

# 28<sup>th</sup> Annual “Because We Care” Workshop: Honoring Loss, Renewing Strength, A Workshop on Keepsakes and Compassion Fatigue

May 1, 2025  
8 am–4 pm

**In-person**

Ardmore Baptist Church  
Winston-Salem, N.C.



## Program Overview and Objectives

The loss of a patient can be an emotionally exhausting experience for medical professionals. Trying to balance patient and family care, with honoring the life lost and avoiding compassion fatigue or burnout, can be daunting. The purpose of this workshop is to provide tips and answer frequently asked questions surrounding sibling grief, bereavement photography, keepsakes and identifying compassion fatigue and burnout.

### Upon completion of this program, participants will be able to:

- Identify how keepsakes may comfort grieving families.
- Develop bereavement photography techniques.
- Recognize and develop strategies to address sibling grief.
- Identify the level of compassion fatigue and burnout.
- Explore ways to avoid compassion fatigue and burnout.
- Describe how families experienced support after a loss.

## Who Should Participate

This workshop will be beneficial to nurses, social workers, child-life specialists, counselors, chaplains, and other care providers or interested professionals.

As part of our commitment to creating a space where all BELONG, Northwest AHEC provides education and encouragement for respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability, and age.

Jointly Provided by:

The “Because We Care” Bereavement Follow-Up Program of Levine Children Brenner Children’s Atrium Health Wake Forest Baptist and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



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## Faculty

### **Sarah Angle, CCLS, B.A.Ed.**

Sarah is a child life specialist at Levine Children’s Brenner Children’s hospital with her primary units being NICU and PICU, in addition to helping cover outpatient surgery and the burn unit. In this role she has the privilege of supporting patients, siblings, and families in times of trauma and grief. Sarah is continually learning new ways of providing developmentally appropriate preparation, resources, and emotional support through the lens of interdisciplinary care.

### **Cheyenne Decker, MPH, BS, CCLS**

Cheyenne is a child life specialist in the pediatric emergency department of Levine Children’s Brenner Children’s hospital. She loves having the honor of supporting children and families in some of their hardest days.

### **Abigail Knight, RN, BSN**

Abigail is a labor and delivery nurse in the Birth Center at Atrium Health Wake Forest Baptist who splits her time working at the bedside as a staff nurse and with the “Because We Care” program. She is passionate about family-centered care and supporting families through creativity and helping create meaningful tangible memories that help facilitate bonding.

### **Angel Mitchell, RN, MSN, CPN**

Angel has been the manager for “Because We Care” program for the past 20 years. As manager, she ensures each family that experiences a loss, whether in the Birth Center or Brenner, is offered support through the bereavement program, “Because We Care.” Angel teaches staff how to follow families with support, while making keepsakes for them and supports staff as they care for bereaved families. She has coordinated the annual BWC staff workshop for the past 18 years. She cares deeply about identifying best practices for professionals and the reduction of compassion fatigue.

### **Lainey Raab, MT-BC, NMT**

Lainey Raab is a board-certified music therapist providing music therapy services at Brenner Children’s Hospital in Winston-Salem, NC. Her areas of expertise are with the pediatric trauma unit care, neonatal-opioid withdrawal, and neurologic music therapy. Pioneering the music therapy program through Sophie’s Place at Atrium Health Levine Children’s Brenner Children’s Hospital, she has enjoyed advocating for music therapy needs, supporting patients, families, and staff, and collaborating with other disciplines to expand services and research progress as the program evolves.

### **Kristen Spinder, MSN, RNC-NIC**

Kristen is an Affiliated Photographer and Digital Retouch Artist (DRA) with Now I Lay Me Down to Sleep (NILMDTS). Through an intimate photography session and images delicately retouched into beautiful black and white heirloom portraits, she provides the gift of remembrance portraiture to parents experiencing the death of a baby.

## Community Support

**Child Life, Music Therapy, Photography, Bereavement**

## Credits

- .65 CEUs from Northwest AHEC
- 6.5 Contact Hours

Nurses: This educational activity with 6.5 hours can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

## Location



Ardmore Baptist Church  
501 Miller Street, Winston-Salem, NC 27103  
Parking: Guest parking is available in front of the sanctuary, on the corner of Miller and Elizabeth streets.

[> Click Here for Directions](#)

*Directions will also be sent with your confirmation letter.*

## For More Information or Assistance

If you have not received your confirmation within 24 hours of the program date or have questions regarding the event, registration or fee(s), please contact Marie Simos at 336-713-7721 or [msimos@wakehealth.edu](mailto:msimos@wakehealth.edu). We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Marie Simos at least five working days prior to the program.

## Registration

**\$65—Atrium, Advocate, AHWFB Employees Fee** (promo code needed)

**\$100—Registration fee (all others)**

**Register and pay online** at [northwestahec.org/74622](http://northwestahec.org/74622) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover and American Express) or Atrium Health Wake Forest Baptist internal transfer accepted online. Personal check, corporate check, or money order is accepted by mail.

**Payment Policy**—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

**Refund Policy**—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and five full business days **prior to the first day of the event** will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. **Cancellations must be in writing (fax, email or mail)**. You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

**Note**—Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

By registering for this activity, your name and email address may be shared with the Because We Care Program, which is a joint provider of this continuing education activity.

## Agenda

7:30 am **Registration and Breakfast**

8 am **Welcome**  
Angel Mitchell, RN, MSN, CPN

8:15 am **Child Life**  
Sarah Angle, CCLS, B.A.Ed. / Cheyenne Decker, MPH, BS, CCLS

9 am **Now I Lay Me Down To Sleep**  
Kristin Spinder, MSN, RNC-NIC

10:15 am **Breaks and Exhibits**

10:30 am **Bereaved Parent Panel**

Noon **Lunch (provided)**

1 pm **How To Deliver Bad News; Support Delivery of News; Transition to Comfort Care; Compassion Fatigue / Burnout**  
Abigail Knight, RN, BSN / Angel Mitchell, RN, MSN, CPN

2:30 pm **Heartbeat Recordings**  
Lainey Raab, MT-BC, NMT

3:30 pm **Shrinky Dink Tutorial / Questions and Answers**  
Abigail Knight, RN, BSN / Angel Mitchell, RN, MSN, CPN

4 pm **End of Day**

