

JANEL MIRENDAH

Professional program/project director with 10 years experience in leadership in collaborative grassroots, community, and state partnerships and 20 years experience in newborn psychology, postpartum care, birth trauma and attachment resolution, and evidenced-based maternity care and education, seeking to collaborate with an agency serving pregnant, birthing, and postpartum mothers and babies.

EDUCATION

B.S. in Psychology/Art. 1983. Truman State University; Kirksville, Missouri

M.A. in Counseling. 1985. Truman State University; Kirksville, Missouri

M.A. 50 hours. Conflict Resolution. 1994-6. School of Antioch; Yellow Springs, Ohio

Emphasis on: Grassroots Citizen/Women Inclusive Participation in Public Policy Decision-making

PROFESSIONAL EXPERIENCE

Summary

Expert in newborn psychology and known advocate for the Mother-Baby dyad

Creative and strategic thought leader, problem-solver, researcher, and filmmaker

Program/project director in grassroots, legislative, community collaboration/advocacy and systems change

Newborn/Mother-baby Advocate/Therapist/Educator

PRIVATE PRACTICE. Craniosacral-based attachment and birth trauma therapist supporting mother-baby/father. Writer and educator in new field, pre and perinatal psychology and neural attachment. Unpublished book *Listening to Babies* is about the consciousness of newborns and how to support them postnatally to ensure secure attachment with the mother - a fundamental need for a healthy and happy human. Writing with hashtag #fundmothering. Advocate for paid leave for every baby to have his or her mother during first year of life when the critical human developmental task is laying down wiring for connection. IL, CA, MO, and DC: 2000 - present

Relevant trainings in newborn and maternal health:

- Infant Mental Health Certificate. 45 clock hours. Infant Mental Health Community Training Institute. Online through The Hospital for Sick Children, Toronto, Canada. Spring, 2015
- Skin-to-Skin with Dr. Nils and Jill Bergman, 3 days at Ohio Lactation Consultant Association. *The First 1000 Seconds, The First 1000 Minutes*. The neurological needs of the baby to be with mother as first environment. February 2015
- Neonatal Newborn Resuscitation Certification, with Karen Strange. January 2007, May 2013
- The Farm, level 1 Midwifery training, June 2003.
- Castellino Prenatal and Birth Therapy, 2002-04. Intensive two-year training in postnatal support for resolving birth trauma and creating secure attachment.
- Upledger CranioSacral Therapy, to Advanced Level. April 2000-02.
- Early Intervention (birth to 3) training and provider in Illinois. 2001.
- Infant mental health, private supervision with Michael Trout, Infant-Parent Institute. Champaign, IL. 2001
- Doula Training, DONA based. Barnes Jewish Hospital, St. Louis. April 2001
- Infant Massage Therapy Instructor Certification, International Association of Infant Massage. January 2000

I was mentee of the late David Chamberlain, PhD, author of *The Mind of Your Newborn Baby* (1985) and *Windows to the Womb: Revealing the Conscious Baby from Conception to Birth* (2013) and founder of Association for Pre and Perinatal Psychology, from 2002 to his death in 2014. He is prominently featured in my internationally known film docu-series, *The Other Side of the Glass: a birth film for and about men* (protecting mother-baby relationship and leading changes in hospital and legislation policies to make obstetrics science-based)

Filmmaker

The Other Side of the Glass. 2008-2013. Docu-series Released June 2013.

The film is based on a decade of study and practice of pre & perinatal psychology and attachment/birth healing. I traveled the country and listened to the stories of men's experiences of becoming a father. I processed the information and issues into never before talked about insights and needs for babies, mothers, and fathers.

My film trailer was the groundbreaking work in 2008 that started the conversation about a man's experience at his baby's birth and his needs to be seen as legitimate partner. Men shared their experiences of birth as like being in a "war zone" and being powerless - on "the other side of the glass", even if present.

The film features experts in pre and perinatal psychology, nurses, midwives, doctors (Michel Odent, MD, and Sarah Buckley, MD and others), and grandmothers. Neural understanding of the mother-baby development and connection is introduced; and the film focuses on the needs of newborns at birth and the impact on family and society for not understanding this and for not meeting those needs.

The overall theme of the film is the foundation established by the mother-baby connection at birth being critical for creating a humanity that is in thriving (love) mode, rather than in survival (fear) mode. The film implores caregivers (midwives, nurses, doctors) to be the ones to protect the mother-baby dyad in the hospital and home settings, and to be the ones to protect skin-to-skin at birth. And, asks men to rise up and engage in legislation action to protect birth.

Research, Writing and Media Dissemination

RADIO TALK SHOW PRODUCER AND CO-HOST on KOPN FM 89.5. Thought Crime Radio: Voices for the Human Rights of Babies. Interviewed people from around the world who are protecting human rights of babies to also discuss and educate on the impact of the system on human birth practices and violations of the mother-child relationship. 2009-2012.

LEGISLATION. Co-wrote *Safe Baby Resolution* introduced into Hawaii Legislature. 2007. Asked state to study the research showing what babies and mother need, and how to implement. Passed Senate.
http://www.capitol.hawaii.gov/session2007/bills/SCR8_.htm

ONLINE ADVOCATE/ACTIVIST/BLOGGER about newborn baby and mother-baby since 2003 when I had my first website focused on creating peaceful birth (mother-baby attachment) to create peaceful humans. When my son deployed to Iraq from 2006-2008, I researched wrote therapeutically and prolifically about birth and war/peace on my first blog, and this prepared me for the film.

Professional Experience in Grassroots, Legislative, Community Collaboration/Advocacy

PROGRAM DIRECTOR. *Family Support NY. Albany, NY. 1998-1999*

Directed state initiated effort to engage families/grassroots in partnership with service providers and policy makers on a regional and statewide level, to then engage with state policy makers with goal to infuse family support principles and practices in all levels to create a systems change.

- Liaison between constituents – grassroots, community agencies, Director of NY Council for Family and Children, a steering committee comprised of director of every program related to children, & non-state fiscal agent, a lobby group.
- Led planning groups and provided technical assistance to regional constituents (local organizations) to engage grassroots and to participate at state level.
- Advocate for the constituents - families and grassroot organizations.

PROGRAM DIRECTOR. *Illinois Central College. TRIO Student Support Services. Peoria, IL. 1996-1998*

Led Illinois Central College Title IV program out of non-compliance with federal regs with a staff inclusive, team approach to create a highly functioning program, fully in compliance.

- Responsible for all aspects of management and direction of Title IV Student Support Services (program for low income/ first generation students) and federal grant, including: monitoring budget; developing program; supervision of four full-time and 6 part-time staff; re-wrote 5-year federal grant (funded).
- Engaged faculty and students in multiple new programs, including a “from the parent’s perspective” workshop presented by adult learners (“first generation-low income students” who were also consumers of human services) to the community leaders. Very out-of-the-box, and designed for professionals to experience consumer’s experiences.

COMMUNITY ORGANIZER. *Illinois Coalition of Community Services. Springfield, IL. 1996*

- Provided technical assistance/organizer covering sixteen counties in mid-western IL. Supporting community groups with tools for community development and action: Organizing, volunteerism, incorporating for non-profit status grant writing. Supported staff and director as organization was ending.

CONFLICT RESOLUTION GRADUATE STUDENT FIELD SITES. 1994-1996.

Graduate Internship. AZ Department of Economic Security. Phoenix, AZ. 1994

(Full-time four-month paid internship with Assistant Deputy Director, Bill Hernandez, Division of Eligibility and Medical Benefits at pilot project (welfare reform), Integrated Services Office. EMPOWER program.) Took leadership on second day of a flailing Total Quality Management team; and, while maintaining leader’s role and integrity, led group to meeting goals and presented team process to entire project staff.

- conducted staff interviews and developed client survey for customer service and project evaluation
- collected and evaluated data, conducted focus groups with women on welfare in pilot office
- participated in discussion groups on policy formation of new legislation (AZ’s version of Contract with America) state welfare program.

Other field sites/self-designed learning components:

Building A Healthy Mesa. *Mesa United Way Neighborhood Development Project. Mesa, AZ. July 1994-1999*

- Member of Training Theme Team. Documentarian.
- Provided technical assistance to grassroots leader of Bellview neighborhood in Mesa and CEO of CARE (Community Assets and Resource Enterprise).

- Leader of women's community leadership training model (U of AZ and NV) adopted by the team and throughout the east valley. Interviewed resident and community leaders.

WOW! (Women Off Welfare!) Education and training program. Mesa, AZ. October 1995 - June 1996

- Assisted staff in refining 3-week Life Skills curriculum.
- Developed and presented training components in Leadership and in Conflict Resolution.

AZ State University/AZ Division of Youth Treatment & Rehabilitation Partnership. September-December 1994

- Member of evaluation team of program for youth returning incarceration.
- Evaluated family and community involvement and functioning of client-inclusive committee.
- Interviewed staff, youth, and families.

COORDINATOR OF PREVENTION SERVICES. Kirksville RIII Schools. Kirksville, MO. 1989-1993

- Developed program from founding educator group's vision and grant receipt to a highly functioning school-community based program.
- Organized and facilitated a community-based coalition, a team of gatekeepers - University, medical school, mayor, television, law enforcement - as steering committee to address local teen alcohol issues with collaborative model of rotating co-leadership.
- Developed and implemented alcohol and drug prevention program K-12: curriculum development.
- Organized public forums for parents, law enforcement, and school to dialog and collaborate.
- Extensive media involvement with local television, radio, and newspaper. Assisted with organizing a Town Hall meeting with ABC affiliate.
- Wrote annual Drug-Free Schools & 5 year Office of Substance Abuse grants

FAMILY AND CHILD COUNSELOR. Kirksville, MO. 1985-1989. Family and child counselor in community mental health center, juvenile justice system (developed new family therapy program from inception), drug/alcohol treatment. Contractor for services with Head Start – mental health coordinator, women's shelter, and counselor at Truman State University.

Relevant trainings in mediation, community leadership, and family/parenting:

- Family Community Leadership. *University of Arizona and Nevada Cooperative Extension*. 30-hour training in leadership and public policy skills development of disenfranchised persons in community and family issues. 5/1995.
- Conflict and Negotiation and Conflict Management. *University of Missouri-St Louis, Center for Dispute Resolution*. 16 hours of core classes towards Chancellor's Certificate in Conflict Resolution program. 11/1993.
- Victim/Offender Mediation. *University of Missouri-Columbia, School of Law*. 16 hours. 1992.
- Family and Divorce Mediation. *Academy of Family Mediators*. 30 hrs. Seattle, 1991.
- Preparing for The Drug Free Years Parenting Program. *University of MO Extension/State Prevention Program*. Representative for northeast Missouri trained to train parents. Columbia, MO. 1990.
- Effective Parenting Program. Trained to present parent programs. Used in public school system and adapted to teach to Head Start Parents. 1989
- Brief Family Systems Therapy. *Missouri Division of Youth*. Six week training. Columbia, MO. 1986.