

# Speaker Biographies



## **Isabelle Armstrong, CNM, DNP**

Isabelle (Izzy) Armstrong is a Certified Nurse Midwife who is dedicated to providing excellent care for women across the lifespan. She is a recent graduate of the University of Utah's DNP Midwifery program. As a new member of BirthCare HealthCare, she is honored to be caring for women in Salt Lake County and surrounding communities. Izzy provides full-scope midwifery care, including pregnancy, labor & birth, postpartum, contraceptive and routine gynecologic care. Before becoming a midwife, Izzy was a labor and delivery nurse for over a decade at the University of Utah Hospital, and she was a doula before becoming a nurse.



## **Jami Baayd, MSPH**

Jami is obsessed with asking good questions. While this trait makes her a bit awkward at dinner parties, it has served her well as a researcher. Her expertise lies in designing and conducting large-scale qualitative and mixed methods studies, and in mentoring others to do the same. As the process evaluator for Family Planning Elevated, she analyzed not only if the statewide contraceptive initiative was successful, but also how it was successful. Jami is also passionate about creating and facilitating high-quality trainings for health care teams. In the past three years she has co-designed many trainings including simulation-based training to improve the quality of family planning care in FPE partner clinics and trainings to prepare clinical teams to provide same-day emergency contraception.



## **Laurie Baksh, MPH**

Laurie Baksh is the Director of the Office of Maternal and Child Health within the Utah Department of Health and Human Services which includes the Women, Infants and Children (WIC) program, Data Resources, Adolescent Health, the Utah Women and Newborns Quality Collaborative, Maternal and Infant Health and the Title V MCH Block Grant. In prior years, Laurie has managed the Maternal and Infant Health Program, was an epidemiologist for Utah PRAMS, a study coordinator for the University of Utah's Maternal Fetal Medicine Department and worked for the Utah Medicaid program. Laurie received her bachelor's degree in Behavioral Science & Health and a Master of Public Health degree from the University of Utah.

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## **Erica Bennion, MPH**



Erica Bennion is an epidemiologist and grant coordinator in the Office of Maternal and Child Health at the Utah Department of Health and Human Services (UDHHS). She provides analytic and administrative support for reporting on the Title V Maternal and Child Health Block Grant and State Systems Development Initiative grant, and to programs within the Division of Family Health. She worked as an Applied Epidemiology Fellow, funded by the Council of State and Territorial Epidemiologists, in the Violence and Injury Prevention Program at UDHHS prior to her current role. She earned a Master's of Public Health in Epidemiology from the University of Michigan, where she worked as a research assistant in social epidemiology and mental health; and a Bachelor's of Science in Public Health with an emphasis in Epidemiology from Brigham Young University, where she worked as a research assistant in maternal and child health.

## **Jade Chavez, MPH**



Jade works as the Maternal Mental Health Program Specialist with the Utah Department of Health and Human Services, Office of Maternal and Child Health, where she is focused on maternal mental health initiatives throughout Utah. Jade received a Master of Public Health degree from University of New England and is currently pursuing a Master of Social Work degree. She has worked in the field of maternal and child health in multiple settings, including clinical, research, policy, and state government. Jade has spent most of her career focused on addressing public health barriers. Jade has a passion for addressing health disparities and gaps in current maternal mental health efforts.

## **Timaima Clawson**



Timaima (Tima) Sarakula Vakalala Clawson was born in Labasa, Fiji to Seruwaia Niumataivalu (Lau, Fiji) and Sakiusa Vakalala (Vanua Levu, Fiji). She was raised in Fiji and California with a love to serve her Pacific Islander Community. Tima is a huge advocate and has a passion in empowering Pacific Islander culture and birth outcomes disparities and maternal health disparities, which influenced her to serve her community in many various projects helping mothers and families in the Native Hawaiian and Pacific Islander (NHPI) community including the It Takes A Village: Giving Our Babies the Best Chance (ITAV) project, the Embrace Project Study (Embrace), University of Utah Wahine Koa and now the DHHS' Maternal Focus Groups with UWNQC. Tima is currently is the Women's Health Program Manager for the Utah Pacific Islander Health Coalition (UPIHC). Tima recently returned from a trip to visit her birthplace, Fiji, where she renewed and revisited her connection to her roots. While working to improve the lives for all NHPIs who call Utah home, she also welcomes all people to getting to know the rich and unique NHPI culture in Utah. Tima holds her Bachelors of Health from Brigham Young University - Idaho. She lives with her husband, Tanner and their three daughters in Davis County, Utah.

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## **Eustolia Cordova**

Eustolia was born and raised in Mexico. She graduated from the University of Sonora with a specialty in Clinical Analysis. Eustolia immigrated to the United States when she was a young adult, learned a new language, and had her first child - now she has three. Eustolia says, "I experienced some depression during my first pregnancy, although I didn't know at the time because in my culture, we used different words to describe it - and the words we use to describe things shape our beliefs. I moved to Utah where I started my career as a Certified Peer Support Specialist at Latino Behavioral Health Services. I first came to Latino Behavioral looking for resources for my family and now here I am, 7 years later, working with them providing services for peer support, facilitating support groups, and providing educational classes for individuals and families." Eustolia likes outdoor activities, reading, walking, and spending time with her family.



## **Susanna Cohen, DNP, CNM, CHSE, FAAN, FACNM**

Susanna Cohen is a Doctoral prepared board Certified Nurse Midwife who joined the faculty at the University of Utah 2007. She practices as a midwife in the BirthCare HealthCare (BCHC) Faculty Practice, sharing her time between the Madsen Women's Clinic and the University Medical Center and Labor and Delivery. Susanna is the principal investigator and lead innovator at the CON LIFT Simulation Design Lab, which offers services to departments, projects and community members. Susanna received her Masters' of Science with a Minor in Nursing Education from the University of California, San Francisco and completed her clinical training at San Francisco General Hospital and UC San Diego Medical Center. She also holds a BS in Community and Regional Development from the University of California, Davis where she received the Mary Regan Meyer Prize, a University-wide award for Academic Excellence and Community Service. Susanna completed her Doctorate in Nursing Practice at the University of Utah, where her scholarly work centered around sustainable simulation and team training in low-resource settings internationally. Susanna is a leader in the field of high-fidelity low-tech interprofessional simulation and in 2018 she was inducted as a Fellow in the American Academy of Nursing for her work in global simulation. She was inducted as a Fellow in the American College of Nurse Midwives in 2021. Susanna is a founding member of PRONTO International, and NGO which provides interprofessional obstetric and neonatal simulation training in Kenya, Guatemala, India and throughout Mexico. Before coming to Utah Susanna trained in Mexico in Mayan midwifery and herbal medicine from a traditional midwife. Susanna believes in an integrated and holistic approach to Women's health and encourages women to play an active role in their care.



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## **Desiree Ferrin**

Desiree experienced a series of hemorrhages during and after the delivery of her third baby. At six weeks postpartum, she experienced a catastrophic hemorrhage that resulted in maternal code, an emergency hysterectomy and multiple blood transfusions. It is her goal to bring awareness to the complications that arise in Maternal Health, and closing the gaps in Maternal Health and Mental Healthcare for Mothers who suffer birth trauma and complications. Desiree currently works as the Birth Trauma Patient Advocate for Utah Women and Newborn Quality Collaborative, is a Certified Patient Family Partner, and serves on the Intermountain Health Patient Advisory Council. She has a background in education, and behavioral health. She has had multiple opportunities to work with underserved, vulnerable, and special needs populations helping elevate them by improving education and self-sufficiency through services, community and collaboration.



## **Janet Fisher MS, RNC-OB, C-EFM**

Janet Fisher MS, RNC-OB, C-EFM was a Labor & Delivery nurse for 41 years. Her L&D experience started in 1980 at Presbyterian Hospital in Albuquerque, NM, followed by the University of Missouri Hospital in Columbia, Mo, and she ended her clinical career at the University of Utah Hospital. During her time at the U, Janet was a staff/charge nurse, flight nurse and during her last 10 years, the nurse educator for L&D. Janet is currently a nurse consultant with the Office of Maternal and Child Health in the Utah Department of Health and Human Services.



## **Lauren Gimbel, MD**

Lauren Gimbel, MD is an Obstetrician and Gynecologist at the University of Utah Health and an assistant professor in the University of Utah Obstetrics and Gynecology Department. After residency at the University of Utah she completed a StARR scholarship focusing on research in perinatal mental health. This has encompassed working across departments with psychiatry and behavioral health colleagues to create a perinatal mental health program at the University of Utah. Clinically, she provides full spectrum women's health care through all stages of life. She is also the Medical Lead of the AIM Perinatal Mental Health Conditions Patient Safety Bundle implementation initiative.

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## **Jamie Hales, LCSW, PMH-C**

Jamie is passionate about addressing the mental health needs of women across the lifespan. She specializes in treating women and couples, during both pregnancy and postpartum, for a wide range of concerns from perinatal mood and anxiety disorders, postpartum psychosis, pregnancy loss and transition to parenthood following infertility. Jamie received her training in this area from Postpartum Support International and the American Society for Reproductive Medicine in addition to being a Bringing Baby Home Educator and Level 2 Gottman Couples Therapist.



## **Morgan Harris**

Morgan is a Health Program Specialist with the Utah Women and Newborns Quality Collaborative (UWNQC). She began working with UWNQC in the summer of 2022 as a project intern for the recently published [Maternal Resource Guide](#), and now works full time with UWNQC to support AIM patient safety bundle implementation. She received her bachelor's degree in Health, Society, and Policy from the University of Utah in 2023. Outside of work, you will catch her spending time in the outdoors skiing, hiking, and running.



## **Nikole Ihler**

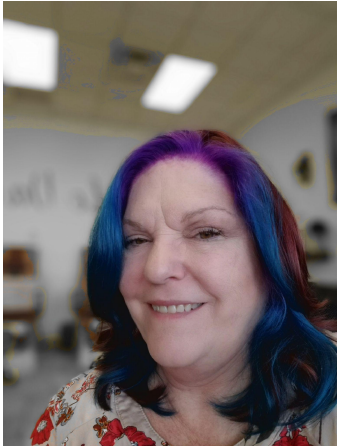
Nikole is currently the Nursing Professional Development Practitioner for Labor and Delivery at University of Utah Health. She is responsible for coordination, facilitation, and teaching unit and service line specialty classes for onboarding and continuing education. We currently have 150 staff members on our team. Nikole is also responsible for unit education records and oversee staff education files. The education offering she enjoys the most is our OB Team Training. This is a multidisciplinary simulation, where our entire team gets to practice a different OB emergency each year. This year we have been practicing DKA in pregnancy, second stage arrest with an impacted fetal head, that leads to a bladder backfill and cystoscopy! Outside of work, Nikole enjoys spending time with her husband and 5 year old daughter. "She is the best thing that has ever happened to me!"

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## Jennifer McKee, BSN, RNC

Jennifer has been a labor and delivery nurse for almost 10 years. She has filled roles on the unit such as a floor nurse, charge nurse, Rover nurse, and currently Clinical Nurse Coordinator. In the last 2 years, Jennifer has trained to facilitate simulation training and co-facilitated several multidisciplinary trainings. She is also a certified NRP instructor. Jennifer has a love of her family, animals, and the outdoors.



## Tina Mikesell, LCSW

Tina Mikesell, LCSW, Outpatient Adult Therapist, Davis Behavioral Health. Tina is a Licensed Clinical Social Worker at Davis Behavioral Health. She has worked in various settings and with people of all ages but is currently focused on the adult population. She enjoys working with people from different backgrounds and is genuinely interested in how their lives have affected them and how they want to change their lives through healing through therapy. Tina's undergraduate studies were completed at the University of California, Fullerton, where she received a Bachelor of Arts in Psychology with a Minor in Cultural Anthropology. She obtained a Master of Social Work from the University of Utah. Her approach is in a therapeutic relationship where she and the client work together to find the best tools for clients to live the life of their dreams. She uses various tools: Cognitive Behavior Therapy, solution-focused therapy, Trauma-Focused, Cognitive Behavioral Therapy, Dialectical behavioral therapy (DBT), Eye movement desensitization and reprocessing (EMDR), and Maternal mental health.

## Alex and Kelsie Oliver

### Alex Oliver

Alex Oliver is an incredible person. He is a real estate investor who flips homes for a living. Ever since Alex was a little boy he loved to break things (sometimes intentionally) to see how they worked. Alex has always been fascinated with how things work as well as how to fix them. This is why Alex loves his profession of flipping houses, it always presents him new challenges of projects to fix. Alex's primary goal in life was to become a husband and a father. A goal he was able to meet in 2015 when he married Kelsie Oliver. As well as in 2017 when they had their first child Harper. With this new addition it brought in the greatest challenge into his life, that he had zero idea how to fix, postpartum maternal mental health challenges. Alex's mindset has switched from trying to fix this to bringing more awareness to this all to real illness so others will be able to truly enjoy the blessing of parenthood.





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## **Kelsie Oliver**

Kelsie Oliver is an extraordinary individual who wears multiple hats with grace and resilience. As a dedicated mother of three, she understands the joys and challenges that come with raising a family. However, Kelsie's journey as a mother has not been without its obstacles. She courageously faced and triumphed over postpartum anxiety/OCD, emerging as a survivor and a source of inspiration for others. In addition to her role as a mother, Kelsie is a licensed massage therapist specializing in working with professional athletes. Her passion for healing and wellness led her to pursue a career in this specialized field. Through her expertise, Kelsie has been able to provide therapeutic support and enhance the performance of athletes who rely on her skills. Driven by her personal experiences and triumphs, Kelsie's ultimate goal is to educate and support other mothers who may be facing postpartum anxiety/OCD. By participating in various panels and events, she aims to let every mom know that she is not alone in her struggles. Kelsie strives to offer hope, guidance, and assurance that help is available and that there is a bright future beyond the challenges of postpartum mental health. Kelsie Oliver's dedication to helping others is truly commendable. Her journey, resilience, and expertise make her a beacon of hope for moms navigating through similar experiences. Through her advocacy and compassion, she aims to empower and educate, leaving a lasting impact on the lives of those she encounters. With her unwavering determination and passion, Kelsie continues to inspire and uplift, spreading awareness and support for postpartum mental health. Her commitment to making a difference in the lives of mothers is truly remarkable.



## **Denise S. Reeves, MS, RNC-MNN,**

Denise is an Assistant Professor at the University of Utah College of Nursing. She has 20 years of clinical nursing experience in Acute Care Medical/Surgical Nursing, Maternal/Newborn, Intermediate Newborn Care, and Women's Special Care. As a charge nurse and nurse educator, she currently assists in facilitating the implementation of various perinatal policies and guidelines at University Hospital in Salt Lake City, and teaches a variety of courses in the College of Nursing pre- and post-licensure Baccalaureate Program. During her time at the College of Nursing, she has been directly involved in curriculum revision, course development, clinical practicums, and simulation. Her commitment to nursing extends into the community through volunteer activities at University Health, local schools, health fairs, public health clinics, and community resource centers.

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## **Heather Bertotti Sarin, MBA, MPH, PMP**

Heather Bertotti Sarin is currently the Quality Improvement Director for the Utah Women and Newborns Quality Collaborative. Her Public Health experience includes working as a Cancer Genomics Program Manager, Local Health Department Liaison and leading the initiative to implement Community Gardens at various Intermountain Healthcare sites. She has over 20 years of experience working for corporations in various leadership roles and leading multiple Six Sigma Quality Improvement projects to completion. Heather has also taught Organizational Change/Leadership and Project Management classes as an adjunct professor at Westminster College. She has led non-profit boards such as Junior League of Salt Lake City to make a difference in the community. She enjoys Utah with her husband, son and rescue dog.



## **Sophie Silverstone**

Sophie Silverstone is the Outreach Specialist for the Utah Women and Newborns Quality Collaborative (UWNQC). Her role is to lead the CDC Perinatal Quality Collaborative Cooperative Agreement by working on quality improvement projects that engage facilities, patients and community partners to improve outcomes for mothers and babies in Utah. One of UWNQC's major achievements this year was releasing the Maternal Resource Guide, an online guide designed to provide families and clinicians with an easy way to find existing resources across the state for needs such as diapers, transportation, housing assistance, and more. Sophie previously worked as a COVID-19 Contract Tracer focusing on refugee health equity at DHHS. She has her Community Health Worker Certification and is a graduate of Loyola Marymount University. Before public health, Sophie worked in journalism and marketing. She attributes her passion for helping people to her own family's immigration story, as well as her upbringing in Salt Lake City, particularly her experience attending West High School. Outside of work, Sophie enjoys getting outside (via river raft or her own two feet), performing aerial arts, enjoying live music, and traveling both near and far.



## **Marcela Smid MD, MA, MS**

Marcela Smid MD, MA, MS is a board certified Maternal Fetal Medicine, Complex Family Planning and Addiction Medicine physician at the University of Utah. She is the Director of Perinatal Addiction Services and the medical director of the Substance Use & Pregnancy – Recovery, Addiction, Dependence (SUPeRAD) specialty prenatal clinic, a multi-disciplinary clinic for pregnant and postpartum women with substance use disorder. She also serves as the medical director of University of Utah's OBAirMed. She recently took over as Chair of the Utah Maternal Mortality Committee. Her research focus is on perinatal addiction, interventions for pregnant and postpartum women with substance use disorders, maternal mortality and maternal mental health.



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## **Mardo Tarr**

Mardo is originally from Liberia and raised in the Democratic Republic of Congo. She is married and has four children. Mardo holds a bachelor's degree in applied health with a specialization in epidemiology. For the past two years, she has been employed as a community health worker at the Salt Lake County Health Department. Mardo is pursuing a master's degree in public health with a focus on maternal and child health at the University of Nebraska Medical Center.



## **Tracey Vogel, MD**

Dr. Tracey Vogel is an obstetric anesthesiologist in Western Pennsylvania. Her interest in birth trauma and training as a sexual assault counselor led her to her current position as Director of Allegheny Health Network's Perinatal Trauma-informed Care Clinic- one of the first in the nation. This unique service offers comprehensive trauma-informed care for all birthing persons with histories of previous trauma including shared-decision making in birth planning, multidisciplinary collaboration and communication, while also building patient trust, and advocating for optimal outcomes for mothers and babies. Her hospital based work also includes involvement with quality assurance processes, education and training of physicians, nurses, residents, and students in trauma-informed care principles and prevention of traumatic birth experiences. As a way of further expanding her outreach to more patients and providers, she's established The Empowerment Equation website as a resource to help women with histories of trauma prepare before delivery, to offer help for providers seeking to understand patient perspectives using first-hand narratives, and to provide evidence-based research on this topic. She is very involved with her national medical organization SOAP (Society for Obstetric Anesthesia and Perinatology) and leads a Special Interest Group on Maternal Mental Health and Birth Trauma. Additionally, she was appointed in 2021 as a Co-chair of the "Physical and Behavioral Action Team" to Pennsylvania's HEAL PA Coalition- the governor-appointed task force with a mission of making Pennsylvania a trauma-informed state.

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## **Sara Webb, DNP**

Sara is an instructor in the psychiatric mental health nurse practitioner program. She teaches advanced psychopharmacology, the last three practicum courses, and Mental Health Assessment and Diagnosis. Sara is also a project chair for the DNP Scholarly Project Courses. Her clinical practice is in women's health at the University of Utah Sugarhouse Clinic. Sara's clinical passion is treating perinatal mental health disorders and she is a certified perinatal mental health provider. She completed her DNP in May, 2020. Sara is from the Salt Lake area and currently lives in Sandy. She is married and has three small children.



## **Carlie Yearsley, CNM, WHNP, DNP**

Carlie received her bachelor degree in nursing from Southern Utah University, followed by a Doctorate of Nursing Practice Degree in Nurse-Midwifery and a Women's Health Nurse Practitioner at University of Utah in 2012. Carlie is certified by the American Midwifery Certification Board and maintains professional affiliations including the American College of Nurse Midwives and the National Association of Nurse Practitioners in women's health. As a nurse-midwife, Carlie provides primary health care services for women from adolescence beyond menopause. When not working, Carlie enjoys camping and boating, and spending time with her family. Her hobbies include cooking, baking, gardening, and reading.