**CERP SESSION**

**10:00 - 11:00 CERP**

* **The Mastitis Spectrum - CERP Presentation by Dr. Kathy Leeper & Michelle Lingenfelter**
* The presentation described the mastitis spectrum in lactating women, and discuss in detail the most up-to-date treatment.

**QUARTERLY MEETING - Member Meeting**

**11:15 – 11:30 Introductions**

**11:30 – 11:50 Highlight 1 : Lauren Walker - The Childbirth Circle (CLC, Doula)**

* Doula since 2015 - taking 8 clients a year, now that they have a team they are now letting people know about them.
* Help with breastfeeding support after delivery and with lactation.
* Other doulas are getting training in lactation.
* After COVID the breastfeeding/support groups died out in Kearney area but they have started up Mom Talk. Public Library at 10AM. 1st and 3rd Friday of the month. Scale to weigh. You can go even if you are not breastfeeding, more of a mom support group.
* Answer breastfeeding questions, bring baby carriers so that mothers can learn how to carry baby.
* Teach free birth education once a month - labor support and coping measures
* Village prenatals - 4 times a year. Celebrate pregnant moms in their community. Make food, belly mapping activity.
* Services: Birth doula, prenatal support, labor support, postpartum.
* Placental encapsulation, birth photography, prenatal in home support and education.
* <https://www.thechildbirthcircle.com/>

**11:50 – 12:10 Highlight 2: Melanie Horstmann - Nurture Omaha (IBCLC, Car Seat Safety Technician Instructor, NE BFC Vice Chair)**

* Shared her breastfeeding journey and how it impacted her career path.
* Took pathway 2 to become an IBCLC
* Opened Nurture Omaha in 2017
* Services: In-Home lactation consults, in-office lactation consults, breast pumps and supplies (hand delivery or mail), breastfeeding classes, car seat safety classes, car seat installations (in-home), worksite lactation programs, car seat and breast pump recycling.
* In network: Aetna, Ambetter, BCBS, Cigna, Medica, Midlands Choice, Tricare West, UHC, UMR (at least 3 visits fully covered but usually 6 or more)
* Medicaid - pumps only: NE Total Care
* Willing to travel up to 1.5 hours from Omaha (mileage cost)
* Accredited DME (Durable Medical Equipment company)
* Only in-home IBCLC in Omaha that takes Tricare
* Tricare: Need breastfeeding & childbirth support \*any other IBCLC in Omaha would be great to get in network with Tricare to help these families! Easy process & you can apply online. Can also be a CLC. (25-85% lower than other insurance reimbursements)
* BCBS (Blue Cross Blue Shield) of South Carolina: Have a law that says they don’t have to provide lactation care via insurance. Also specify if you do, it has to be online or telehealth. Running into issues with this with running insurances from other states. Saying lactation care that the visit was not medically necessary. There is a bill being introduced in SC to require coverage even for Medicaid but will not be introduced until 2026.
* Challenge: Areoflow breast pump distribution. They will buy cheap pumps because they make them look good with reviews and photos. No education on pros and cons of the pump. Melanie provides education on breast pumps. Online breastfeeding/pumping classes. They put in their insurance and then the classes are being billed to insurance. Sometimes the codes they use for these classes are the same code they use for lactation visits and it counts as a lactation consult so then when they go get lactation care they have no visits left that will be covered by insurance.
* Challenge: Hospital networks - not automatically in network when starting a contract. It is not an easy process to get in network.
* Challenge: TLN - The Lactation Network is a nationwide company that allows IBCLC’s to be contractors. Technically you work for the lactation network but you can have your own business providing lactation care and then you are in network with all the insurances that they are in network with. There are some that they are not in network with. Reimbursement pay is good for NE.
* <https://www.nurtureomaha.com/>

**12:10 – 12:25 NE BFC Projects/Updates/Financial Report**

**Financial Report**

* **Income**
  + The Coalition operates as a project of Health Partners Initiative, which is a 501 c3. Our primary funding source comes from our 1:1 Hospital Donor Campaign (we request $1 per birth per year). All hospitals who have more than 1,000 births per year participate in this campaign + Children’s Hospital. We are now hoping to get smaller hospitals on board as well.
  + We also generate a small amount via our Add-On Fees for members who wish to purchase CERPs. This Add-On is free for anyone who is pursuing their IBCLC.
* **Expenses**
  + Our primary expenses are for our administrative coordinator, print materials, communication with our members, and technology.
* **Fiscal Year**
  + July 1 – June 30.
  + As of the end of our 2nd quarter (December 2024), our income was $16,590 and our expenses were $4,989. End of December cash balance $34,967.

**Membership Report**

* Membership in the NE BFC is free. Registration is available via our web site. Our continuing education sessions are also free, however, if a member wants to receive contact hours (aka CERPs) for attending, we offer a $40 Add-On. This allows a member to access 4 contact hours over a twelve month period of time. <https://nebreastfeeding.org/membership/>

* We started our fiscal year with 174 members. Since the beginning of December, we have added 24 new members.
  + They are from the following communities: Lincoln, Omaha, Fairbury, Burwell, Marquette, Kearney, Grand Island, Winnebago, York, Prosser, Hastings, Columbus
  + If anyone is interested in hosting or being a highlight at one of our quarterly meetings, email us!

**CERP Renewal**

* We are now offering a CERP presentation before each Quarterly Meeting. You may attend in person or via zoom.
* You do need to register before Via the Google Form and mark that you would like the CERP credit.
* Our continuing education is free to anyone, but if you have purchased an Add-On you may access up to 4 one hour CERPs in the 12 months following your Add-On purchase.
* If you are NOT an IBCLC and you are an IBCLC candidate, you qualify for a free Add-On as a student. You need to register as a member and request the free Add-On via our web site.
* If you would like to know when your CERP renewal is due and you have not received a renewal email yet, you can email info@nebreastfeeding.org to find out.

**Lactation Support Map Update**

* Anyone who provides breastfeeding or lactation support is encouraged to place themselves on our online Lactation Support map, which is found on our web site. It is designed for providers seeking other providers as well as parent seeking providers.
* We have recently changed services for the map, so it has been down. It is once again up and running.
* Please feel free to add yourself to the map. <https://nebreastfeeding.org/lactation-professionals-map/>
* You may also email info@nebreastfeeding.org and I will put you on the map.

**IBCLC Mentor Program**

* The NE BFC offers individual mentoring to help members navigate the world of becoming an IBCLC, which can be a confusing process.
* We have information on our web site and also offer a zoom chat to help provide information and guidance.
* We are changing the format of the online information to make it easier to edit.
* Current changes include information about LER’s clinical hours program: 50 hour CLC course - online or in person. We have a lot of CLC’s in the state but this is not the only course that can be taken.
  + You can also use Lactation Education Resources. Offer CBS training course but only offered online. They have also started to help offer clinical hours. Two ways - one is you can apply to become part of their pathway one clinical hours. You have to pay $250 to apply to the program, must already have CBS, when you apply you have to respond to three case studies, and then you find your own families in your community. Great if you are not affiliated with a program/organization that you are connected with. You get 150 refund if you are refused. You pay $89 a year if it takes more than one year.
  + Pathway 2 is getting a degree.
  + Pathway Three: Mentorship program. You have to have 95 hours and half of those hours have to come from LER. 12 month program, costs $2000 to get into. Certain hospitals around the country that are part of the program - you have to get interviewed by them to get accepted by them. Your application also has to be approved by IBCLC to get into that program.
* LER does offer a discount if you have 3 or more people taking the course at the time. 10-15% discount. NE BFC can loan out the textbook.
* In addition, we are currently recruiting students to take a 50 hour LER course so that students can take advantage of a group discount. Please have anyone you know who might be interested contact annseacrest@ars-health.com. We also have several sets of textbooks for the class that we can loan out.

**Legislation Report**

* The NE BFC is working with other organizations to prioritize and support MCH and breastfeeding legislation nationally and in our state.
* We have currently prioritized the following Nebraska bills and may be adding more.
* Our goal is to support these bills by contacting Senators. We will also share information as to how you may also support these bills.
* New provider bulletin is on our website nebreastfeeding.org
* Ways to Testify:
  + Email Committee Members and your Senator separately.
  + Submit online testimony OR testify in person (may submit testimony in writing when testifying in person)
  + Submit/testify separately for each bill by 8AM morning of hearing.

**Print Materials**

* We have been gradually developing print materials related to our projects, as well as materials that are helpful for parents. They are available at our Quarterly Meetings, and are also available for downloading from our web site.
* [**https://nebreastfeeding.org/news-events/resources/print-materials.html**](https://nebreastfeeding.org/news-events/resources/print-materials.html)2 new pieces:

**12:25 – 12:45 Community Sharing if time**

* To finish up today, we want to thank you for your time and support! Any questions or anything else to share?
  + Milkworks onboarded 5 new pump access sites!
  + Milkworks expanded some classes - Return to work at Omaha Healthy Start, All About Breastfeeding in Spanish. Will send out flyers.
  + Milkworks is in network with Molina for breast pumps
* Tami brought Lincoln Community Resource Guide will share link.