

Seen and Supported: Building Systems That Honor Every Family's Journey

Presenter Bios and Contact Information



Karen Howard

Consultant, Crossover Partner LLC

Karen Howard is the Founding Partner of Crossover Partners, LLC. She has decades of experience in early childhood policy. She was previously a policy director at the Alliance for Early Success and Vice President of Early Childhood Policy at First Focus on Children, where she led the organization's work in cross-cutting policy initiatives that impact the early health, development, and well-being of children, with specific emphasis on children experiencing racial and ethnic disparities. With more than 20 years of experience in the legal, policy, and advocacy arenas, Karen has served as the Director of Policy for the Nurse-Family Partnership, a leading evidence-based home visiting program, and as legislative counsel in the office of Senator Ken Salazar (D-CO) where she focused on health and education policy. Karen was instrumental in helping to create and enact the Maternal, Infant and Early Childhood Home Visiting Program (MIECHV), which is a \$1.5 billion grant program supporting the implementation and expansion of evidence-based and promising home visiting programs nationally to improve the early health and development of pregnant women, children and families.

Karen holds a Bachelor of Arts in Political Science from the State University of New York at Albany and a Juris Doctor from Georgetown University Law Center. She currently sits on the board of directors for the National Healthy Start Association, Changent, Inc., and Bright Beginnings, Inc., a Head Start center in Washington, D.C. .

- **Resource:**

- Podcast: Leaning into Paradox: How We Can Block, Bridge & Build Our Democratic Future Together, Othering and Belonging Institute, July 11, 2025: <https://belonging.berkeley.edu/podcast-leaning-paradox-how-we-can-block-bridge-build-our-democratic-future-together>



Camie Jae Goldhammer

Founding Executive Director, Indigenous BirthKeeper and Lactation Consultant,
Hummingbird Indigenous Family Services

Camie Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton Oyaté) is a devoted leader for Indigenous families locally and nationally. She brings joy into all the work that she does and creates community and care in all her relationships. She is held by the love of her ancestors and the support of her community in pursuing a vision of increasing breast/chestfeeding and decreasing maternal and infant mortality in Native and Pacific Islander communities nationally. Camie has spent nearly 20 years serving urban Native families most recently she founded Hummingbird Indigenous Family Service, whose mission is "Healthy Indigenous babies, born into healthy Indigenous families, supported by healthy Indigenous communities.

Additionally, Camie created the first and only lactation counselor training created by Native people for Native communities, and addresses the role that Historical Trauma (HT) and colonization have played in interrupting this traditional practice. Camie, along with her "breastfriend" Kimberly Moore-Salas (Diné) has trained over 800 Indigenous Lactation Counselors or Indigi-LCs across Turtle Island. She is a national leader on topics of racial equity, birth and breastfeeding reclamation, and first food justice.

- **Resource:**

- www.hummingbird-ifs.org
- Washington State Indigenous Perinatal Status Report
<https://drive.google.com/file/d/1MZgDb6MJbGuqKl01rdc7pAsKU4pGc0Hc/view>



Helena Girouard, MPH

Founder and Principal Consultant for Periscope of Hope, LLC, Periscope of Hope, LLC

Helena Girouard, MPH, is the Founder and Principal Consultant for Periscope of Hope, LLC. She is a passionate advocate who leverages her lived experience and data-driven strategies to support underserved communities in health, recovery, and resilience-building.

Helena is a doctoral candidate in Health Science at Keiser University. Her concentration is on the positive impact that hope has on health outcomes. She is also a Maternal Mental Health Policy Fellow with the Policy Center for Maternal and Mental Health and a Pritzker Fellow with the National Collaborative for Infants and Toddlers. Helena completed her Bachelor of Science in Public Administration at Flagler College and

earned her Master of Public Health from Hawai'i Pacific University. She has experience as an Overdose Prevention Program Coordinator, Maternal and Child Health Program Coordinator, Florida Certified Contract Manager, Grant Administrator, and Clinical Case Manager.

Helena offers services in parent leadership, substance-exposed newborns, maternal mental health, adverse and positive childhood experiences, and data storytelling.



Leanna Wydick

Technical Assistance Coordinator, Help Me Grow North Texas, MHMR of Tarrant County

Leanna Wydick is an early childhood systems leader with over eight years of experience advancing family-centered support, community collaborations, and equitable access to care for children and families. She holds a Bachelor of Arts in Environmental Studies with a minor in Project Management and is guided by a strong belief in recognizing and building on the strengths of individuals to achieve the best outcomes for communities. Leanna's career has focused on improving early childhood outcomes through prevention, intervention, and education, emphasizing the development of protective factors by equipping families with support, resources, and training. Leanna began her work with CASA (Court Appointed Special Advocates for Children), advocating for children involved in the child welfare system. She then transitioned into early childhood education, teaching Pre-K as well as supporting after-school and special education students within an academy setting. Leanna later joined My Health My Resources of Tarrant County, where she worked directly with families with in-home support and quickly advanced to become Family Services Program Manager, where she led with a trauma-informed lens, fostering trust, collaboration, and empowerment among both providers and families.

Currently, Leanna serves as the Technical Assistance Coordinator for Help Me Grow North Texas, where she is expanding her impact beyond the local community. Her work now emphasizes scaling effective practices and supporting providers, families, and stakeholders across broader systems. Leanna also serves as Chair of a local coalition, collaborating with families, community leaders, and service providers to strengthen existing programs and address service gaps. Leanna is committed to strengthening early childhood systems by expanding access to education, training, and professional development, believing that intentional investment in people leads to lasting, positive change.



Miranda Holmes

System Director of Scale and Spread, My Health My Resources of Tarrant County/Help Me Grow North Texas

Miranda Holmes is an accomplished Early Intervention Specialist with over 15 years of dedicated experience in the early childhood field. Throughout her career, she has demonstrated an unwavering passion for helping young children thrive and for empowering families to create nurturing environments. With a robust background in early childhood education and intervention, Miranda has consistently focused on creating inclusive and supportive spaces where every child can reach their full potential.

For the past 5 years, Miranda has taken on leadership roles, guiding teams and programs to new heights. Her current position as the System Director of Scale and Spread underscores her ability to expand the impact of early childhood systems, ensuring that effective practices and innovative approaches reach more children and families. She is a strong advocate for continuous improvement and innovation in the field, always seeking new ways to enhance the effectiveness of systems.

Her contributions to the field extend beyond her direct work with children and families. Miranda is an active participant in professional networks and conferences, where she shares her insights and collaborates with other experts to advance the field of early childhood systems. Her work is not only a reflection of her personal commitment but also a testament to her belief in the power of early intervention to transform lives.

- **Resource:**

- Help Me Grow North Texas - <https://helpmegrownorthtexas.org/>