



PA Perinatal Quality Collaborative Doula Spotlight June 11, 2020

Naima Black, CLC, Full Spectrum Doula

Pronouns: she/her/hers

Director, Community Doula & Breastfeeding Programs

nblack@maternitycarecoalition.org

No financial conflicts or disclosures

willkommen Sveiki atvyke Mire se vini
valkomna witamy ngiyanemukela benvenuti
Khushamdeed SELAMAT DATANG hoşgeldiniz
dobrodosli welkom udvozlom Haere mai
aayuboovan Chao mung tervetuloa karibua
aaniin
Soo dhowow **WELCOME** bienvenue
Marhaba miawezon **Bine ati venit** Swagata
eguahe pora Tonga soa zupinje z te videtite paduka
svāgata **karibuni** **Xush kelibsiz** BIENVENIDO vekomo
mikouabo node Maligayang pagdating vitejte
Tere tulemast Mishto-avilian tu
laipni ludzam Bem-vindos Khair Raghly
ekabo failte benvenguts mauya
Murakaza neza Kenang ka kgotso

“Reproductive Justice is...

the **human right** to maintain personal bodily autonomy, to have children, not have children, and parent the children we have in safe and sustainable communities.”

- SisterSong, *Women of Color Reproductive Justice Collective*

Reproductive Justice Framework

- Reproductive Health – Care/Service Delivery
- Reproductive Rights – Human Rights/Protections
- Reproductive Justice – Movement Building

People Most Impacted by Reproductive Oppression
are at the center leading the way forward.

Listen To and Trust Black Women!!

RJ is Intersectional

Human Rights is the goal;
intersectionality is the process.
-Loretta Ross, SisterSong



FOOD SECURITY IS
GENDER IDENTITY IS
RACIAL JUSTICE IS
ENDING INCARCERATION IS
SUPPORTING TEEN PARENTS IS
FREEDOM FROM VIOLENCE IS
BUILDING FAMILY ON YOUR
OWN TERMS IS
ENVIRONMENTAL JUSTICE IS



IMMIGRATION JUSTICE IS
ACCESSIBLE ABORTION IS
DISABILITY JUSTICE IS
SUPPORTING BIRTHPARENTS IS
PAID LEAVE IS
QUEER FAMILIES ARE
SAFE COMMUNITIES ARE
DECOLONIZATION IS

REPRODUCTIVE JUSTICE

Police Brutality



“Black women are raising children and fearing that their children are going to be gunned down in the street. That affects their ability to parent freely” – Imani Gandy, Rewire

**In seeking and receiving
maternity care before,
during and after childbirth:**

1 ARTICLE I
**EVERY WOMAN HAS THE RIGHT TO
BE FREE FROM
HARM AND ILL
TREATMENT**
**NO ONE CAN PHYSICALLY
ABUSE YOU**

2 ARTICLE II
**EVERY WOMAN HAS THE RIGHT TO
INFORMATION, INFORMED
CONSENT AND REFUSAL,
AND RESPECT FOR HER
CHOICES AND
PREFERENCES, INCLUDING
COMPANIONSHIP**
DURING MATERNITY CARE
**NO ONE CAN FORCE YOU OR DO
THINGS TO YOU WITHOUT YOUR
KNOWLEDGE AND CONSENT**

3 ARTICLE III
**EVERY WOMAN HAS THE RIGHT TO
PRIVACY AND
CONFIDENTIALITY**
**NO ONE CAN EXPOSE YOU OR
YOUR PERSONAL INFORMATION**

4 ARTICLE IV
**EVERY WOMAN HAS THE RIGHT TO
BE TREATED WITH
DIGNITY AND
RESPECT**
**NO ONE CAN HUMILIATE
OR VERBALLY ABUSE YOU**

All rights are grounded in established international human rights instruments, including the Universal Declaration of Human Rights; the Universal Declaration on Bioethics and Human Rights; the International Covenant on Economic, Social and Cultural Rights; the International Covenant on Civil and Political Rights; the Convention on the Elimination of All Forms of Discrimination Against Women; the Declaration of the Elimination of Violence Against Women; the Report of the Office of the United Nations High Commissioner for Human Rights on preventable maternal mortality and morbidity and human rights; and the United Nations Fourth World Conference on Women, Beijing. National instruments are also referenced if they make specific mention of childbearing women.

Safe Motherhood is more than the prevention of death and disability...It is respect for every woman's humanity, feelings, choices, and preferences.

**RESPECTFUL
MATERNITY CARE:
THE UNIVERSAL
RIGHTS OF
CHILDBEARING
WOMEN**



5 ARTICLE V
**EVERY WOMAN HAS THE RIGHT TO
EQUALITY,
FREEDOM
FROM DISCRIMINATION,
AND EQUITABLE CARE**
**NO ONE CAN DISCRIMINATE
BECAUSE OF SOMETHING THEY
DO NOT LIKE ABOUT YOU**

6 ARTICLE VI
**EVERY WOMAN HAS THE RIGHT TO
HEALTHCARE
AND TO THE HIGHEST
ATTAINABLE LEVEL
OF HEALTH**
**NO ONE CAN PREVENT
YOU FROM GETTING THE
MATERNITY CARE YOU NEED**

7 ARTICLE VII
**EVERY WOMAN HAS THE RIGHT TO
LIBERTY, AUTONOMY,
SELF-DETERMINATION,
AND FREEDOM
FROM COERCION**
**NO ONE CAN DETAIN YOU OR YOUR
BABY WITHOUT LEGAL AUTHORITY**

**Disrespect and abuse during
maternity care are a violation of
women's basic human rights.**



For more information visit:
www.whiteribbonalliance.org/respectfulcare

Maternity Care Coalition



It's All About Relationships



Full Spectrum Doula

Birth Doula

Postpartum Doula

Abortion Doula

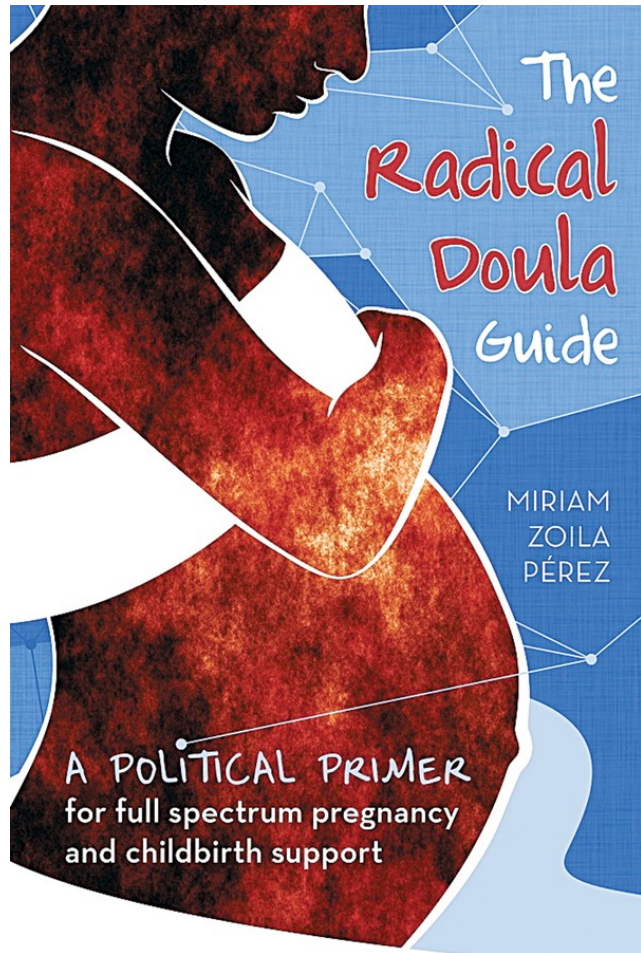
Bereavement/Grief Doula

Community Doula

Maternity Care Coalition



Full Spectrum Doula Care



A full spectrum doula refers to a doula who provides support to people through all the journeys of pregnancy – during labor, childbirth, the 4th trimester, and through miscarriage, stillbirth experiences, adoption and abortion procedures.

- Miriam Zoila Perez

Birth Doula

- Trained to provide non-clinical emotional, physical and informational support for childbearing people before, during, and after labor and birth.
- Traditional trainings are usually a weekend workshop.

Postpartum Doula

- Trained to provide evidenced-based information, hands-on help and resources for infant feeding, emotional and physical recovery from birth, parent-baby bonding, and basic newborn care.
- They nurture the primary parent and the entire family as they transition into life with a newborn.

Community Doulas



Maternity Care Coalition

Community Doulas

- Trained, often as birth and postpartum doulas or full spectrum doulas.
- They are culturally, ethnically and linguistically connected to the communities they support.
- They collaborate with stakeholders and institutions.
- Community-Based trainings can be as long as 100+ hours.

“What birth experience do you want? What does birth mean to you? It’s helpful to define that on your birth plan. ‘This birth is a symbol of *this...*’ People don’t know what birth means to most communities, but particularly to a community where the narratives and norms of humanity have been so contorted and degraded and devalued. Is this birth a sign of liberation or resistance? Is it a renewal of a vow? If there is something traumatic or something triumphant about the experience of pregnancy, I need the birth plan to frame the interaction. I want to know the humanity of your birth as opposed to just the mechanics and management. If I can understand the meaning there, it can shape how I approach my communications, interactions, counseling, and decision-making.”

—Dr. Karen Scott, M.D., M.P.H., hospitalist and professor at
University of California, San Francisco

Community Doula & Breastfeeding Program *grounded in Racial & Reproductive Justice*

- 2012 -2018 - 6 Community Doula Trainings
- 2016 -2018 - 3 Breastfeeding Peer Counselor Trainings
- Trained 160+ Community Birth Workers



Community Doula & Breastfeeding Program

grounded in Racial & Reproductive Justice

- Formed Birth Worker Network in 2013 to support childbearing families
- 1700 + requests/matches to date
- Workers are paid - FREE to childbearing families
- Ongoing Gatherings - Skills & Community Building workshops

Perinatal Community Health Worker Training

Lenfest North Philadelphia Workforce Development Initiative

- Nov. 2019 to Feb. 2020 – Trained 17 PCHW'S



Lenfest North Philadelphia
Workforce Initiative

Maternity Care Coalition

Perinatal Community Health Worker Training

- 27 Sessions (95 hours)
 - Child care and meals provided
 - Participants paid stipends for attending
 - Community partner trainer team
- Post training Professional Development workshops
- Shadowing opportunities with seasoned PCHWs
- Trauma Informed Support Groups for PCHWs
- Support/guidance through MCC's Certification process
- Paid opportunities to support childbearing families through MCC's Referral/Match Process

Perinatal Community Health Worker Training



“Having a meal together was AMAZING!! Thank you so much for feeding us and our children. Having reliable child care made this training possible for me and my family. Thank you for being a beautiful demonstration of child and breastfeeding friendly. It was healing for me. Thank you for being sensitive and a safe place for healing to happen before getting out in the field, during class and even outside of class. This was especially felt during hard topics of deep systemic racism, supporting our LGBTQ families and validating lived trauma. The compassion, vulnerability and empathy were felt authentically and brought healing. Thank you one million.”

–PCHW Training participant 2020

Perinatal Community Health Worker Training

What's Next?

MCC's PCHW Training Replication:

- Training Manual
- Facilitator's Guide
- Certification Process
- Train the Trainer

Questions?



Resources

- **Black Mamas Matter: A Toolkit for Advancing the Human Right to Safe and Respectful Maternal Health Care** (PDF, 1.7 MB)

<https://www.reproductiverights.org/document/black-mamas-matter-toolkit-for-advancing-human-right-to-safe-respectful-maternal-health-care>

- **SisterSong** <https://www.sistersong.net>

- **White Ribbon Alliance** <https://www.whiteribbonalliance.org/>

- **Advancing Birth Justice-Community Based Doula Models as a Standard of Care for Ending racial Disparities** - https://b5c19f22-2ef4-49b4-94b0-7621fdb5dbba.filesusr.com/ugd/f36f23_7d936f97617a4e34aadd8a052ac1de6.pdf

Source: TC Palm