

# Helping Expectant and Parenting Young Families Thrive



**Tuesday, May 16th**

1pm-5pm

Marriott City Center,  
Minneapolis

In 2020, the teen birth rate in the United States was down 75 percent from the 1991 peak, accounting for just under five percent of all U.S. births. Still, the U.S. has the highest rate of teen pregnancy of all Western industrialized countries. "Globally, significant resources are dedicated to reducing unplanned pregnancies in adolescence." (Dion, Klevor, Nakajima, et al., 2021) In addition to prevention efforts, it is critical that communities have the infrastructure to help young parents and their babies thrive. We know that expectant and parenting young families have complex and unique needs.

*How does health equity factor into outcomes for young parents and their children?*

*What do young parents themselves say is important to their well-being and long-term success?*

*What practices make the difference in quality services and supports?*

This interactive preconference will highlight research and innovations in effective, holistic services and supports for expectant and parenting young people who are experiencing homelessness, foster care, or who have been impacted by the juvenile justice system. Leave this session inspired with fresh ideas, resources, and strategies to improve positive outcomes for the families you serve.

FEATURING: A screening of the documentary **Worth One's Salt**



**1:00** Introductions/Overview

**1:15** Worth One's Salt: Documentary Screening & Discussion

**2:30** Placing Young Parents in the Lead: Evidence-Based Priorities  
of Under-Served Pregnant and Parenting Adolescents

**3:30** Doulas as Supporters and Facilitators of Early Relational Health

**4:30** Share Takeaways/Wrap Up

**5:00** Adjourn

In 2020, 158,043  
babies in the U.S.  
were born to young  
moms ages 15-19.



Healing across the  
generations starts here.

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**Worth One's Salt** illuminates the factors contributing to the severity of poor maternal health outcomes for black pregnant teens and their babies. Through storytelling, former teen moms redefine the term “access” as they share their pregnancy and childbirth stories. Interviews with public health nurses, social workers, and teen parent advocates highlight the inequities and challenges the teen parent community faces while calling for support and accountability.



**Dretona Maddox, Ph.D.**

*Founder and CEO*

Purposely Chosen, Inc.

California

**Placing Young Parents in the Lead: Evidence-Based Priorities of Under-Served Pregnant and Parenting Adolescents** Young, marginalized women are disproportionately affected by inequities in perinatal outcomes, yet their perspectives are rarely centered in efforts to address these inequities. Researchers in Canada partnered with community-based health and social service agencies to elevate the lived experience of adolescent mothers through participatory research. The objective was to identify and better understand priority issues affecting their care. You will have the opportunity to correct or adapt maps of the existing evidence and identify your own priorities for action. You will also learn what adolescents identified as their priorities and how that shifted understanding of root causes and possible solutions.



**Anna Dion, PhD**

*Postdoctoral Fellow*

Children's Hospital of Eastern Ontario Research Institute

Ottawa, Canada

**Doulas as Supporters and Facilitators of Early Relational Health** The impact of early adverse experiences on the parent-child system is profound. Awareness, and the right supportive team, can make all the difference in setting the foundation for wellbeing across the lifespan. Learn how doulas are perfectly positioned to change the trajectory of intergenerational trauma for minoritized, marginalized, underserved families, and walk away understanding how Early Relational Health interventions support the parent-infant system.



**Carolyn Flynn, MA, LPC, CD**

*Director of Early Relational Health*

The Center for Great Expectations

New Jersey