

A Compelling Personal Success Story

Keynote Speaker:

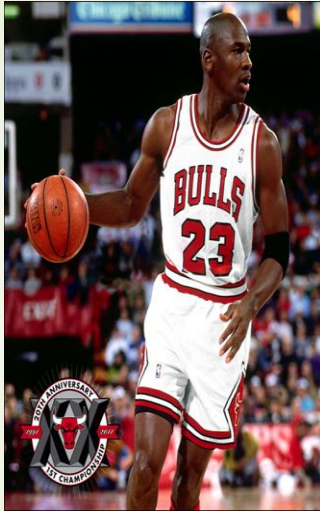
Tamela Milan-Alexander, MPPA

1

Objectives

- ▶ Experience the power of a personal story
- ▶ Discuss how respectful support and encouragement makes a difference
- ▶ The importance of building trust and working collaboratively with the community

2



We had Jordan and the Bulls, and a little place beyond the United Center was the projects!!!

3

My Home: “The Hornets”



4

SOME PEOPLE THINK
**“IF YOU USE DRUGS,
YOU DON’T LOVE
YOUR KIDS”**

LUTHERAN CHILD AND FAMILY SERVICES IL

5

My Family -1994



6

Nineteen Ninety Seven

- Children under DCFS Custody
- Methadone Maintenance therapy
- High risk infant enrolled in Early Childhood Research Program and Development (ECRIP @UIC) through "her" Pediatrician
- LCFS: Intact Family Recovery Program to keep custody of sixth child and continue treatment.
- Parents had guardianship of my children

7

My Family History

- Patient Zero
- 5 Children with DCFS
- 6 pregnancies, 4 w/mother with Opioid Use Disorder
- Two with NAS
- A public housing resident with domestic violence
- PTSD
- Un-responsive to obtaining children
- Non-compliant to moving out of Public Housing
- Unemployed
- **Highly motivated to change**



8

Hang In There

- ▶ Getting out of the Hornets
- ▶ Pediatrician referral to attend Early Intervention Program to monitor infant
- ▶ Started working with Healthy Start Chicago by participating in focus groups

9

Pain into Passion

2000

- ▶ Regained custody of 5 children
- ▶ Received Housing Voucher
- ▶ AAS in Paralegal studies
- ▶ Completed Medically Assisted Therapy

2002

- ▶ Volunteered as Parent Advocate for Westside Healthy Start
- ▶ Attended First National Healthy Start Conference



10

I deserve to be here...

- ▶ Lived Experience ...
- ▶ Education vs Expectation...
- ▶ Who you are vs How they see you...
- ▶ ***Nobody should treat you, any type of way***

11

Change Lane

- ▶ Be For Real
- ▶ Words Do Matter and Hurt
- ▶ Patient can tell you what won't work
- ▶ Share something of yourself and don't make promises you can't keep!



12



13



14

We Are Here to help you!!!

- ▀ Survival is not Health
- ▀ learn to pull your boot straps up, but where are the strings to tie?
- ▀ Bias 101

15



American Academy of Pediatrics
Legislative Committee, Illinois Chapter

16



Chicken, my first granddaughter, is the reminder of my passion for community and what drives my efforts today.

There was no prescription for my pain and a lot of distrust for those who were suppose to help me.

17

Patient Notes....

- You took the time to peel back the onion and learn the needs of your patient.
- We stop looking at what the patient not doing an accept what they are doing
- Allow yourself to become a "true" advocate for your patients
- We don't make boundaries, barriers to connecting with your patients
- You invited a patient in coming up with a plan of care
- You took all your years of schooling and just opened up your heart
- You listened with your Heart and not with you mind
- You pledge today to work with your patients not for them. Take encounter out the narrative....

18

I wondered often, how would she turn out?



19

Who I Am Today!

- 2004 Coordinator at Access Community Health Network
- Westside Healthy Start Community Action Network
- 2012 Ever thrive of Illinois Board Member
- 2015 American Academy of Pediatrics Family Partnership Network Executive Committee
- 2015 Married to Ernest
- 2016 Master's in Public Policy and Administration
- 2017 IFPCC Faculty Member
- 2017 Founder, Bridges to Bond LLC
- 2018 City Block Advisor
- 2018 Parent/Family Representative Illinois Chapter of American Academy of Pediatrics
- 2018 Vice President of Health Connect One
- Grandmother of Five




20

Proudest Moments



Let's Help Ordinary People Do Extraordinary Things!





Information

Tamela D. Milan-Alexander, MPPA
Access Westside Healthy Start CAN Coordinator
Founder of Bridges to Bond LLC
641 S. Warren Ave. Maywood, IL 60153
773-634-0100
tamilan914@gmail.com
tamela.milan@achn.net

This presentation is the property of Tamela Milan-Alexander.
Permission required for replication or usage. For information, email
tamilan914@gmail.com