

# FCC TASKFORCE SPOTLIGHT



## ERIKA GOYER

Director of Communications,  
National Perinatal Association  
NICU Parent of Carrick



Meet Erika! She serves as an Executive Council Family Partner and Organizational Partner for the Family-Centered Care Taskforce.

### How were you personally activated to advocate for and support NICU families?

*First, by the birth and death of my son Carrick. Then by the example of others. And ultimately, by the need to ensure that NICU staff are supported and that NICU families receive respectful, compassionate, evidence-based care.*

### How does your organization/company/hospital support NICU families?

*The National Perinatal Association publishes and promotes evidence-based guidelines and recommendations, like our Interdisciplinary Recommendations for the Psychosocial Support of NICU Parents and our Interdisciplinary Guidelines and Recommendations for NICU Discharge Preparation and Transition Planning. We host an annual interdisciplinary conference that I'm super proud of, and we are home to the National Network of NICU Psychologists (NNNP) who are amazing advocates for mental health services and support in the NICU (and beyond).*

### What are the greatest needs of families in maternal-infant health you observe through your work?

*There is an urgent, unmet need for mental health services and support for NICU families and staff. My friend Mike Hynan reminds us, "In neonatal intensive care units (NICUs) distress is the companion of everyone. Fragile babies struggle to survive and grow. Parents and families worry, while trying to stay hopeful. NICU staff work to deliver complex critical care and attempt to avoid burnout." We have an obligation to care for each other and lighten our shared burdens - especially right now when we're facing tremendous factious pressures.*

### What insight or advice do you have for healthcare professionals who want to implement/strengthen FCC practices in their hospital?

*Bring your whole self to your work. Honor your unique contributions. If you find yourself in moral distress, pay attention to it and do something about it. Remember that you have an obligation to, "First, do no harm." If you are asked to participate in policies or practices that contribute to harm, speak up and interrupt harmful systems.*

### What does being part of the FCC Taskforce mean to you personally?

*It's an opportunity to collaborate, cross-pollinate, and play. We have so many cool people working together. And there are so many cool things that we can do if we're willing to invite people in and have fun.*

### What is your greatest wish in terms of the positive impact the FCC Taskforce members can make together in maternal-infant health?

*To preach the gospel of Family-Centered Care, and invite people to create authentic, durable, therapeutic alliances between NICU families and the people who care for them.*

**Healthcare partners are...** *Caring, compassionate providers of highly-specialized clinical care who want good things for babies and families. But who need support. You bring the unique perspective of having worked with many families and having seen diverse outcomes.*

**NICU & bereaved parents are...** *Committed family advocates who know and understand their babies and their babies' unique experiences. We have been transformed by what's happened. And now we are an (often untapped) expert workforce. You know the impact a NICU stay has because you've lived it and it's become woven into who you are.*



FAMILY-CENTERED CARE  
**TASKFORCE**



NPA National Network of NICU Psychologists



NPA NICU to Home

EVERY NICU FAMILY is UNIQUE.