and helps him bring empathy to those he interviews. Jon loves getting to help people tell their stories; knowing that the work PAMR is doing is having a positive impact on reducing maternal mortality in Missouri.

Kristen Lynch, MSN, MBA, R.N., NPD-BC, RNC-OB, C-EFM - Advanced Clinical Nurse Educator, *Mercy Hospital St. Louis*

Kristen Lynch is an Advanced Clinical Nurse Educator with over 20 years of nursing experience, specializing in labor and delivery, perinatal care, and the obstetric emergency department (OB ED). She has developed extensive clinical expertise in caring for patients and families across the perinatal continuum while championing evidence-based practices that support safe, high-quality maternal and newborn care.

For the past 16 years, Kristen has focused on nursing education in both academic and healthcare settings. She collaborates with interdisciplinary teams to develop and implement educational programs that promote clinical excellence and improved patient outcomes. Kristen is particularly passionate about fetal monitoring education and leads initiatives to enhance nurses' and physician residents' knowledge and skills in fetal monitoring interpretation, clinical response, and team communication.

Cassandra Marsh, LPC - Executive Director, *Supporting Empty Arms*

Cassandra Marsh, LPC, is a licensed professional counselor specializing in perinatal mental health, pregnancy and infant loss, birth trauma, infertility, pregnancy after loss, and maternal mood and anxiety disorders. She is the founder and executive director of Supporting Empty Arms, a nonprofit organization dedicated to expanding access to specialized perinatal mental health care, education, and community support. Through her

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clinical work, Cassandra provides therapy to individuals and families across Missouri while collaborating with healthcare providers to strengthen referral pathways and improve continuity of behavioral health services. She is also a member of the Fetal and Infant Mortality Review (FIMR) Community Action Team, where she works alongside multidisciplinary partners to improve maternal and infant health outcomes. Drawing from both her clinical expertise and lived experience, Cassandra is passionate about advancing compassionate, trauma-informed, patient-centered perinatal care.

Emilia Mense Caby - Vice President of Programming & Community Engagement, *Whole Parent Foundation*

Emilia Mense Caby is a community advocate, educator, and writer specializing in mindfulness, trauma, resilience, and mental health. Drawing from her lived experience as a trauma survivor, she became a leader in the violence prevention movement across the Kansas City metro, working with thousands of community members to prevent violence, support healing, and build resilient communities.

After the birth of her third child, Emilia experienced severe perinatal anxiety and depression, prompting her to step away from the traditional workforce to focus on her family. This transition led her to dedicate her work to perinatal mental health through writing, content creation, and co-founding Whole Parent Foundation, a local nonprofit committed to ensuring every parent has access to compassionate, whole-person support.

Whether partnering with communities to heal trauma, advocating for parents, or creating resources that foster resilience, Emilia is passionate about helping people feel seen, supported, and empowered. Outside of her work, she can usually be found with a good book, enjoying great food, or cuddling her children.

Melissa Miller, MSN, R.N., RNC-NIC, C-ONQS - *SSM Health Cardinal Glennon Children's Hospital*

Melissa Miller, MSN, RN, RNC-NIC, C-ONQS, is the NICU RN Program Coordinator at SSM Health Cardinal Glennon Children's Hospital in St. Louis, Missouri. In her role, she supports quality improvement, regulatory readiness, staff education, and outreach initiatives focused on improving care for newborns and their families. Melissa partners with multidisciplinary teams across the region to provide neonatal education and simulation-

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based learning opportunities for community hospitals. Working alongside outreach educators and clinical experts, she has helped develop and expand a neonatal outreach simulation program designed to enhance team communication, clinical skills, and preparedness for high-risk neonatal events. Melissa is passionate about fostering collaboration between tertiary care centers and referring hospitals to support safe, high-quality care close to home whenever possible. Her professional interests include neonatal quality improvement, simulation education, patient safety, and advancing evidence-based practices through initiatives such as the American Academy of Pediatrics NICU Verification Program.

Emily Miller, M.D., MPH - Associate Professor of Obstetrics and Gynecology at Warren Alpert Medical School of Brown University and Division Director of Maternal-Fetal Medicine at Womens and Infants Hospital

Dr. Emily Miller is an obstetrician and maternal-fetal medicine physician with expertise in perinatal mental health and its impact on obstetric outcomes. Her work focuses on optimizing perinatal behavioral health care and advancing effective care delivery models. She serves on the American College of Obstetricians and Gynecologists Maternal Mental Health Expert Work Group, contributing to consensus guidance for clinical care. As PI of three ongoing NIH-funded trials, she leads efforts to adapt and implement the collaborative care model within perinatal settings to improve access to high-quality care for pregnant and postpartum individuals and their families.

Charisse Montgomery, B.S., C.D., CHW-C, CPRS, CPST, CIMI - Family Services Coordinator, *Chestnut Health Systems*

Charisse is a maternal health worker in the substance use disorder and mental health field. She supports people navigating substance use and mental health supports during and after pregnancy. She has been working in this field for almost 5 years and is very passionate about using education to help eliminate stigma by framing addiction as a treatable chronic disease rather than a personal moral failing. As a doula she provides emotional, physical, and educational support in order to assist and advocate pregnant and postpartum people with safe and positive birthing and postpartum experiences. As a certified peer recovery specialist, she provides supportive services to clients, their infants, and families with referrals to medical services, medical assisted recovery, behavioral

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health services, and other ancillary needs when identified. Charisse uses a trauma-informed approach to help families stay healthy.

Charisse has been married to her husband Kenneth for 32 years and is a mother of 3 adult children and a Gi Gi to one granddaughter. She enjoys baking, gardening, singing and listening to live music.

Leslie Powell, MSN, RNC, NIC - *SSM Health Cardinal Glennon Children's Hospital*

Rebecca Preston, PhD - Clinical Lead Early Psychosis Care Center, *MIMH*

Rebecca N. Preston, PhD earned her PhD in Clinical Psychology from Hofstra University and completed her postdoctoral training at the Icahn School of Medicine at Mount Sinai. She has a background in evidence-based assessment and treatment, with research focused on the neurobiology of substance use disorders, stress, self-regulation, and co-occurring mental health conditions.

Since joining the Missouri Institute of Mental Health in 2018, Dr. Preston has worked to improve behavioral health services for individuals and communities across Missouri. She currently serves as Clinical Lead for the Early Psychosis Care Center, where she leads statewide efforts to strengthen the identification and treatment of early psychosis. Her work includes developing and delivering evidence-based trainings, supporting Coordinated Specialty Care teams through technical assistance and fidelity monitoring, and partnering with behavioral health providers and community organizations to expand access to high-quality early psychosis services. She is passionate about translating research into practical tools and training that help clinicians provide effective, recovery-oriented care, and improve outcomes for individuals experiencing early psychosis.

Reggi Rideout – Community Activist

Reggi has spent 15+ years as a health strategy leader, driving organizational direction, shaping health policy, and translating data to inform innovative solutions for better health outcomes. Her career in maternal and infant health began as a NICU mom volunteering as a peer, and her work as a consultant, advocate, and leader has since spanned collaborations with health systems, state agencies, managed care organizations, and nonprofits. She currently serves as Interim Executive Director of the St. Louis Area Diaper

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Bank, is a member of the Core Leadership Team for the MC-LAN, and is proud to serve as an Ambassador for the Ask Me 5 Campaign.

Sommer Rose, M.S. - Manager, Promise 1000 & Child Adversity Research Program,
Promise 1000/Children's Mercy Hospital

Sommer Rose is a manager for the Promise 1000 – Home Visiting Collective, a multi-model Collective Impact (CI) approach to early childhood home visiting, and for the Child Adversity Research Program at Children's Mercy Hospital. She is responsible for Promise 1000's general management, evaluation, quality improvement practices, professional development training for home visitation, database/referral system/data management and analysis. She also provides technical assistance and data consultation to Missouri state partners and four other CI sites across Missouri. Sommer has specialized experience and education in research, evaluation, and program management with a focus on early childhood, home visiting and social service programs.

Morgan Scarborough, IBCLC

Morgan Scarborough, IBCLC, is an International Board Certified Lactation Consultant with over eight years of experience supporting families through their feeding journeys. As a military spouse, Morgan understands firsthand the unique challenges military families face, including frequent moves, separation from extended family, and the difficulty of rebuilding a support system with each new duty station.

Her experience includes working in hospital, outpatient, international, and private practice settings, giving her a broad perspective on the many ways families need support.

Morgan is especially passionate about bridging gaps in care and creating third places, welcoming spaces outside of home and work where families can connect, build friendships, ask questions, and feel supported. Through Abeille Feeding Clinic, she strives to create a community where military and local families feel seen, heard, valued, and never alone.

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Steph Shorey, WHNP – *SSM Health FIT Center*

Stef Shorey is a Women's Health Nurse Practitioner for SLUCare SSM Health Maternal Fetal Medicine and the Project Leader for the Fourth Trimester Integrative Transition (FIT) Center at SSM Health. She is a wife and mother to 4 children and 2 canines. She has nearly 30 years of experience in serving the health of women including labor and birth nursing, gynecologic care, and high-risk obstetrics. After years of caring for high-risk postpartum patients, she was determined to bridge the gap between delivery, inter-pregnancy, and long-term healthcare for these women. She embarked on a journey with Dr. Mary McLennan to formalize a fourth trimester center that would focus on the long-term cardiovascular health needs of women affected by chronic medical conditions that increase their risk. The FIT Center has been receiving more widespread recognition for its innovative work on improving the health of women in the postpartum period. Her goal: to make women FIT NOW, and for LIFE!

Margaret Sieger, PhD - Associate Professor, *University of Kansas Medical Center*

Margaret Lloyd Sieger, Ph.D. is an Associate Professor at the University of Kansas School of Medicine in the Department of Population Health. Dr. Lloyd Sieger's research focuses on practice and policy addressing parental substance use and child welfare, with particular attention to families with infants and young children. Her current research examines policies on substance use in pregnancy, family treatment court effectiveness, and best practice standards implementation. She has published over 60 articles and chapters in peer-reviewed literature on these topics. She earned her doctorate at the University of Kansas, masters at Avila University, and bachelors at the University of Arizona.

Kali Springer - Neonatal Intensive Care Unit Nurse, *St. Louis Children's Hospital*

Kali Springer is a nurse at St. Louis Children's Hospital in the Neonatal Intensive Care Unit. She attended Southern Illinois University Edwardsville, where she earned her Bachelor of Science in Nursing. Kali earned her RNC-NIC this past spring. At SLCH, Kali is a core preceptor and nurse mentor continuing to advance the knowledge and growth of new nurses. She is a Breastfeeding Resource helping new moms establish their milk supply for their premature babies, as well as assisting with first-time breastfeeds. She serves as a Co-Chair of the Bereavement Committee supporting families through the loss of their infant and staff through the loss of their patients. She is a member of the Transport Team,

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Small Baby Team, and Congenital Diaphragmatic Hernia Team, frequently caring for a critically ill and uniquely diverse patient population.

Luke Viehl, M.D. - Assistant Professor of Pediatrics, *Washington University School of Medicine/St. Louis Children's Hospital*

Dr. Luke Viehl is a neonatologist in the Division of Newborn Medicine at Washington University School of Medicine and St. Louis Children's Hospital. He completed his pediatric residency and neonatal-perinatal medicine fellowship at Washington University, where he developed interests in quality improvement, patient safety, neonatal transport, and neonatal neurocritical care. His academic work focuses on improving systems of care for critically ill newborns through evidence-based practice, multidisciplinary collaboration, and quality improvement methodology.

Dr. Viehl has led and contributed to multiple quality improvement initiatives aimed at enhancing neonatal outcomes, including projects focused on psychological safety in the NICU, therapeutic hypothermia, and optimizing emergent neonatal transport processes. His research has been presented at national meetings and centers on translating quality improvement methodology into sustainable improvements in neonatal care delivery. He is actively involved in institutional quality and safety leadership and is committed to fostering high-reliability teams and a culture of continuous improvement.

Rebecca Wanosik, CPM - Midwife, *Your Modern Midwife*

Rebecca Wanosik is a Certified Professional Midwife and community birth provider serving families throughout Mid-Missouri. Working in birth since 2011, she has attended more than 545 births in home, hospital, and international settings, with experience in physiologic birth, breech, twins, VBAC, and collaborative perinatal care.

Rebecca serves as Treasurer for Breech Without Borders and is passionate about strengthening collaboration between community and hospital providers. In 2026, she spent a month at the Anabah Maternity Center in Afghanistan's Panjshir Valley, learning alongside Afghan midwives and expanding perspective on physiologic birth, resourceful care, and global midwifery.

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Stephanie Welch, MSN, R.N. - Director of Obstetrics and Nursery, *Phelps Health*

Stephanie Welch serves as the Director of Maternal Infant Services at Phelps Health, providing nursing leadership for an inpatient Obstetric unit and Special Care Nursery. She is passionate about advancing safe, evidence-based maternal and neonatal care through collaboration, innovation, and continuous quality improvement.

Stephanie's work focuses on translating best practices into sustainable bedside workflows, with particular emphasis on leveraging the electronic health record to support quality improvement, standardize care, improve clinical documentation, and strengthen data-driven decision-making. Her initiatives have included obstetric emergency readiness, interdisciplinary communication, and maternal mental health and substance use disorder referral pathways.

Through her involvement with the Missouri Perinatal Quality Collaborative and Project STORK, Stephanie continues to champion practical, system-level solutions that empower frontline teams, reduce variation in care, and improve outcomes for mothers and babies.

Sarah Wells, MSN, RNC-OB - Clinical Education Specialist, *B/C*

Sarah Wells MSN RNC-OB CEFM has been in the OB nursing world for 10 years. She worked as a labor and delivery nurse at a high-risk OB unit in Kansas City for 6 years before moving into OB nursing education for the same hospital system. Before nursing education, she also worked at a high-risk OB clinic and taught clinicals for nursing students in the area. She currently supports almost 200 OB new hire and new graduate nurses, along with tenured nursing staff, through classroom education, simulation training, and just-in-time education. Additionally, she provides education to ED and ICU staff on OB emergencies. She loves nursing education because she can make an exponential impact by equipping nurses with education and confidence to take exceptional care of their patients.

Amanda Wilkinson, PMzioH-C, CLS, MFA - Owner, Perinatal Peer Support Specialist, *Weeding the Garden: Peer Support & Coaching for Perinatal Mood Disorders*

Birth trauma and IVF survivor Amanda Wilkinson was inspired to start her private peer support practice, Weeding the Garden, after suffering personal experiences of perinatal trauma and subsequent physical and mental health complications. She sees moms 100% virtually across all 50 states and abroad, and provides 1:1 peer support and coaching for

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moms experiencing any kind of perinatal mental health challenge. She specializes in birth trauma, lactation grief and trauma, and infertility-related trauma. She is certified in maternal mental health through Postpartum Support International, and is also a Certified Lactation Specialist.

She speaks both locally and nationally on the topics of perinatal trauma and maternal mental health, and she regularly collaborates with Momentum Lactation, her family's private lactation practice, on mental health provider referrals, collaborative care, screening, and facilitating peer support events among the local postpartum community in the STL Metro area.