

25th FERTILITY TREATMENT,
DONOR CHOICES
AND ADOPTION
CONFERENCE

SATURDAY, NOVEMBER 3, 2018
8:00AM - 5:00PM



Photo credit: James Starkman

2018 Keynote Speaker:
ANDREA SYRTASH

Andrea Syrtash is a relationship expert and the founder of *pregnantish.com*, the first media site exclusively dedicated to helping singles & couples navigate fertility treatments and infertility. A frequent on-air personality, Andrea has hosted television shows for Oprah's OWN and Fox; and she regularly appears as a guest expert on TV and radio programs across the country, including on The View, Today Show & Good Morning America. Andrea is the author of popular books including, *He's Just Not Your Type (And That's a Good Thing)* and *Cheat On Your Husband (With Your Husband)*. She frequently speaks about how

to improve relationships, most recently at the TEDx 'Makers' Conference. Andrea is committed to breaking the taboo of infertility and elevating the conversation about what it takes to start a family for millions of people today. Connect with her @andreasyrash or andreasyrash.com



25th FERTILITY TREATMENT,
DONOR CHOICES
AND ADOPTION
CONFERENCE

SATURDAY, NOVEMBER 3, 2018
8:00AM - 5:00PM

Verve Crowne Plaza Hotel
1360 Worcester Street
Natick, MA 01760

**JOIN US FOR THE LARGEST EDUCATIONAL
FAMILY BUILDING CONFERENCE IN THE COUNTRY**

EMPOWER YOUR DECISIONS ON YOUR PATH TO PARENTHOOD
EXPLORE YOUR NEXT STEPS AND GET YOUR QUESTIONS ANSWERED

REGISTER ONLINE TODAY AT RESOLVENEWENGLAND.ORG/CONFERENCE

25th FERTILITY TREATMENT, DONOR CHOICES AND ADOPTION CONFERENCE

8:00 AM – 8:45 AM	Registration & Explore Exhibits
8:45 AM – 9:20 AM	Keynote Address MC: Kennedy Eisey, DJ, Mix 104.1 Keynote Speaker: Andrea Syrtash, Founder of <i>pregnantish</i>
9:30 AM -10:50 AM	Sessions A
10:50 AM -11:15 AM	Morning Break and Visit Exhibits
11:15 AM -12:35 PM	Session B
12:35 PM -1:45 PM	Lunch, Discussion Tables and Visit Exhibits
1:55 PM – 3:15 PM	Session C
3:15 PM – 3:40 PM	Afternoon Break and Visit Exhibits
3:40 PM – 5:00 PM	Session D

REGISTER ONLINE NOW: RESOLVENEWENGLAND.ORG/CONFERENCE

Financial scholarships available to cover 50% of fees from the Lisa Fenn Gordenstein Scholarship Fund.
FOR MORE INFORMATION: resolvenewengland.org/scholarship

CONFERENCE FEES

(Includes Breakfast & Lunch)
\$169 (one person)
\$229 (two people)
A household membership is included in conference registration.

ON-SITE REGISTRATION

*\$30 Late Registration Fee added to all Conference Fees
*Lunch NOT Guaranteed

- T: TREATMENT**
- M: MALE FERTILITY**
- A: ADOPTION**
- D: DONOR CONCEPTION**
- S: SURROGACY**
- E: EMOTIONAL HEALTH**
- C: COMPLEMENTARY**

LUNCH TABLES

General Infertility
Secondary Infertility
Adoption
Donor Conception
Surrogacy
Surviving the Two-Week Wait

SESSION A

9:30 AM - 10:50 AM

Infertility 101 **T**

This session will help you understand various aspects of infertility treatment, including the infertility workup; how to interpret results; medications; new treatment options; and how to assess your next steps. **Presented by:** *Christine Skiadas, MD, Fertility and Reproductive Health, Harvard Vanguard Medical Associates*

Preparing the Way for Egg Donation **T, D**

A medical overview of the egg donor process, as well as information about donor screening, coordinating the donor with the recipient, known and anonymous donors, and the use of frozen eggs versus a fresh donor. **Presented by:** *Rachel Ashby, MD, Brigham and Women's Hospital*

How the IVF Lab Works **T**

An experienced IVF lab director will explain—in language all can understand—what happens to eggs, sperm and embryos in the IVF lab, as well as how critical decisions are made. He will share details and insights about the intricacies of the lab process. **Presented by:** *Michael A. Lee, M.S., TS, ELD (ABB), Fertility Solutions, PC*

Overview of Domestic Infant Adoption **A**

Experienced adoption agency professionals will help you learn about how to adopt a baby through private adoption. The session will include the home study process, preparation of the adoptive family's profile, options for outreach & matching, open adoption, trans-racial adoption, and costs. **Presented by:** *Betsy Hochberg, LICSW, Adoption Resources and Nancy Rosenhaus, LICSW, Adoptions With Love*

Surrogacy: Practice and Legal Matters **S**

This workshop provides an overview on how to locate a suitable gestational carrier, the differences between traditional surrogacy and gestational surrogacy, the financial issues including insurance coverage, as well as legal matters. **Presented by:** *Victoria T. Ferrara, The Ferrara Law Group PC and Robert Nichols, Esq., Center for Surrogacy & Egg Donation*

Improving Access to Fertility Insurance Benefits **C**

Many individuals and couples struggle to pay for fertility treatment. In this session, you will gain tools, tips, strategies and self-confidence to optimize access to infertility coverage. **Presented by:** *Davina Fankhauser, Fertility Within Reach and Catherine Tucker, New Hampshire Surrogacy & Fertility Law PLLC*

“Don't Tell Me to Just Relax”: Effectively Reducing Stress During Infertility **E, C**

In this session participants will learn how to take back control of their minds and bodies, i.e., to begin to feel the way you were before infertility. Skills acquired include physical (relaxation training, nutrition, exercise recommendations) as well as emotional (how to deal with the pregnancies of others, how to feel less isolated). **Presented by:** *Alice Domar, PhD, Domar Center for Mind/Body Health, Boston IVF*

SESSION B

11:15 AM - 12:35 PM

Talking About Male Fertility **T**

This session will provide a comfortable atmosphere where male fertility issues can be addressed and questions answered. It will include an overview of the most common male fertility testing. **Presented by:** *Robert Oates, MD, Boston University School of Medicine*

Diminished Ovarian Reserve **T**

This workshop explains the meaning of diminished ovarian reserve – a frequent finding in women who are undergoing treatment for infertility – including how it is determined, and what treatment options are appropriate for women who have it. **Presented by:** *Samuel Pang, MD, Boston IVF*

Strategies for a Healthier You and a Healthier IVF **T**

This session will explore various ways to optimize your fertility and your treatment, including healthy nutrition and other lifestyle changes. **Presented by:** *Mark Hornstein, MD, Brigham and Women's Hospital*

Overview of Foster Care Adoption **A**

This session will provide an overview of the process of adopting through the foster care system, including how it differs from other types of adoption, requirements of prospective parents, who the waiting children are, and the supports available to families. **Presented by:** *Bridget Chiaruttini, LICSW, Massachusetts Adoption Resource Exchange and Jodi Waddell, LICSW, Bright Futures Adoption Center/RFK Children's Action Corps*

Adoption Law in New England **A**

When you are building your family through private adoption, the legal aspects are critical for all involved. If this is new to you, you are not alone and this is the workshop for you! A panel of experienced adoption professionals will provide an overview of the legal process of private adoption in New England and answer your questions. **Moderated by:** *Chrissy Hanisco, Esq., The Stein Law Firm, PLLC*
Panelists: *Molly Reynolds, M.Ed, LICSW, Full Circle Adoptions, Michael St. Andre, Esq., Nichols, DeLisle & Lightholder, PC and Michelle Tarnelli, Esq., Murdoch, Hughes, Twarog, Tarnelli*

Choosing a Donor **D, E**

Many people turn to donor conception to help achieve their dream of parenthood, including people struggling with infertility, LGBTQ individuals and couples, as well as single women. The selection of an egg or sperm donor can be an emotional and challenging experience. This workshop will provide advice and support about choosing a donor in a way that aligns with your unique needs. **Presented by:** *Lisa Schuman, LCSW, Reproductive Medicine Associates of Connecticut (RMACT)*

“What I REALLY Need Is...” **E**

Navigating your life and infertility is a challenge. Trying to balance your physical and emotional needs with relationships and day to day obligations can be overwhelming. In this workshop, you will learn how to identify exactly what you need in the key areas of your life (physically, emotionally, relationships and the workplace) and learn the skills and strategies that will help you to get the things you need to take care of yourself while going through infertility. **Presented by:** *Katie Lynch, LICSW, psychotherapist in private practice, writer and podcast host*

SESSION C

1:55 PM - 3:15 PM

Navigating an IVF Cycle **T**

Attendees will learn all about an IVF cycle, including the “typical” process, how to manage the unexpected, and strategies for making care accessible financially. **Presented by:** *Peter Wieckowski, PhD, Fertility Centers of New England and Alison Zimon, MD, CCRM Boston*

Genetic Testing During the Fertility Journey **T**

This session will provide an overview of various genetic testing options available to individuals and couples who are trying to build their families, including pre-pregnancy carrier screening and pre-implantation genetic testing of embryos. **Presented by:** *Jenna Miller, MS, LCGC, CooperGenomics*

All About Fertility Preservation **T, D**

There are a variety of reasons that people utilize egg freezing, embryo banking or semen preservation. This includes but is not limited to chemotherapy and radiation treatments, hormone replacement therapy, military service and personal choice. This session will help attendees feel informed and empowered. **Presented by:** *Gabrielle Bellitti, MS, California Cryobank and Mary Sabatini, MD, PhD, Massachusetts General Hospital Fertility Center*

Adoptive Parents Panel **A**

Adoptive parents share their stories, including how they made decisions along the way and advice they feel is important to share with others. **Moderated by:** *Elizabeth Donalds, Pys.D, private practice*

Pregnancy Loss Panel Discussion **E**

This workshop with focus on strategies for managing the emotional consequences of pregnancy loss. A panel of individuals and couples who have experienced pregnancy loss will share their stories, including how they coped, how they moved forward and where they are today. **Moderated by:** *Andrea Werner Insoft, LICSW, private practice*

Building your Family through Egg Donation: Agency and Legal Considerations **D**

In this workshop, you will learn how to find an egg donor with an agency, how the process works, as well as the legal and financial aspects. **Presented by:** *Gina-Marie Madow, Esq. and Dory Ziperstein, LCSW, MPH, Circle Surrogacy and Egg Donation*

Creating Connections: Cultivating Intimacy While Growing Your Family **E, C**

When couples are struggling to build their family, their relationship can struggle too. This session will feature ways to stay connected as a couple, while focused on becoming parents. **Presented by:** *Elliott Kronenfeld, LICSW, CST, Insight Psychotherapy, and Andrea Syrtash, pregnantish*

SESSION D

3:40 PM - 5:00 PM

Coping with Negative Outcomes: How to Navigate Next Steps **T, E**

This workshop will cover how you and your providers can evaluate reasons why IVF cycles may not work, how and when to seek advice for future treatments, and how to process suggestions for coping emotionally. **Presented by:** *Merle Bombardieri, LICSW, private practice and Aaron Styer, MD, CCRM Boston*

Ask the RE **T**

We don't want you to leave today's conference feeling like you have more questions than answers! In this session, you can chat with an experienced reproductive endocrinologist about any fertility treatment questions that you still have. **Presented by:** *Serene Srouji, MD, Brigham and Women's Hospital*

Overview of International Adoption **A**

An international adoption specialist will provide an in-depth discussion about adopting internationally, as well as the latest information on changes in policy and process. Topics will include the factors in choosing a country and the realities of trans-racial and trans-cultural adoptions. **Presented by:** *Ava Sarafan, LICSW, Wide Horizons for Children*

Deciding to Adopt: How to Prepare Yourself as a Prospective Adoptive Parent **A, E**

This session will help participants understand how to make an informed decision about forming a family through adoption. This includes a discussion of different types of adoption, the impact of transracial adoptions and the importance of both pre and post adoption support. We will focus on what to expect when adopting and how to prepare yourself as a prospective adoptive parent. **Presented by:** *Kristen Craig, LICSW, Kelly DiBenedetto, LMHC, and Erica Kramer, MSW, Boston Post Adoption Resources*

Donor Conception & Surrogacy Parents Panel **D, S**

A panel of parents who built their families through donor conception and/or surrogacy will share their experiences and answer questions. **Moderated by:** *Abby MacDonald, LICSW, private practice*

Enhancing Fertility Outcomes **C**

This workshop will empower attendees with information about ways to support their fertility naturally, including an overview of the ancient Chinese medicine of acupuncture, as well as discussion about strategies for emotional support, fitness, and self-care. **Presented by:** *Erin Walker, Lic. AC. MAOM, Boston Integrated Health*

Time to Decompress **E**

You might leave today's conference feeling a bit overwhelmed and drained. This is normal, and you will not be alone with those feelings. We invite you to come together with others to lean on each other emotionally and process the day in a relaxed, non-judgmental atmosphere. **Presented by:** *Kristen Darcy, coach, motivational speaker, and author of “Love and Infertility”*

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Center for Infertility and Reproductive Surgery

EMD
SERONO

FERRING

PHARMACEUTICALS

OVER 25
EXHIBITORS

ROCKLAND
TRUST

Charitable Foundation