

COLORADO WOMEN'S HEALTH CONFERENCE
WONDER WOMEN 2015



THE VILLAGE AT BRECKENRIDGE | BRECKENRIDGE, CO
JUNE 10-12, 2015



COLORADO
Department of Public
Health & Environment



THIS BOOK BELONGS TO!

IF FOUND, CALL!



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#WONDERWOMEN2015



WELCOME!



DEAR WONDER WOMEN & SUPERMEN,

Welcome to Wonder Women 2015, the Colorado Women's Health Conference! The Family Planning and Women's Wellness Connection programs at the Colorado Department of Public Health and Environment (CDPHE) are thrilled to welcome you and the 40 esteemed speakers that will be presenting over the next three days.

The sessions are varied, and our speakers bring myriad experiences to their presentations. With 25 different sessions to choose from, you're sure to find offerings that enrich both your job and your worldview. This year's conference is a delightful combination of topics from family planning, breast and cervical cancer screening, and other sexual and reproductive health topics. There is truly something for everyone.

We chose lovely Breckenridge, Colorado as our destination this year because of its central location, the natural beauty and because the town of Breckenridge has so much to offer. We're at 10,000 feet: remember to drink extra water and wear sunscreen. We hope you have an opportunity to get outdoors or enjoy dinner at a cozy spot in town. The Blue Sage Spa has extended a 10% discount on their services for conference attendees. To make an appointment, call 970.453.7676. www.bluesagespa.com We're also offering two free, optional yoga classes: a Restorative Yoga/Yoga Nidra class on Wednesday evening and Sunrise Hatha Yoga on Thursday morning. All levels are welcome at both classes.

We look forward to spending the next three days together in beautiful Breckenridge!
#wonderwomen2015

WWC & FAMILY PLANNING STAFF AT CDPHE

ANGELA FELLERS LEMIRE
EMILY KINSELLA
ESPERANZA YBARRA
GRETA KLINGLER
IVY HONTZ
JOANNA FILOPOULOS
JODY CAMP
KAREN ARTELL
KRIS MCCRACKEN
KRISTINA GREEN
LYNDA SAIGNAPHONE
MERRICK WEAVER
SARA JESTRAB

A large, multi-pointed starburst graphic with a red outline and a gradient from blue at the top to red at the bottom. The word 'POW!' is written in large, bold, yellow letters with a black outline in the center of the starburst.

POW!

OBJECTIVES!



The Wonder Women 2015 Conference was designed with up-to-date information and skills relevant to family planning, breast and cervical cancer screening, and other reproductive health topics.

CONFERENCE LEARNING OBJECTIVES:

By the close of the conference, participants will be able to:

- Understand updated clinical guidelines and practices related to reproductive health including family planning, contraception, HPV and cancer prevention and control;
- List at least three strategies for improving revenue generation for their agency;
- Identify positive strategies to improve/guide clinic efficiency, quality improvement or practice transformation;
- Understand how to implement wrap-around services such as patient navigation, case management and outreach; and,
- List strategies to reduce personal and work place stress.





AGENDA!



Wednesday, June 10, 2015

12:00 pm Conference Check-in Opens

1:00 – 2:15 Breakout Sessions #1

Ten Mile – Fundamentals of Patient Navigation & Case Management in Breast & Cervical Cancer Screening (1:00 – 4:00 pm)

Aspen/Blue Spruce – Practice Transformation: Lessons Learned & Effective Tools for Quality Improvement & Clinic Efficiency

Elk – Being an LGBTQ Ally

Forest – Preconception Counseling

2:30 – 4:00 Breakout Sessions #2

Ten Mile – WWC Workshop: Fundamentals of Patient Navigation & Case Management in Breast & Cervical Cancer Screening (1:00 – 4:00 pm)

Aspen/Blue Spruce – The Joyful Workplace: Reducing Stress & Increasing Happiness at Work

Elk – Substance Abuse/Misuse: Exploring What Works

Forest – Hereditary Causes of Gynecological Cancers

5:00 – 6:00 Colorado Family Planning Initiative Celebration
Invitation only. All Family Planning staff welcome!

6:30 – 8:00 Yoga Nidra & Restorative Yoga with Michelle Voeller, Conifer Room
Optional. All levels welcome!

AGENDA!



Thursday, June 11, 2015

7:00 – 8:00 Sunrise Hatha Yoga: Conifer Room
Optional. All levels welcome!

7:00 – 8:30 Breakfast & Conference Check-in: Ten Mile Room

8:30 – 10:00 Keynote Address: Ten Mile Room
Grace & Grit: Leading a Life of Authenticity and Purpose (without burning out!)
with Chantal Pierrat of Emerging Women

10:00 – 11:15 Breakout Sessions #3

Ten Mile – Breast Cancer Screening

Aspen/Blue Spruce – Show Me the Money: A Panel on Finances & Billing

Elk – LARC: Side Effects, Same-Day Insertions & Counseling Teens

Forest – Midmorning Meditation: Worksite Wellness & Stress Reduction for Health Care Providers

11:30 – 12:45 Networking Lunch

1:00 – 2:15 Breakout Sessions #4

Ten Mile – Cost Analysis with RT Welter

Aspen/Blue Spruce – Hitting a Moving Target: A Panel on Targeted Outreach

Elk – HPV & Pap Testing

Forest – Linguistic & Cultural Barriers to Health Literacy

2:30 – 3:00 Afternoon Snack

3:00 – 4:00 Plenary Session: Ten Mile Room
HPV Oral and Anal Manifestations with Grace Alfonsi & Jeff Logan

4:00 – 5:00 Plenary Session: Ten Mile Room
Gynecological Cancers with Jan Shepherd

AGENDA!



Friday, June 12, 2015

7:00 – 8:30 Breakfast: Ten Mile Room

7:30 – 8:30 Breakfast Discussion: Elk Room
Colorado Nursing Practice Act & Scope of Practice Issues with Jane Kass-Wolff

8:30 – 11:00 Coding & Billing Workshop with RT Welter: Ten Mile Room

11:00 – 12:00 Closing Plenary Session: Ten Mile Room
Contraceptive Update with Stephanie Teal

1:30 – 3:30 Optional Workshop: Ten Mile Room
Liletta IUS Insertion Training with Athena Cross, Liz Romer, Stephanie Teal and Brandy Mitchell

OPTIONAL YOGA!



Wednesday, June 10 | Conifer | 6:30 – 8:00 pm

Restorative Yoga & Yoga Nidra. All levels with Michelle Voeller, Harmony Yoga



Thursday, June 11 | Conifer | 7:00 – 8:00 am

Sunrise Hatha Yoga. All levels with Michelle Voeller, Harmony Yoga



Fundamentals of Patient Navigation & Case Management in Breast & Cervical Cancer Screening | Ten Mile |

Darlyn Miller | Angela Fellers Lemire | Heather Sorensen

In this three-hour workshop, participants will be able to define the role of a patient navigator/case manager in a cancer screening program; expand their knowledge of the importance and benefits of patient navigation/case management in cancer screening programs; identify tools to improve patient navigation/case management services; and improve practical application skills. Topics that will be highlighted include definition and important role of care coordination; health literacy and client engagement; scope of practice and clinical algorithms; documentation and tracking; and practical application skills.



Practice Transformation: Lessons Learned & Effective Tools for Quality Improvement & Clinic Efficiency | Aspen/Blue Spruce |

Christen Lara | Kelly Means | Kristina Green

The Affordable Care Act has sparked a shift in focus to quality and efficiency of clinical services. Ensuring your clinic is running as efficiently as possible, has a culture of continuous quality improvement, and is focused on making evidence based, systemic changes to policies and protocols affecting preventive services can help your organization be more financially stable and achieve improved patient care and performance ratings. During this breakout session, CDPHE staff actively involved in practice transformation will engage participants in a discussion on best practices for implementing clinic efficiencies and targeted evidence based practices to improve adherence to family planning and cancer screening preventive service benchmarks.



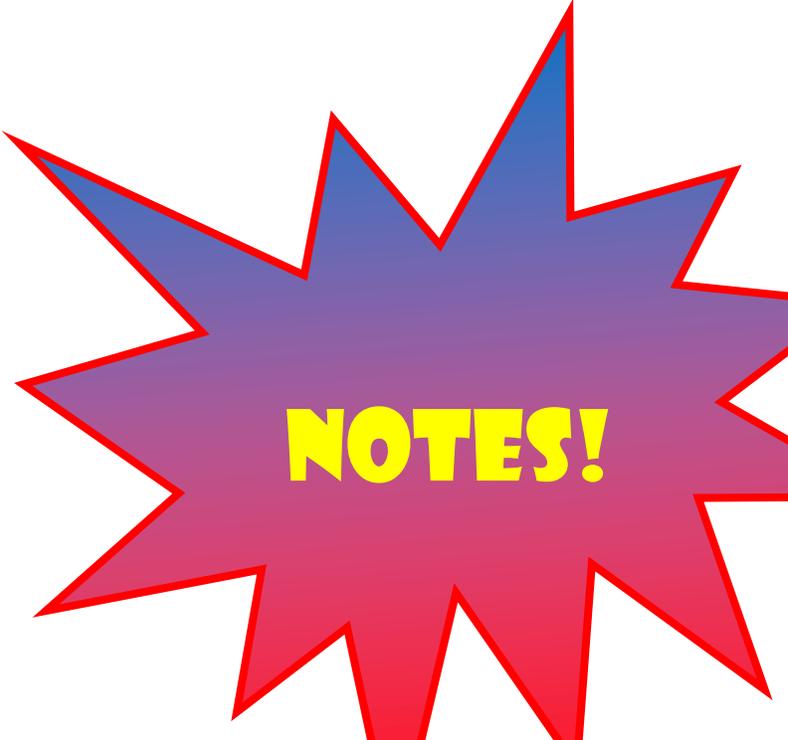
Being an LGBTQ Ally | Elk | Marc Coulter

What does it mean to be an ally to the LGBTQ community? Why is this important? What works in your work with members of these communities? Through this interactive workshop, we will uncover wisdom as it applies to working with LGBTQ clients. Participants will explore what works with this community and discover skills and tools that can help them increase comfort and confidence when working with clients. Come rediscover what you forgot about and affirm what you already know. You'll leave with increased comfort and trust in your skills.



Preconception Counseling | Forest | Jan Shepherd

In this session, participants will understand the concept of a "Reproductive Life Plan" and its role in preconception and inter-conception counseling; describe current evidence for the importance of preconception care; and identify important components of preconception care.



NOTES!

WEDNESDAY, JUNE 10 2:30 - 4:00 BREAKOUTS #2



Fundamentals of Patient Navigation & Case Management in Breast & Cervical Cancer Screening (continued) | Ten Mile |



The Joyful Workplace: Reducing Stress & Increasing Happiness at Work | Aspen/Blue Spruce | Merrick Weaver

Are you feeling overwhelmed and burnt out from the demands of your job and responsibilities at home? Come learn minimalist hacks that will reduce your stress level at work and home and increase happiness and contentment. Take control of the spaces you occupy and reclaim your energy, and find renewed enthusiasm for your job. Participants will leave this session with an action plan designed to find joy (and increased efficiency) in their work spaces and at home.



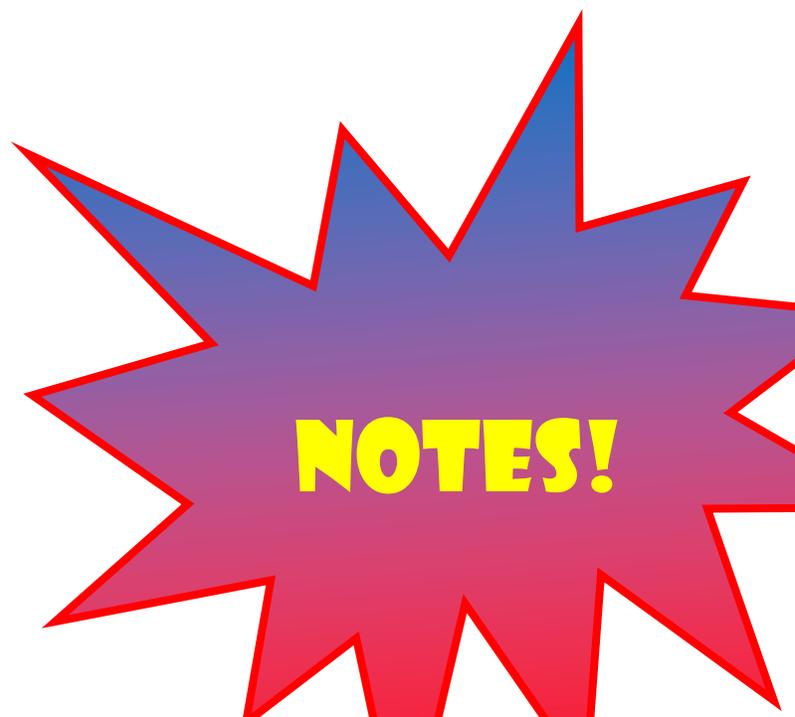
Substance Abuse/Misuse: Exploring What Works | Elk | Marc Coulter

How do you know when to talk to clients about substances? What questions do you ask? How comfortable are you talking about substance use/misuse? What resources are there beyond the 12-steps? Join us for this interactive and informative session on how to increase comfort discussing this difficult topic with your clients. Participants will explore what works and discover skills and tools that can help them increase comfort and confidence when exploring substance use/misuse. We will explore traditional and alternative resources.



Hereditary Causes of Gynecological Cancers | Forest | Shonee Lesh

After this session, participants will be able to define sporadic, familial, and inherited causes of cancer and why they are important. Shonee will provide an overview of hereditary breast syndromes; causes of other gynecological cancers; advances in oncology genetics and genetic testing; and discuss logistics, coverage, psychological issues, and discrimination.



**Grace & Grit: Leading a Life of Authenticity & Purpose (without burning out!) | Ten Mile | Chantal Pierrat**

As women, we are familiar with hard work, managing multiple projects and a strong emphasis on "doing." Yet we rarely take time for ourselves to simply "be." Our tendency toward perfectionism and people-pleasing makes us capable of great achievements, but we too often allow our pushy "inner critics" to keep us driving toward unrealistic standards. Our superpowers of intuition, communication and empathy allow us to excel in positions that emphasize connection and leadership, and yet we are the first to dismiss these qualities as "soft skills" that don't really yield results.

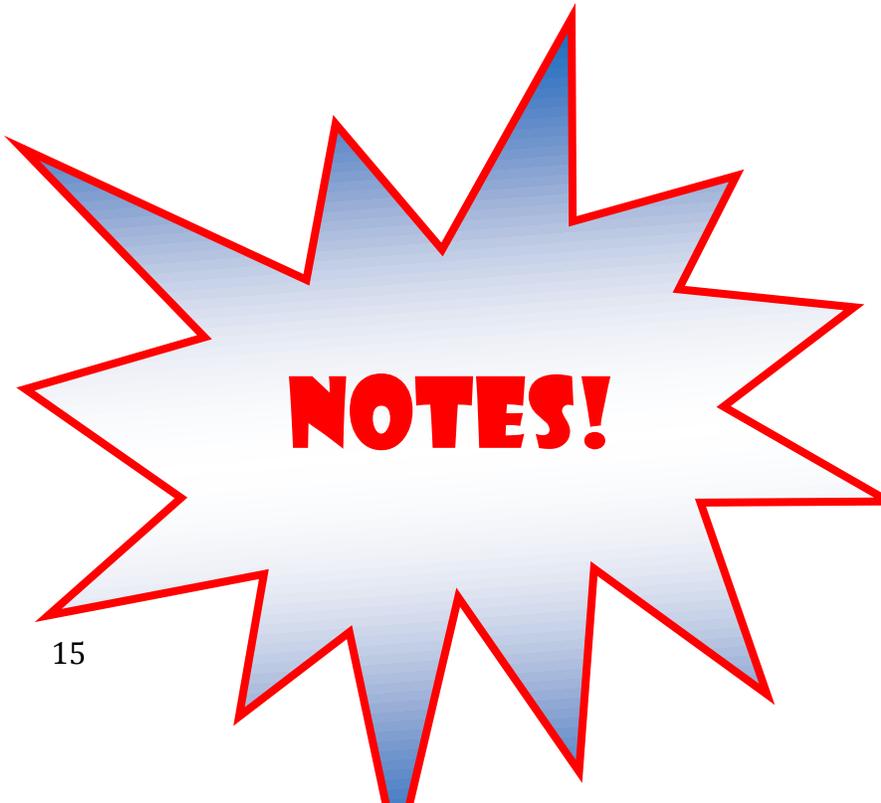
In this talk, we will explore how can we live and work in a way that authentically reflects our true selves - collectively as women and individually as unique beings - without sacrificing our health and wellness. We will find the balance between the doing and the being so that we can model a new, more sustainable way to positively impact the people around us - and the world!

About Chantal

For over ten years, Chantal served as the VP of Sales and Marketing for Sounds True, a multimedia publishing company focused on spirituality, personal growth, and holistic living. In her last year at Sounds True, Chantal spearheaded the successful launch of the Wake Up Festival, Sounds True's first annual national event with over 25 speakers and 800 attendees. Shortly after, in September 2012, she founded Emerging Women and Emerging Women Live. In 2002, after graduating with an MBA from the University of Colorado, Chantal left a 4-year career in the medical devices industry in search of work that would amplify her dedication to inner transformation and her passion for ideas. She continues to support the integration of consciousness and business through Emerging Women. Chantal's ultimate vision is to weave feminine leadership and authenticity into businesses, and to create a world where women have a strong voice in the shaping of our future.

Chantal is also the creator of SoulSweat™, a dynamic, transformative dance fitness program. She has been teaching for 12 years, and released *SoulSweat*, the DVD, in 2007. Chantal believes that dance is one of the most powerful ways to connect to our present experience and discover the truth of who we are.

When she is not dancing or working, Chantal enjoys family time with her husband and two sons in Boulder, CO. She is also an avid Crossfit athlete, but don't get her started!



**Breast Cancer Screening | Ten Mile | Juhi Asad**

In this session, Dr. Asad will discuss mammogram screening; what is involved in a diagnostic work-up; how to work up a palpable mass; the role of breast MRI screening; and help identify patients that qualify for BRCA testing.

**Show Me the Money: A Panel on Finances & Billing | Aspen/Blue Spruce |**

Liz Stark | Vivian Sisneros | Allison Sanchez | Kelly Conroy | Lindsey Berger

These panelists will inform and inspire you to get all the money you can from a variety of sources. Come learn how to cut through red tape. Topics include credentialing, the importance of teamwork, and perseverance, building relationships with insurance companies, challenges and successes of Medicaid and third party billing, and other funding opportunities, including private grants. Bring your questions and get into the nitty gritty of successful billing and finances.

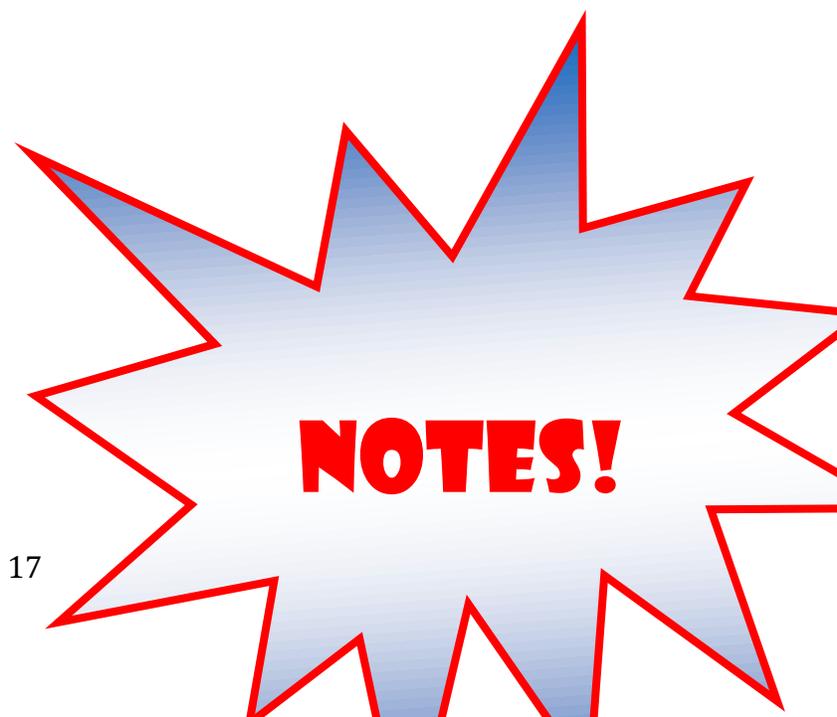
**LARC: Side Effects, Same-Day Insertions & Counseling Teens | Elk |**

Linda Johnson | Liz Romer

There have been so many exciting changes in the landscape of long-acting, reversible contraception (LARC). Come learn how to help women find the most effective method of birth control and decrease removal rates. Linda and Liz will discuss side effects of the subdermal implant Nexplanon and how to get your clinic comfortable with same day insertions and counseling adolescents about LARC. Contraceptive should be effective and easy. Come find out how LARC can work for your clients.

**Midmorning Meditation: Stress Reduction for Health Care Providers | Forest | Michelle Voeller**

A growing body of scientific research supports the health benefits of meditation. Meditation helps people manage symptoms of conditions including cancer, depression, and heart disease and can help increase your emotional well-being, gain a new perspective on stressful situations, build skills to manage your stress, increasing self-awareness, focusing on the present, and reducing negative emotions. Join veteran meditator and yogi Michelle Voeller in this interactive session to practice a few meditation techniques that you can take back to the office.



**Cost Analysis | Ten Mile | RT Welter****Lou Ann Wilroy | Todd Welter**

This session will provide an overview of the results of the cost analysis process Colorado family planning agencies completed in February 2015. We will discuss challenges, successes, lessons learned and tips for putting the information to use in a meaningful way in the clinic setting. In addition, we will engage in an open discussion with participants about how to improve the process in the future and addressing continued barriers and needs.

**Hitting a Moving Target: A Panel on Targeted Outreach | Aspen/Blue Spruce |****Debbie Channel | Page H. Jackson | Jane Cole | Peggy Thomas**

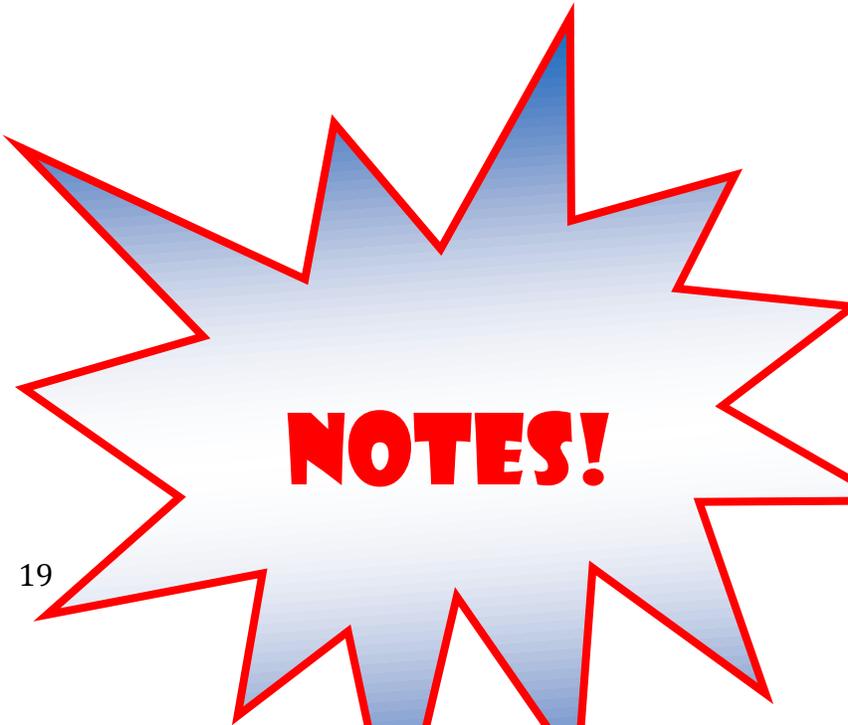
Explore targeted outreach strategies for the LGBTQ population, family planning, breast and cervical cancer screening. If you want more information about how to identify, inform, reach out, and recruit, in order to serve more clients, this is panel for you. Page will explore factors creating health disparities in the LGBTQ communities and resources available to targeted outreach to LGBTQ communities. Jane will address successes and lessons learned outreaching for family planning services. Peggy and Debbie will discuss targeted outreach for breast and cervical cancer screening. This panel will focus on the process used to outreach in different communities, provides examples and guidelines for assessing your community.

**HPV & Pap Testing | Elk | Jan Shepherd**

In this session, Jan will describe our current understanding of the natural history of HPV infection and how it relates to the newest recommendations for cervical cancer screening; discuss the current role of HPV testing; and describe recent recommendations from the ASCCP for management of abnormal Pap tests.

**Linguistic & Cultural Barriers to Health Literacy | Forest | Burna Dunn**

This interactive workshop will address skills used in working effectively in a multicultural environment, provide a deeper understanding of how cultural enriches and complicates health literacy/education, and provide tips for use in everyday situations where participants find communication challenging because of cultural or linguistic factors.



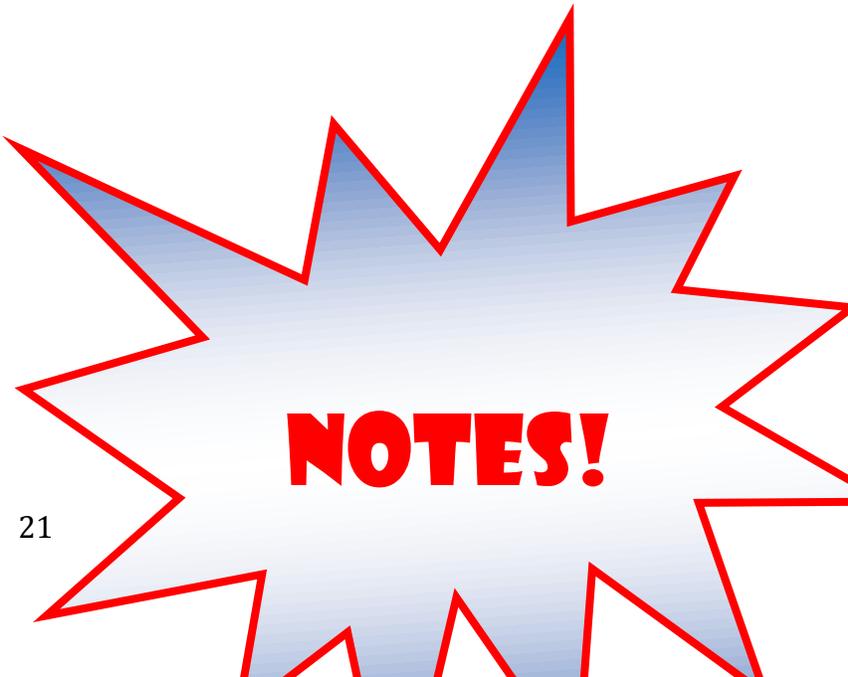
**HPV Oral & Anal Manifestations | Ten Mile | 3:00 – 4:00****Grace Alfonsi | Jeff Logan**

Join Grace & Jeff as they explore HPV beyond cervical cancer. They will provide an overview of HPV epidemiology and its attributable risk to various cancers, give a special focus on ENT cancers/current state, and talk about the of HPV vaccine with information about new HPV 9. If you've been looking for data on the effect the vaccine has on a common presentation, genital warts, you'll get it here! They will also review the role of HPV in anal cancer, and give indications for anal pap testing, the risk for anal dysplasia, and review treatment options.

This presentation on the current state of knowledge will give an overview of role of HPV in oral and ENT cancers and discuss the role of the vaccine in prevention.

**Gynecological Cancers | Ten Mile | 4:00 – 5:00****Jan Shepherd**

Jan wraps up day two of the conference with a discussion of current theories on the etiologies of common gynecologic cancers. She will consider recent evidence regarding risk factors for, early detection of, and prevention of gynecologic cancers. Come find out why women's healthcare providers play a pivotal role in improving gynecologic cancer outcomes.



NOTES!

FRIDAY, JUNE 12



BREAKFAST DISCUSSION

7:30 – 8:30



**Colorado Nurse Practice Act & Scope of Practice Issues | Elk |
Jane Kass-Wolff**

Bring your breakfast over to the Elk Room to discuss the Colorado Nurse Practice Act with Jan and Angela Fellers Lemire.

CODING & BILLING WORKSHOP

8:30 – 11:00



Coding & Billing | Ten Mile | RT Welter

Join Toni Woods for this in-depth workshop on coding and billing. All are welcome.

CLOSING PLENARY

11:00 – 12:00



Contraceptive Update | Ten Mile | Stephanie Teal

Dr. Teal closes out with conference with interesting and current information about the political landscape in Colorado as it relates to family planning and contraceptive access.

LILETTA WORKSHOP

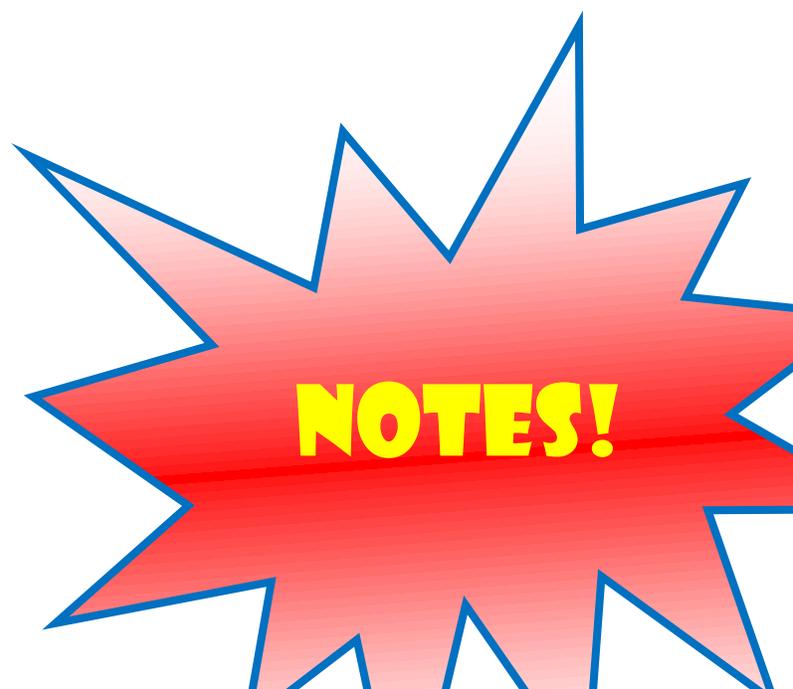
1:30 – 3:30

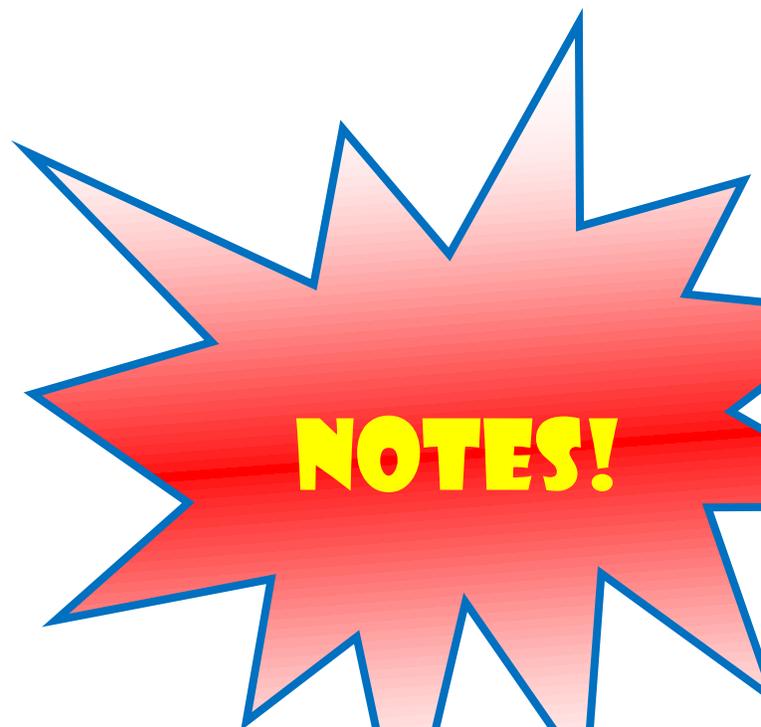


Liletta IUS Insertion Training | Ten Mile |

Athena Cross | Liz Romer | Brandy Mitchell | Stephanie Teal

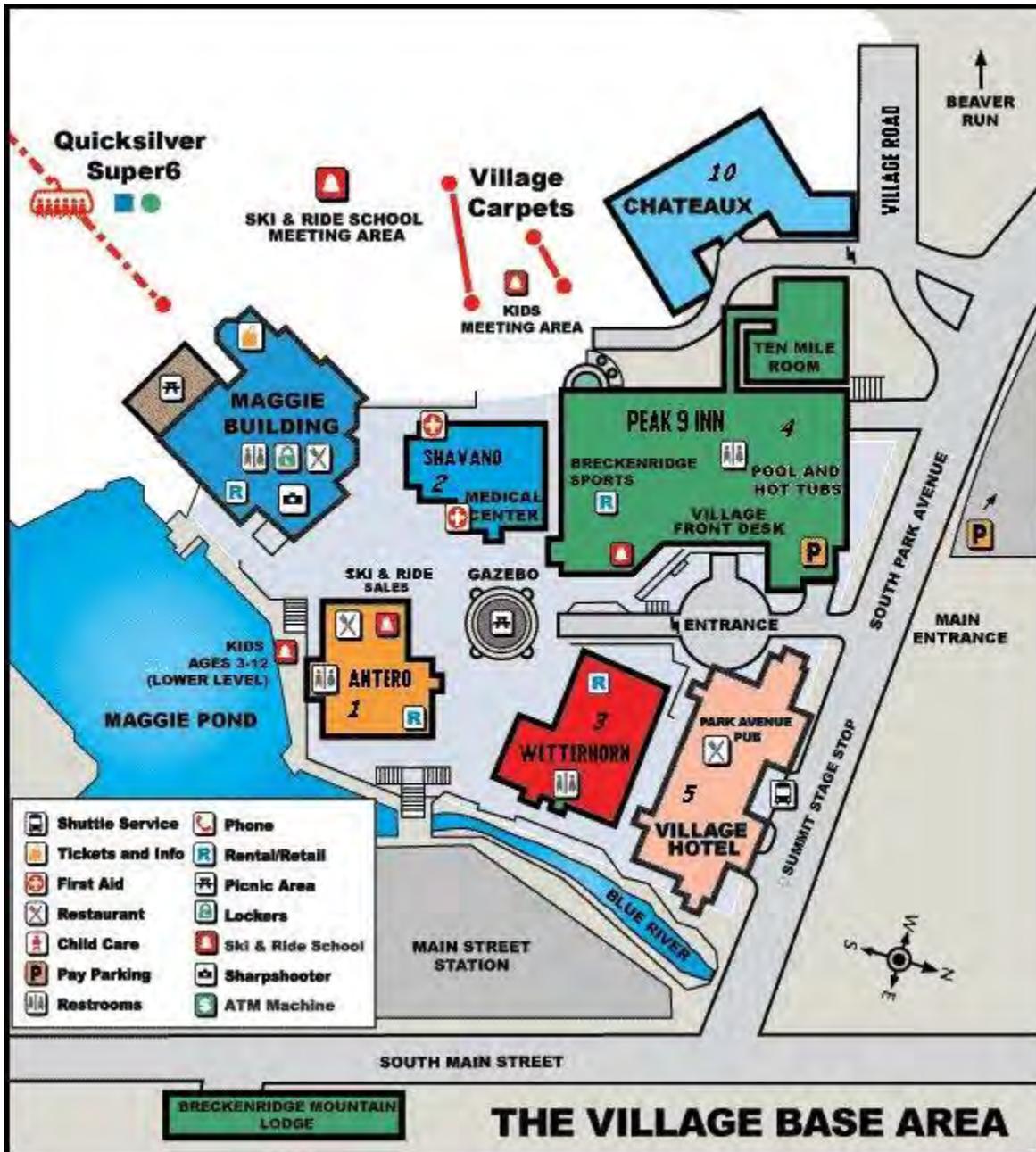
This optional workshop is open to any provider interested in learning how to insert the new low-cost Liletta IUS. Athena Cross from Medicines360 and our very own Liz Romer, Stephanie Teal, and Brandy Mitchell will provide great information on the new low-cost Liletta and then conduct an insertion training with Liletta insertion kits. Eat lunch on your own before this workshop.







HOTEL MAP!



HIGH ALTITUDE TIPS!

Drink so much water. While you're here, drink twice as much as you normally would! It's the #1 way to help your body adjust to the high altitude and incredibly low humidity.

Monitor your alcohol consumption. Go easy on the cocktails. Alcohol packs more of a punch, so be very careful about how much you drink.

Watch your physical activity. The effects of exercise are also intensified here. Take it easy and pay attention to what your body is telling you.

Use sun protection. With increasing altitude, less atmosphere is available to absorb UV radiation. For every 1000 meter increase in altitude, UV levels increase by approximately 10%. Don't forget your choice of sun protection when you're outside: sunglasses, sunscreen, lip balm, hats and long sleeves.



SPEAKERS!



Grace Alfonsi, MD

Grace Alfonsi is a member of the Clinical Faculty for the Denver PTC and the acting director of the Denver Metro Health (STD) Clinic. She is an Associate Professor of Family Medicine at the University of Colorado Health Sciences Center. Dr. Alfonsi received her medical degree from the University of Pittsburgh School of Medicine, and completed her residency at Cook County Hospital in Chicago. She completed a research fellowship with the University of Colorado School of Public Health. Her clinical interests include HPV epidemiology and prevention and access to family planning.



Juhi Asad, DO

Dr. Juhi Asad is a breast surgeon. She completed her general surgery residency in Detroit, MI followed by a breast surgical oncology fellowship in New York City at St. Luke's Roosevelt and Beth Israel Hospital. She has been practicing since 2008 with Surgical Specialist of Colorado for the past 7 years. She is the medical director of the Breast Care Program at Lutheran Medical Center in Wheat Ridge, Colorado. She has been part of the medical advisory committee with WWC for the past 5 years.



Lindsey Barger

Lindsey has been coding for 17 years, obtained her Certified Professional Coder (CPC) license in 2007, and has worked mainly in Primary Care with some Specialty background as well. She came on board as a contracted employee to Mesa County Health Department in 2012 to help implement an EHR system and set up credentialing and billing. Prior to her arrival, MCHD was not billing insurance for Family Planning services. She found that she really liked the Health Department setting and became an employee of Mesa County in July 2013.



Debbie Channel

Debbie has been the Manager of the Spanish Peaks Outreach and Women's Clinic for the past six years. She has over 25 years experience in the non-profit sector and has successfully written and/or administrated over 4 million dollars in grant funded programming. Debbie's work with young women and the successful implementation of the Family Planning program in Huerfano County has resulted in a 50 percent decline in the once very high teen pregnancy rate in Huerfano County.



Jane Cole, RN (formerly Heins)

Originally from San Diego, California, Jane fell in love with the mountains and has lived in Leadville for 12 years. She went to nursing school with the intent of becoming a Family Planning nurse after being a client of Summit Community Care Clinic for many years and loving their work (thank you Molly Lee!). She was lucky enough to get to her dream job within three years of becoming a nurse. She has now been the Family Coordinator for Lake County Public Health Agency for over two years and feels very fortunate to be in such a tight knit community. She enjoys educating people on the importance of sexual health, regularly teaches at the school, and does multiple outreach events at the college and in the community.



Kelly Conroy, BSM, MPH

Kelly Conroy has worked as a Nurse Manager at Jefferson County Public Health since 2012. She supervises the clinic services and provides program oversight to the Family Planning (Title X), Sexually Transmitted Diseases, and HIV programs.



Marc Coulter, LPC, CAC III, NCC, EMDR

Marc Coulter is a Licensed Professional Counselor, a Certified Addictions Counselor III, a National Certified Counselor, and EMDR trained trauma clinician. He is a published author, speaker, trainer, facilitator and therapist with over 14 years in the counseling field. He has worked as a mental health therapist for State and County Health Departments, Colleges and Universities, the Department of Defense, Mental Health Agencies, and currently in Private Practice. His mission is to be a beacon of light bringing healing and wholeness to the world by helping empower people to live their best lives. He does this by helping them to identify the skills, wisdom, traits, qualities, strengths, and hopes they already possess, as they build inspired solutions for themselves.



Burna Dunn

Burna's last experience doing cross-cultural training was in Senegal for the US Embassy in November 2014. Additionally she has lived and worked in Myanmar, Mongolia, China, Bosnia, Australia, India, and with refugees from all over the world. Her work colleagues have included people from Bulgaria, Iraq, Columbia, Bosnia, Russia, Mongolia, The Netherlands, and Ethiopia. Needless to say breaking down communication and communicating across cultures has been a daily challenge and one that has provided many chances to practice what she preaches. Along with colleague Barbara Sample she has co-authored health literacy curriculum for English as a Second Language learners. She is a cross-cultural trainer and ESL specialist.



Kristina Green

Kristina Green has been working for the Colorado Department of Public Health and Environment (CDPHE) since 2008. She currently serves as the Family Planning Program Coordinator and has worked with that program since 2010. In her role as program coordinator, she provides training, technical assistance and quality assurance monitoring of the administrative reporting requirements for the Title X Family Planning Program. Prior to joining CDPHE, Kristina worked in the field of criminal justice for the Colorado Department of Public Safety. She has a Bachelor's degree in Business - Information Systems.



Page Jackson, JD

Page is a graduate of Georgetown University and the University of Maryland School of Law. She served for thirty-three years as a trial attorney and program manager in the field of occupational safety and health at the U.S. Department of Labor in Washington, DC. She retired as a Deputy Director of the Mine Safety and Health Administration in January, 2008. In February, 2008, Page became Counsel to the Occupational Safety and Health Practice Group at the law firm of Jacksonkelly PLLC working primarily in the firm's Washington, DC, Pittsburgh and Denver offices.

Page transitioned at the firm's Denver office in September, 2012. She has served as Secretary for the Board of Directors, the Outreach Coordinator, and the Transition Support Group facilitator at the Gender Identity Center of Colorado. Most recently Page was a member of the host committee, and a subcommittee chair, for Creating Change 2015. Creating Change is the annual conference of the National LGBTQ Task Force - the oldest LGBTQ advocacy organization in the United States.

Page is a member of the Colorado LGBTQ Health Coalition. She joined Denver Health in March of this year as a Community Health Care Advisor performing outreach to assist CICIP-eligible women in the LGBTQ community in obtaining breast and cervical cancer screenings. This work is funded by a grant from the Colorado Department of Public Health & Environment's WWC program. Next month Page will move into an expanded role at Denver Health as a dedicated patient navigator to Denver County's entire LGBTQ community. That position will be funded by a Health Disparities grant from the CDPHE.



Linda Johnson, MSN, WHNP-BC, DNP

Linda Johnson has been in the nursing field and caring for women since 1976. She then graduated from the University of Colorado School of Nursing with her Masters Degree in Nursing, Denver, Colorado, 2003 and Doctorate in Nursing Practice, May 22, 2015. Currently she is a Women's Health Nurse Practitioner and Co-Clinical Director at Boulder Valley Women's Health Center, Boulder Colorado. In partial fulfillment of her Doctor of Nursing practice, she implemented her quality improvement project, "Improving Contraceptive Adherence in Women

Who Use Subdermal Implants”, at the Health Clinic, which has helped women keep their chosen method of birth control. Ms. Johnson also works as the Family Planning Title X Coordinator for the Colorado Department of Health and Environment, and when in the clinic, she precepts student advanced practice nurses. Linda’s future career goals include teaching nurse practitioner students, education, and how quality improvement is applied in clinical settings to improve reproductive health care.



Christen Lara

Christen Lara has worked at the Colorado Department of Public Health and Environment since 2009 and currently serves as Data Quality and Analytics Manager within the Health Informatics Program. In this capacity she supports chronic disease, cancer screening, family planning and STD/STI programs in their use of health information to monitor and improve quality of clinical services provided at over 150 clinics across Colorado. She has a Bachelor’s degree in economics and anthropology from Colorado College.



Shonee Lesh

Shonee is a certified genetics counselor who has practiced oncology genetics for sixteen years. After graduating from Berkeley, she worked for Kaiser before moving back to Colorado where she worked in a private oncology group before joining the SCL Health System.



Jeff Logan, PA

Jeff Logan is a physician assistant at the Denver Health Infectious Disease Clinic where he directs the Anal Dysplasia program. He graduated from the University of Colorado Health Sciences Center Child Health Associate/Physician Assistant Program in 1995.



Kelly Means, MPH

Kelly Means received a Master’s Degree in Public Health and currently works at the Colorado Department of Public Health and Environment. Kelly’s position as a Health Systems Quality Improvement Specialist utilizes clinic-wide screening rate information to inform and structure quality improvement activities. This ensures a population-based approach to increase cancer screenings, as well as chronic disease screening and control, among entire clinic populations.



Darlyn Miller, RN, CCM

Darlyn has been an RN for 28 years. For the last 8 years, she has been the Family Planning and WWC coordinator for Teller County Public Health. She became a certified case manager (CCM) four years ago after being selected to be a clinical scholar by WWC at CDPHE. She is presently

doing care coordination with a RCCO grant working with Medicaid clients with health navigation and health literacy. Throughout her career, she has participated in care coordination in numerous areas including Hospice, Behavioral Health, LTC, and now Public Health.



Chantal Pierrat

For over ten years, Chantal served as the VP of Sales and Marketing for Sounds True, a multimedia publishing company focused on spirituality, personal growth, and holistic living. In her last year at Sounds True, Chantal spearheaded the successful launch of the Wake Up Festival, Sounds True's first annual national event with over 25 speakers and 800 attendees. Shortly after, in September 2012, she founded Emerging Women and Emerging Women Live. In 2002, after graduating with an MBA from the University of Colorado, Chantal left a 4-year career in the medical devices industry in search of work that would amplify her dedication to inner transformation and her passion for ideas. She continues to support the integration of consciousness and business through Emerging Women. Chantal's ultimate vision is to weave feminine leadership and authenticity into businesses, and to create a world where women have a strong voice in the shaping of our future.

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Liz Romer, FNP-BC

Liz Romer is a 13-year veteran in the field of family planning and Title X administration. She started with the Children's Hospital Colorado in the Section of Adolescent medicine in 2002. As a nurse practitioner, she splits her time between patient care and program administration. In 2010, she earned her title as Director of the Family Planning Program. She oversees three nurse practitioners and four clinic locations. Liz is passionate about young women's health, pushing the envelope and exploring new ways of connecting with youth.

She co-authored an article with Dr. Stephanie Teal about Long-Acting Contraceptive Awareness in Adolescents in the Journal of Adolescent Health as well as presented her clinical work on developmental approaches to contraception counseling in adolescent patients at the Society of Family Planning. She has a BA in Sociology from Wesleyan University. She obtained her Nursing Doctorate and Masters of Science in Nursing from the University of Colorado. When she is not inserting devices, she spends her time outside with her daughter skiing, biking or drinking up Colorado sunshine.



Nick Roth

Mr. Roth works at the Colorado Department of Public Health and Environment as the Public Health Data Coordinator. He will be manning a table in the Atrium during the conference, ready to answer all your informatics-related questions. Whether eCast or iCare, Nick is here, ready to field inquiries and enlighten you.



Allison Sanchez

Allison is the Public Health Clinic Manager for Mesa County Health Department. She has worked in Public Health and healthcare quality improvement for the past six years. Native to Grand Junction, Allison studied Public Relations at Colorado Mesa University (previously Mesa State College). She enjoys spending time with her husband and two children in the beautiful outdoors of Western Colorado.



Jan Shepherd, MD

Dr. Jan Shepherd received her MD from Northwestern University, completed a residency in Obstetrics and Gynecology at the University of Cincinnati, then went on to fellowship in Reproductive Endocrinology and Infertility at the University of South Alabama.

She currently serves as a Clinical Associate Professor in Obstetrics and Gynecology at the University of Colorado School of Medicine, as the Medical Advisor for the Women's Wellness Connection at the Colorado Department of Public Health & Environment, as the Medical Consultant for the National Healthy Start EPIC Center, and as Medical Advisor for the Women's Health and Menopause Center in Denver, Colorado. Dr. Shepherd also has a continuing appointment as Adjunct Professor at Florida State University College of Medicine, where she was the founding Education Director for Obstetrics and Gynecology.

Dr. Shepherd is a nationally recognized speaker on women's health issues, having been invited to give hundreds of talks locally, nationally, and internationally. She has published numerous papers in peer-reviewed journals on topics in obstetrics and gynecology and serves a Reviewer for *Obstetrics and Gynecology* and on the Editorial Advisory Board for the *Journal of the American Pharmacists Association*. She has also taught contraception internationally for USAID.



Vivian Sisneros

Vivian has been an employee of Montrose County for 26 years. She started out doing Well Child Screenings and then moved to billing Medicare/Medicaid for Home Health until 1999. At the end of Home Health, she began to bill for Family Planning, Immunizations and State program reimbursements. Initially Family Planning was only able to bill State and HMO Medicaid, but in 2012-13 Montrose County began working with private insurance companies.



Heather Sorensen, RN

Heather Sorensen is currently a nurse program coordinator at Tri-County Health Department in Englewood, Colorado. Her education includes a Bachelor's in Psychology from Portland State University in 1998 and a Bachelor's in Nursing from Metropolitan State University of Denver in 2007 and currently working on her Master's in Nursing at the University of Colorado. Her nursing experience includes work in cancer screening, cardiovascular screening and family planning in the Women's Wellness Connection and Cancer, Cardiovascular and Pulmonary Disease grant programs for Tri-County Health Department. Prior to public health nursing, Heather worked in the fields of social work, mental health and nutrition. Heather is a Colorado native, growing up on the Western slope, and now lives on the Front Range in Littleton with her husband.



Liz Stark, RN, BSN

Liz Stark is the Executive Director of Community Health Services, Inc., the non-profit organization that provides public health services in Pitkin County. She has been at Community Health Services since 2006 and prior to that worked as a staff nurse and Case Manager at Aspen Valley Hospital.



Stephanie Teal, MD

Dr. Stephanie Teal received her undergraduate degree from Stanford University and her medical degree at the University of California School of Medicine in San Francisco. She completed her internship and residency training in Obstetrics and Gynecology at the University of California, San Diego, and later held a fellowship in Family Planning at New York Presbyterian Hospital (Columbia Campus). She received her Master of Public Health Degree in Epidemiology from Columbia University. Dr. Teal has received many awards for teaching, mentorship, research, and clinical care. She is most proud of being the recipient of the Faith and Freedom Award from the Religious Coalition for Reproductive Choice, when she was recognized for her work promoting reproductive health for disadvantaged women.

As director of the Special Contraception Clinic, she concentrates on safe and effective contraception for women with a variety of medical disorders, from lupus to diabetes and cystic fibrosis. She recognizes that reproductive needs of women evolve over time and adjusts her care accordingly. Her philosophy of patient care is that it works best for a woman if it is consistent with her beliefs, values and needs. In addition to her work at University of Colorado OB/GYN & Family Planning, Dr. Teal serves as the Medical Consultant for the Colorado Department of Public Health Family Planning Program, and as Medical Director of the Adolescent Family Planning Clinic at Children's Hospital Colorado. She also teaches women's health to community groups and to professional organizations of physicians, midwives and nurse practitioners. In her spare time she enjoys reading, knitting and hiking with her family.



Peggy Thomas, RN, MN, AOCN

Peggy has been a nurse for over 30 years. She is currently the outreach nurse navigator and the clinical coordinator for the WWC program at Penrose Cancer Center in Colorado Springs. In this role, she educates community members and providers on cancer screening and screening programs. She has been actively promoting cancer screening in the Colorado Springs area for over 20 years. She developed the breast navigation program at a community hospital. She co-authored a chapter in the Oncology Nurse Navigation: Delivery Patient Centered Care Across the Continuum.



Michelle Voeller, ERYT-500

Michelle Voeller (Parmita) is the founder & owner of Harmony Yoga in Denver, which she created in 2006. She is a Yoga Therapist & Ayurvedic Lifestyle Consultant through the Rocky Mountain Institute of Yoga & Ayurveda. Her passion is guiding individuals to the wholeness of what Yoga is: living healthy, balanced lives through diet, asana (physical yoga practice), pranayama (breathing), & meditation. It is a joy to watch people open up layers of themselves to find their own light through Yoga, just as it has helped connect to her own soul & purpose.



Merrick Weaver, MHS, RYT-200

Merrick Weaver is a strategist, social entrepreneur, and yogi. Although she hails from Texas, she's planted firm roots in Colorado where she lives with her family. After 10 years in Denver, she continues to welcome skiing Texans to Colorado each spring with open arms and bottles of Shiner Bock. She's worked in both the government and non-profit sectors, but she really enjoys working for herself. Merrick has 20 years experience in marketing and communications, community development, and women's health issues. She loves working with mission-driven and socially-conscious organizations and businesses. She received a Master in Health Science in from the Johns Hopkins Bloomberg School of Public Health in Women's Reproductive Health and her B.A. in Latin American Studies and Plan II from the University of Texas at Austin. In 1997, she received the illustrious Most Entertaining Dancer award from the UT Dance Team. She makes a mean bed and a delicious ancho chile fudge pie.



Todd Welter

Todd Welter has over 25 years of health care industry experience assisting physicians and other providers, hospitals and other facilities with the business side of medicine. Through strategic planning and analysis, Mr. Welter's main focus is increasing revenues and profitability. Mr. Welter has a Masters Degree in Organizational Leadership from Regis University in Denver where he has had an appointment as affiliate faculty in the School for Professional Studies for over ten years. In addition, Mr. Welter holds a faculty appointment at the University of Denver. Mr. Welter currently serves on the Board of the Spine Education and Research Institute (SERI) – a non-profit research facility dedicated to education of spine and general orthopedic surgeons and ancillary staff on new techniques in surgery and innovative implantable devices. Prior to

founding R.T. Welter and Associates, Mr. Welter was the Colorado representative for Medical Information Systems, Inc. (MIS), a national medical consulting firm based in Salt Lake City. He is a Certified Professional Coder & a member of the American Academy of Professional Coders, Healthcare Compliance Association, Medical Group Managers Association, and Colorado Medical Group Managers Association.



Lou Ann Wilroy

Lou Ann Wilroy serves as a Business Strategies Consultant for RT Welter & Associates, a healthcare consulting firm based in Denver. Lou Ann works with hospitals, clinics, public health agencies, and non-profit organizations, focusing primarily on sustainability of the “safety net,” providers serving low income, uninsured, and medically underserved populations. Prior to her current role as a consultant, Lou Ann served as Chief Executive Officer of the Colorado Rural Health Center, Colorado’s non-profit State Office of Rural Health. Additionally, Lou Ann has previously held various leadership positions in managed care organizations, hospitals, and healthcare systems, specializing in improving efficiencies by improving revenue cycle management, implementing health information technology, redesigning staffing and departmental structures, and ensuring compliance with regulatory agencies.



Toni Woods

Ms. Toni M. Woods is a nationally known speaker and educator with credentials from the American Health Information Management Association (AHIMA) and the American Academy of Professional Coders (AAPC). She is an AHIMA-approved ICD-10 trainer and has extensive auditing, coding and billing experience in a wide variety of specialties, including but not limited to Orthopedic Surgery, Spine Surgery, Neurosurgery, General Surgery, Oncology and Hematology, Public Health, Primary Care, Endocrinology, Nephrology, and Pain Management. She has worked with many public health and Title X agencies across the country.

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