



## Title IX

Title IX, Washington State law, and University of Washington policy, prohibit discrimination based on pregnant or parenting status. For more information visit: [www.washington.edu/compliance/titleix/](http://www.washington.edu/compliance/titleix/)

## More Information

For more pregnancy & parenting information and further resources, visit the Student Affairs Resource Website:

[blogs.uw.edu/esom/miscellaneous/pregnancy-and-parenting](http://blogs.uw.edu/esom/miscellaneous/pregnancy-and-parenting)

For details including:

- “Maybe a Baby?” Student Panel Recordings
- Lactation Station Locations
- Student Parent Resource Center
- Child Care
- Other on-campus resources
- Title IX

**Our Philosophy:** *UWSOM is a family friendly institution and as a regional medical school, is supportive of students who wish to begin their families during medical school.*



**We are here to support you, from the beginning of medical school, until the end.**

Last updated 7/25/2019

# UW School of Medicine

## Resources for Pregnant and Parenting Students

A comprehensive guide of support services available to UW School of Medicine pregnant and parenting students



# Are you considering becoming pregnant during medical school?

Students who plan to become pregnant during medical school are encouraged to work with the dean at their Foundations site, and/or Dr. Raye Maestas, Associate Dean, of Student Affairs in Seattle, to talk through how this may effect curriculum timelines and schedule.

Students can work with the appropriate dean to discuss and plan any time away from the curriculum as needed. Factors you will want to consider include :

- The time of year you are pregnant, when you would have your baby, and where this will fall in the curriculum
- Your family situation and circumstances
- Personal desire to prioritize being at home vs. graduating as soon as possible
- Financial aid needs and debt load
- Strength and competitiveness as a student
- Competitiveness of your specialty choice
- Timing of clerkships and interviewing for residencies

These factors could lead to different paths, which could include expanding, or taking a leave of absence.

Know that you can do it and you will have the support you need!

## Foundations Deans Contact Information:

**Dr. Raye Maestas**  
Associate Dean  
maestas@uw.edu, 206.543.5561

**Dr. William Sayres**  
Assistant Dean  
sayrew@uw.edu, 509.313.7906

**Dr. Timothy Robinson**  
Assistant Dean  
tjrobin@uwyo.edu, 307.766.2497

**Dr. Megan Ritter**  
Interim Assistant Dean  
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**Dr. Martin Teintze**  
Assistant Dean  
mteintze@montana.edu, 406.994.4411

**Dr. Jeff Seegmiller**  
Assistant Dean  
jeffreys@uidaho.edu, 208.885.6696

## Disability Resources for Students

Pregnant students may qualify for accommodations through DRS. Accommodations can be made in the classroom, or on campus. When you meet with your assistant dean, they will connect you with DRS's services.

**Contact:**  
DRS office, uwdrs@uw.edu, 206.543.8924

## UWSOM Counseling and Wellness Services

This service offers counseling for a wide range of personal, academic, and professional issues. The counselors are trained to work with medical students, and can assist with a range of personal and relationship issues, not just school stress.

Services offered through the School of Medicine's counseling program in Seattle or as part of the WWAMI regional program are available to you, or your partner/spouse. Services are **free** and completely **confidential**, and records are kept completely separate from academic records and are never shared with administration.

MD/PhD students continue to have access to counseling through the SOM while completing their PhD program.

## SOM Counselors Contact Information:

**Seattle:** Joanne Estacio-Deckard, LICSW, Director  
joanneed@uw.edu, 206.616.3024

**Spokane:**  
studenthealth@gonzaga.edu, 509.313.4052

**Wyoming:** Brenda Cannon, MS, NCC, LPC  
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**Alaska:** Patricia Sandberg, Ph.D.  
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**Montana:** Samantha White, PsyD  
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