



Annual Education Conference



The Clinical and Translational Science of Lactation: Examining the Continuity of Care in New York ~ Past, Present, and Future ~

Virtual via Zoom

THURSDAY, MARCH 26, 2026

8:30AM - 3:30PM



To register, click [here](#) or scan QR code: [NYSBC2026conferenceregistration](https://nysbc2026conferenceregistration.eventbrite.com)

Early Bird (through February 27) \$70

Student/LLL/Peer Counselor - \$50

Regular registration (February 28 - March 24) \$80

Late registration (March 25-May 29) \$100

Access to recording available 4/10 - 6/12/26



Application for CERPs has been submitted to IBLCE

Sponsored by:

The New York Statewide Breastfeeding Coalition (NYSBC)



Virtual Conference Agenda

THURSDAY, MARCH 26, 2026

Live Sessions

8:30 ~ 9:00 AM WELCOME & INTRODUCTIONS

9:00 ~ 10:00 AM COLLECTIVE CARE: BUILDING A MATERNAL MENTAL HEALTH FRAMEWORK FOR NYS
Audrey Erazo-Trivino, PsyD, BS, MPH
Yamilette Hernandez, BS
Isabella Hou, MPH

10:10 ~ 11:10 AM SUPPORTING BEREAVED PARENTS CHOOSING TO EXPRESS AND DONATE THEIR MILK
Ann Marie Paraszczuk, ED, MS
Roseanne Reed-Motti, MFA, CLC

11:20 ~ 12:20 PM FROM POLICY TO POP CULTURE: RECLAIMING BREASTFEEDING SUPPORT IN OUR COMMUNITIES
Twylla Dillion, PhD, MBA

12:20 ~ 1:00 PM LUNCH & NETWORKING

1:00 ~ 2:00 PM MOMS V META:
A GRASSROOTS SOLUTION TO PREDATORY FORMULA MARKETING ONLINE
Natasha Vargas-Cooper, BA
LuAn Pierre

2:10 ~ 3:10 PM HUMAN MILK AS IMMUNE MEDICINE: LEVERAGING BREASTFEEDING TO ENHANCE INFANT AND MATERNAL IMMUNITY
Jessica Dilal, RN, IBCLC

3:10 ~ 3:30 PM CLOSING REMARKS & RAFFLE DRAWING

Pre-Recorded Sessions

Conference recordings will be made available to paid registrants from April 10 to June 12, 2026

NEWS AND VIEWS FROM BABY-FRIENDLY USA (30 MINUTES)
Eileen FitzPatrick, DrPH, MPH, RDN, CLC

FROM INFLAMMATION TO INTERVENTION: UPDATES IN MANAGEMENT OF LACTATIONAL MASTITIS (60 MINUTES)
Michele Burtner, MS, CNM, MPH

ADVANCING WORKSITE LACTATION SUPPORT: COMMUNITY-BASED STRATEGIES (60 MINUTES)
Christine Hernandez, MSEd
Kate Metzendorf, BA

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners

Speaker & Session Details

Live Session



**Audrey Erazo-Trivino,
PsyD, BS, MPH**



**Yamilette Hernandez,
BS in Psychology**



Isabella Hou, MPH

Collective Care: Building a Maternal Mental Health Framework for NYS (60 minutes)

Recognizing that maternal mental health is a key driver of parent and infant well-being, the New York State Office of Mental Health (NYS OMH) has undertaken large-scale efforts to strengthen maternal mental health supports statewide. This presentation will provide an overview of maternal mental health conditions as well as OMH's current work in the field, with an emphasis on the findings put forth by its Maternal Mental Health Workgroup and the recently released Maternal Mental Health Recommendations Report.

Given the evidence linking breastfeeding to lower risk of maternal mental health conditions, the presentation will highlight the intersections between breastfeeding and key recommendations from the report.

Learning Objectives:

- Identify actionable strategies for addressing maternal mental health challenges in New York State as proposed by the NYS OMH Maternal Mental Health Workgroup
- Describe New York State's current efforts to implement recommendations of the Maternal Mental Health Recommendations Report
- List key policy and program developments that strengthen lactation and mental health supports for perinatal individuals.

Presenter Bio:

- **Audrey Erazo-Trivino** is an Associate Commissioner at the New York State Office of Mental Health (OMH) since January 2023. She leads and manages the Office of Prevention and Health Initiatives (OPHI) which develops, implements, monitors, and funds an integrated system of prevention and wellness programs to promote mental health and wellness in New York State.
- **Yamilette Hernandez** is an Implementation Specialist for the Office of Prevention and Health Initiatives at the New York State Office of Mental Health and currently leads OMH's growing maternal mental health portfolio.
- **Isabella W. Hou** is a Project Coordinator in the Office of Prevention and Health Initiatives for the New York State Office of Mental Health, where she supports community-based prevention initiatives focused on promoting mental well-being across the lifespan.

Speaker & Session Details

Live Sessions



**Ann Marie Paraszczuk,
ED, MS**



**Roseanne Reed-Motti,
MFA, CLC**

Supporting Bereaved Parents Choosing to Express and Donate their Milk (60 minutes)

Learning Objectives:

- Describe the evolution of perinatal bereavement care within the context of human milk donation.
- Discuss the evidence on the benefit of milk expression and donation after a perinatal loss for grieving parents.
- Describe how pregnancy and lactation care providers can assist parents who experience a perinatal loss.
- Examine ways that maternity services/milk bank staff can best support bereaved parents and facilitate the process of milk donation for those parents who choose to do so.

Presenter Bio:

Ann Marie Paraszczuk is a Registered Nurse who has worked in various areas of Maternal-Child Health Nursing including Neonatal Intensive Care, Maternity and Pediatrics. She has been an International Board Certified Lactation Consultant since 1986 and continue to practice as a hospital-based RN Lactation Consultant working primarily with newly delivered newborns and their parents. Ann Marie is also employed as a Professor in the Barbara H. Hagan School of Nursing at Molloy University, teaching nursing courses across the curriculum and conducting research in maternal-child nursing and lactation.

Roseanne Reed-Motti is a cofounder and the current Director of Donor and Community Relations at The New York Milk Bank, Inc (NYMB). She oversees the donor and milk depot departments and the intern and volunteer program she developed in 2016. She plays a critical role in ensuring that prospective milk donors meet the standards and regulations of The Human Milk Banking Association of North America and The New York State Department of Health and Human Hygiene. Roseanne developed the Bereavement Program at the NYMB in 2016 which includes offering options for milk donation after infant loss, providing resources to bereaved families, and memorializing each donor's baby on the NYMB Memorial Butterfly Tree. She works with NICUs across the state helping to make milk donation easier for those who suffer infant loss.

Speaker & Session Details

Live Session



From Policy to Pop Culture: Reclaiming Breastfeeding Support in Our Communities (60 minutes)

Learning Objectives:

- Identify recent changes in WIC, Medicaid, and SNAP that affect breastfeeding support for underserved families.
- Analyze how media and pop culture influence parental attitudes and decisions around breastfeeding.
- Describe the role of peer lactation supporters and community-based doulas in addressing breastfeeding disparities.

Presenter Bio:

Twylla Dillion (she/her) is the President and CEO of HealthConnect One, the national leader in advancing equitable, community-based, peer-to-peer support for pregnancy, birth, breastfeeding, and early parenting. With over 15 years of experience in health services research, public health, and maternal-child health systems, Dr. Dillion is a nationally recognized advocate for lactation equity and community-centered solutions. Her work focuses on expanding access to culturally reflective breastfeeding support, elevating the role of community-based doulas and peer lactation supporters, and advancing policies that improve outcomes for Black, Brown, and Indigenous families. Under her leadership, HealthConnect One has strengthened training, technical assistance, and policy initiatives that support sustainable models of care rooted in trust and lived experience.

Speaker & Session Details

Live Session



**Natasha Vargas-Cooper, BA,
Radical Moms Co-Founder**



**LuAn Amaryllis Pierre,
Radical Moms Co-Founder**

Moms V Meta: A Grassroots Solution to Predatory Formula Marketing Online (60 minutes)

Learning Objectives:

- Articulate the negative public health impacts that come from innovations in online predatory marketing
- Critically analyze partnerships between formula companies and lactation professionals to dissuade fellow IBCLCs from engaging in formula marketing
- Describe a clear strategy for pressuring Meta to regulate predatory advertising

Presenter Bio:

Natasha Vargas-Cooper is a founder of the Radical Moms Union a grassroots collective of mothers who fight on behalf of keeping the mother/baby dyad in tact. Natasha co-founded the Radical Moms Union in 2022 to build power with other moms, lactation workers, birth workers, and healthcare professionals to have power over predatory corporations. She formerly worked as a union organizer and an investigative journalist. She is now a full time mom to a magnificent toddler.

LuAn Amaryllis Williams is a breastfeeding advocate, organizer, and mother of two (soon to be three) based out of Marietta, GA. LuAn is passionate about helping women navigate their journeys through pregnancy, birth, and breastfeeding. She leads the Radical Black Mom Initiative and devotes her (little) free time to building powerful relationships with Black moms and birthworkers in order to keep Black maternal spaces free from predatory corporations.

Speaker & Session Details

Live Session



Human Milk as Immune Medicine: Leveraging Breastfeeding to Enhance Infant and Maternal Immunity (60 minutes)

Learning Objectives:

- Explain the primary immune components of human milk and their protective mechanisms.
- Analyze current evidence linking breastfeeding to a reduction in infection and immune-mediated disease.
- Formulate strategies to integrate immunologic messaging into lactation support within New York State health systems.

Presenter Bio:

Jessica Dilal is a full-time inpatient Lactation Consultant at Strong Memorial Hospital in Rochester, NY within the Department of Breastfeeding and Lactation Medicine. She provides comprehensive lactation support to both Obstetric and Pediatric populations, working collaboratively with interdisciplinary teams to help families achieve their individual feeding goals. Jessica's work bridges the continuum of care from birth through early infancy. She provides hands-on clinical assessment, counseling, and complex feeding management for families facing challenges such as low milk supply, prematurity, latch difficulties, and postpartum complications. Striving for a compassionate approach that includes evidence-based lactation support with family centered care, she ensures that each family's values and goals remain at the forefront of the feeding plan.

Speaker & Session Details

Pre-Recorded Session



News and Views from Baby-Friendly USA, 2026 (30 minutes)

Learning Objectives:

- Understand and apply the recommendations of the National Academy of Science, Engineering and Medicine (NASEM) *Breastfeeding in the United States* report that all US maternity care facilities to implement the Ten Steps to Successful Breastfeeding.
- Evaluate the impact of the normalization of combination feeding on breastfeeding exclusivity in NY and the US.
- Interpret contemporary successes and challenges to the Baby Friendly Hospital Initiative in NY and the US.

Presenter Bio:

Dr. Eileen FitzPatrick has been the CEO of Baby-Friendly USA, Inc. since January 2021. Prior to that she was Chair and Professor in the Nutrition Science Department at Russell Sage College. Her programmatic and research experience includes New York State Department of Health quality improvement programs that supported breastfeeding and maternity care practices in hospitals and communities. She earned a Masters and Doctorate in Public Health and has co-authored numerous peer-reviewed, scientific publications.

**Eileen FitzPatrick DrPH,
MPH, RD, CLC**

Speaker & Session Details

Pre-Recorded Session



From Inflammation to Intervention: Updates in Management of Lactational Mastitis (60 minutes)

Learning Objectives:

- Differentiate breast inflammation from bacterial mastitis during lactation and when to treat with conservative measures versus antibiotic treatment.
- Describe evidence-based conservative management strategies for inflammatory mastitis, including pain control, milk expression techniques, antibiotic use, and supportive therapies to reduce inflammation and support lactation.
- Identify clinical indications of mastitis/abscess requiring referral to a specialist

Presenter Bio:

Michele Burtner is the Medical Director of the Breastfeeding & Lactation Clinic at the University of Rochester Medical Center (URMC), where she has practiced midwifery for 18 years. She earned her bachelor's degree in nursing from the University at Buffalo, completed her midwifery education at Oregon Health & Science University in 2003, and obtained a master's in public health from the University of Rochester. After completing an academic fellowship in Breastfeeding & Lactation Medicine, Michele became Assistant Director of Breastfeeding & Lactation Services at URMC, caring for complex nursing dyads. She is faculty at the UR School of Medicine & Dentistry and co-founded the Midwives in Lactation Collective, now the ACNM Subcommittee on Breastfeeding and Lactation, where she serves as Chair.

Passionate about equitable, evidence-based care, she is dedicated to education, advocacy, and advancing midwifery and lactation medicine.

Speaker & Session Details

Pre-Recorded Session



**Christine Hernandez,
MsED**



Kate Metzendorf, BA

Advancing Worksite Lactation Support: Community-Based Strategies (60 minutes)

Learning Objectives:

- Identify the essential components of a breastfeeding-friendly worksite policy that complies with state and federal labor laws.
- Describe best practices for designing and maintaining lactation spaces that are functional, private, and inclusive.
- Evaluate strategies for engaging employers and staff in creating a supportive culture for breastfeeding employees.

Presenter Bio:

Christine Hernandez is a Lactation Counselor and Doula who serves as the Community Relations Liaison for St. Peter's Health Partners in Troy, NY. She leads regional efforts to promote breastfeeding-friendly environments through policy development, education, and community partnerships.

Kate Metzendorf earned her Bachelor in Arts in Sociology from the University of Michigan in 2025. She is a Clinical Research Assistant at Cohen Children's Medical Center where she supports breastfeeding research and advances community lactation initiatives through the Breastfeeding, Chestfeeding, and Lactation Friendly New York grant.



Annual Education Conference

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*The NYSBC Annual Education Conference planned and developed
by the NYSBC Board Conference Committee; no AI was used.*



About NYSBC

The New York Statewide Breastfeeding Coalition (NYSBC) is an advocacy, not-for-profit organization focusing on issues that affect breastfeeding. The NYSBC is an organization made up of lactation consultants, health care providers, regional breastfeeding coalitions and the major statewide maternal and child health organizations.

Mission Statement

The mission of the NYSBC is to support and protect breastfeeding and human milk feeding to improve health outcomes.

Vision Statement

Every family in NY can make an informed decision about feeding their infant and has access to comprehensive lactation education, care, and support to meet their infant's feeding goals.

Equity Statement

The NYSBC believes that every family deserves the opportunity to begin life with dignity, support, optimal health - and that human milk feeding is foundational to achieving these outcomes.

The NYSBC is committed to improving health equity by reducing barriers to human milk feeding through policy, system, and environmental changes. We collaboratively address challenges - including those rooted in historical injustices and caused by other barriers to care - that impact families' ability to meet their infant feeding goals. Equity is not a separate goal; it is imbedded in all we do. We hold ourselves accountable through continuous learning, transparency, and in partnership with the communities we serve.