

Community Doula Project

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The Community Doula Program is pleased to offer enhanced programs and services to income-sensitive families receiving Medicaid. It ensures access to maternal health literacy, peer-based support services, as well as breastfeeding education and centering-like classes. The maternal mortality epidemic forces more proactive, innovative programming be utilized to eliminate inequities faced by families of color. In addition, integrated mental health services ensure that populations affected by substance use receive SAMHSA-recommended perinatal services found to decrease ongoing Opioid and/or Substance Dependence for both the birthing person and newborn.

This program serves Medicaid eligible families in the perinatal population.

Program offerings:

- Labor and Birth Support by Culturally Humble, Perinatal Birthworkers
- Lactation Support by Lactation Counselors
- Centering-like Perinatal Education and Support Classes
- Breakout Programming for Families Affected by Maternal Substance Use
- Integrated Postpartum Wellness and Mental Health Support

For families to enroll and begin receiving services, they need to either text our program directly or complete our online intake form.

The Community Doula Project

Community-based Birth and Postpartum Doulas paid through grant funding and Medicaid as available. Clinical Nurse Manager oversees the doula team. Integrated Mental Health, Substance Use services. Lactation support, as needed. Ongoing Case Management and Resource Allocation where available.

Services included:

- Childbirth Education
- Centering-Like Perinatal Classes
- Birth Planning through Peer Support
- Postpartum Support and Education up to 12 weeks post-delivery
- Home visiting
- Maternal Mental Health Services



Current Community Doula Project Considerations

PROJECT DESCRIPTION

The use of an On-Call Community Birth Doula, Integrated Community Health Worker schedule can cover the needs of our client base similar to what is currently used for traditional medical providers. In the early phases, this program can be facilitated by using an on-call scheduling program with hired, trained community doulas and perinatal community health workers. As non-clinical providers, they provide wraparound support alongside medical clinicians.

The doula and/or community health worker provides ongoing perinatal support under this model. Childbirth and parenting education classes are provided in conjunction via Centering and workshops.

Program specifics include:

- Childbirth education classes based on the Lamaze model of education that include breastfeeding education, newborn care, high-risk education & resources, nutrition, and specialty classes co-designed by faculty staff.
- Utilization of a Centering approach to maternity care, education, and support at specifically denoted stages of pregnancy.
- Two prenatal visits with accompanying information and resources dispersed at throughout care.
- On-Call Warm Line for patients for non-emergent, nonmedical questions and concerns that extends up to 18-months into the postpartum period and ongoing for participants.
- Monthly Information Sessions providing the ability for patients to interact with doulas and ask questions regarding pregnancy, birth, and postpartum.
- 24/7 Labor coverage for enrolled families.
- 2 hours of “Golden Hour” support post-birth by a trained lactation community health worker.
- At least 2 postpartum visits performed by the birth doula that attended the birth.
- Access to postpartum support groups facilitated on a monthly basis
- Lactation support post-delivery and ongoing
- Voluntary enrollment within a playgroup geared to families of color at a partner location.
- Resource and Care Coordination with local and national resources.
- Free client materials donated by local and national partners such as baby supplies, diapers, etc.
- Opportunity for ongoing community engagement through field trips, social opportunities for peer support geared to clients.