

# IMPACT

2020 - 2022  
REPORT



FRONTLINE DOULAS™

# THE REVOLUTION IS IN THE MOMB



#frontlinedoulas

#blackdoulauprising

#liberateblackbirth

#birthingjustice


#doulasonthefrontline

#frontlinehotline

#blackdoulas

#inthesebirthstreets

 @frontlinedoulas

 Frontline Doulas

 frontlinedoulas.com

 frontlinedoulahotline.com



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# WH

# O WE ARE

*We are an uplifting generation of community doulas on the frontline of birth in the Black community co-creating and reclaiming family-centered narratives for generations to come.*

## **Our Mission**

***We believe the revolution is in the womb.***

We stand on the frontlines of the current Black Doula Zeitgeist.

The purposeful intention of this perinatal support program is to connect Black/African American families with Black/African American doulas to fulfill the need for conscious healthcare connections and advocacy that facilitates empowered communication with healthcare providers, communities and consumers around birth justice and human rights at birth.

Our goal is to decrease perinatal health disparities and increase positive health outcomes during pregnancy and in the first year of life in the Black community.

Our team of Black Frontline Doulas provides Black families in need with non-medical professional perinatal services. This includes physical, emotional, informational, psychosocial, and advocacy support during the pregnancy, childbirth, and postpartum period.

Given that community-based doulas are focused on marginalized and/or under-served birthing families, they are more likely to witness and support clients in navigating institutionalized racism and cultural incompetence within the medical setting, which has been identified as a root cause of current and historical racial disparities in maternal and infant health outcomes.

The community-based doula connects clients to community resources which traditional doulas and families may not have and centers the experiences and voices of Black birthing persons, their family and the local Black community. The doulas engaged with our programs are better equipped to connect clients to localized resources to help mitigate compounding psycho-social and/or environmental challenges.

## **The Herstory Behind the Name**

While serving past birthing clients, in the extreme situations presenting in some of the lives of the birthing families and babies, our team of doulas never wavered, acting with such strength and camaraderie that directors, Dr. Sayida and Khefri, affectionately gave them the name they earned, "The Frontline Doulas."





## **Our Message to Birthing People, Birth Workers & Care Providers**

We appreciate that every family has their own unique needs. We are here to support birthing people and their provider team to ensure a healthy and safe birth experience.

Our program goals are rooted in empowering the Black community with knowledge and resources to lower perinatal and infant mortality, increase nursing rates, and reduce postpartum complications.

We fundamentally believe in reproductive justice, human rights in childbirth, evidence-based information, trauma-informed care, culturally sensitive and gender-inclusive birthing practices.



**WORDS FROM THE**

# **FOUNDERS**



**We are committed to envisioning better birth and postpartum outcomes for Black families. We would like to call in a space that centers our healed and whole selves, moving us beyond habitual reactions to the disparities and injustices of the world.**

**We focus on creating positive health outcomes during pregnancy and in the first year of life in the Black community.**

**We aim to celebrate and create impactful, measurable outcomes through community engagement, active listening, and rich, intentional mission-driven programming that serves as a bridge and connecting portal for Black birthing people and families to Black doulas and vice versa. Our community stakeholders are here as pillars for birthing families and are committed to their holistic well-being, empowerment, sovereignty, and autonomy.**

## MEET THE

# FOUNDERS

*The Frontline Doulas™ program was founded by two dynamic Black women birthworkers, Dr. Sayida Peprah-Wilson and Khefri Riley, with lived experience giving birth in Los Angeles, CA and 35 years of combined experience serving Black/African American women and other families of color, in the community.*



**Dr. Sayida Peprah-Wilson** is both a licensed clinical psychologist and a birth doula. She specializes in multicultural psychology, trauma, suicide prevention, and maternal mental health. An advocate for human rights in childbirth, Dr. Sayida is a member of the Black Women Birthing Justice Collective and Movement Partner with the Black Mamas Matter Alliance, promoting research, education, and community-based services to positively transform the birthing experiences of Black families. Dr. Sayida supports community doula efforts as a co-director, doula mentor and trainer for the Frontline Doulas and the Sankofa Birthworkers Collective in Southern, California. Dr. Sayida is the Founder and Executive Director of the non-profit organization Diversity Uplifts, Inc., focusing on improving the well-being of women, birthing people, children and families, and increasing cultural competence and humility among providers who serve them.

**Khefri Riley CLEC, CPYT, HCHD** is a Doula, Childbirth Educator, Women's Mysteries Mentor, and Prenatal Yoga Specialist who comes from a lineage of birth keepers, preserving the art of the intuitive wise woman. Her foray into the world of birthing folks and babies has its inspiration from 3 generations of Black birth workers, notably, her paternal great-grandmother, an African-Indigenous grand midwife from the Deep South. For over 20 years, Khefri has taught thousands of people to mindfully embody the multi-faceted experience of new parenthood. She is a Certified Lactation Educator, Doula Trainer, Mentor and Hypnobabies "Hypno-Doula" who has attended over 300 births, at all major hospitals in Los Angeles County. Her infant classes have been featured in People Magazine, NBC, CNN & Fox Ch. 11 News. Mother to son, Zen Reign Supreme, she is CEO of Khefri LLC, the owner of several birth businesses and serves as Co-Director of The Frontline Doulas.

**DeAnna Carpenter, Program Manager**

**Imtiaz Mohammed, Administrative Support**

**Bianca Hamilton, Research & Client Care Intern**

**Joshua Thomas, Diversity Uplifts, Inc. Program Mgr**

**Lara Lyko, Studio Lyko Web Designer**

**THE A-  
TEAM**

# SUPPORT

THE JOURNEY OF BIRTHING FAMILIES AS THEY NAVIGATE AND CO-CREATE HEALTHY PREGNANCY, BIRTH AND POSTPARTUM EXPERIENCES THAT CENTER THEIR UNIQUE VOICES AND CULTURALLY SPECIFIC NEEDS.

# PROVIDE

COMMUNITY-DOULA SUPPORT, AS EVIDENCE TO REDUCE NON-EMERGENCY CESAREAN RATES, IMPROVE PATIENT SATISFACTION IN CHILDBIRTH EXPERIENCES, AND INCREASE BREAST/CHEST-FEEDING RATES.

# ADVOCATE FOR & DEVELOP

THE DOULA WORKFORCE AND SUPPORT BLACK/AFRICAN AMERICAN BIRTHWORKERS BY CREATING INCOME STREAMS FOR COMMUNITY DOULAS WHO ARE COMMITTED TO DELIVERING CULTURALLY CONGRUENT SERVICES, WITHIN A BIRTHING JUSTICE FRAMEWORK.

# WHAT WE DO



**PROFESSIONAL TRAINING**



**COMMUNITY DOULA PROGRAM DEVELOPMENT**



**DOULA MENTORING**



**WORKFORCE DEVELOPMENT**



**EXPERT CONSULTATION**



# OUR REACH

**WE'RE HONORED TO HAVE SERVED  
530+ FAMILIES SINCE OUR INCEPTION**

**IN LOS ANGELES COUNTY  
FOCUSED PROGRAMS**

**WE'VE PROUDLY  
SERVED 250+  
BIRTHING FAMILIES**

**2019-2022 PROGRAMS**

**2019-2022 HOTLINE (100+)**

**2020 BLACK DOULA AWARDS (19)**

**2020-2021 CENTERING THE COMMUNITY (40)**

**2021-2022 DOULA/CHA (30)**

**2022 BLACK DOULA AWARDS (80)**

**2019-2023 PROGRAMS  
ACROSS ALL FRONTLINE  
DOULA INITIATIVES**

**WE HAVE CONNECTED  
CLIENTS TO DOULAS  
IN 19 CALIFORNIA  
COUNTIES**

- ALAMEDA
- CALAVERAS
- CONTRA COSTA
- KERN
- LOS ANGELES
- MADERA
- NAPA
- ORANGE
- RIVERSIDE
- SACRAMENTO
- SAN BERNARDINO
- SAN DIEGO
- SAN FRANCISCO
- SAN JOAQUIN
- SAN MATEO
- SANTA CLARA
- SANTA CRUZ
- SOLANO COUNTY
- VENTURA COUNTY

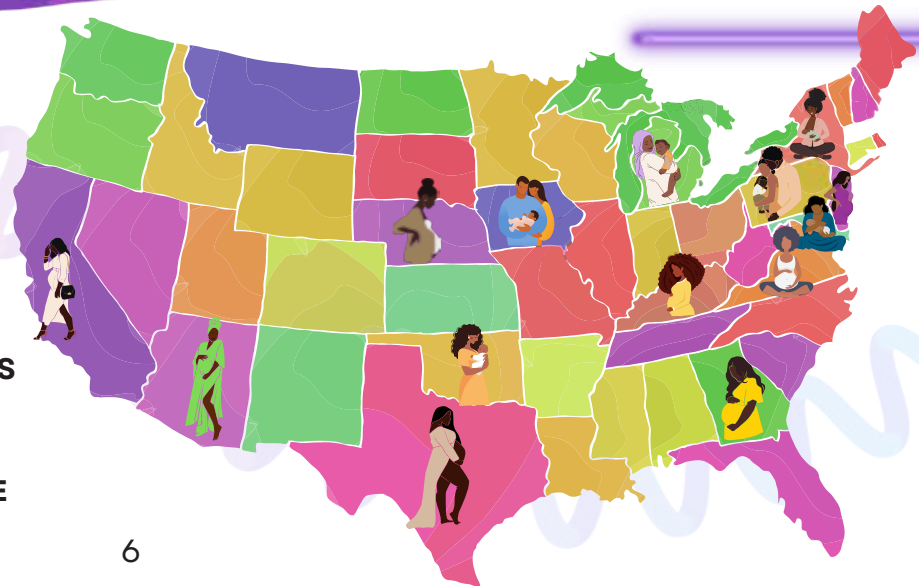


**2019-2022 PROGRAMS  
VIA THE NATIONWIDE  
FRONTLINE DOULA HOTLINE**

**WE'VE SUPPORTED  
INDIVIDUALS IN  
15 STATES**



- ARIZONA - CALIFORNIA - GEORGIA ILLINOIS
- IOWA - MARYLAND - MICHIGAN
- NEBRASKA - NEW JERSEY - NEW YORK
- OKLAHOMA - PENNSYLVANIA - TENNESSEE
- TEXAS - VIRGINIA



# BIRTHING & POSTPARTUM GOALS



PROVIDE INFORMED CONSENT AND SHARED DECISION-MAKING TO ENSURE THAT FULL CONSENT IS GIVEN BY PROVIDING FULL DISCLOSURE OF ANY RISKS AND BENEFITS OF PROCEDURE OR INTERVENTION. OFFER BIRTHING PEOPLE UNRESTRICTED ACCESS TO A DOULA, FAMILY MEMBER, OR ANY OTHER PERSON(S) THEY WISH TO ACCOMPANY THEM DURING THEIR BIRTH. PROVIDE CULTURALLY COMPETENT CARE, FREE OF BIAS OR RACISM, THAT RESPECTS THE BIRTHING PERSON'S BELIEFS, CHOICES, AND VALUES INCLUSIVE OF CULTURAL PREFERENCE DURING BIRTH AND BREASTFEEDING/CHEST-FEEDING/NURSING. SUPPORT UNDISTURBED BIRTH PRACTICES SUCH AS LOW LIGHTS, LOW VOICES, NO UNNECESSARY SEPARATION OF BIRTHING PERSON AND BABY, INCREASED BONDING TIME, KANGAROO CARE, ETC. ALLOW UNRESTRICTED MOBILITY DURING LABOR AND BIRTH WITH THE FREEDOM TO CHOOSE HOW THEY PUSH. PROVIDE LACTATION SUPPORT AFTER BIRTH AND IN THE POSTPARTUM PERIOD TO INCREASE BREASTFEEDING/CHEST-FEEDING/NURSING RATES. PROVIDE BIRTHING PEOPLE WITH A VARIETY OF CHILDBIRTH OPTIONS I.E VAGINAL BIRTH, UNMEDICATED BIRTH, VBAC, GENTLE CESAREAN BIRTH OPTIONS WHEN MEDICALLY NECESSARY, ACCESS TO MIDWIVES LOCATION OF CHOICE (HOSPITAL, HOME, BIRTH CENTER). USE EVIDENCE-BASED PRACTICES INCLUDING THE RIGHT TO EAT AND DRINK DURING LABOR, THE RIGHT TO CONTINUITY OF CARE, RESPECTFUL CARE, RESPECTFUL COMMUNICATION, NON-PHARMACEUTICAL PAIN RELIEF OPTIONS, AND / OR PAIN RELIEF AS REQUESTED BY CLIENT. ENCOURAGE THE USE OF BABY-FRIENDLY, AND LIBERATE MOTHER-FRIENDLY, AND BLACK BIRTH PRACTICES. HOLD CARE PROVIDERS ACCOUNTABLE TO THE BLACK FAMILY AND THE BLACK COMMUNITY. PROVIDE COMMUNITY REFERRALS AND CONTINUITY OF CARE AS NEEDED.



Informed by: World Health Organization, Guidelines on Intrapartum Care/ CIMS, The Mother-Friendly Childbirth Initiative/ Black Women Birthing Justice, Battling Over Birth Report/ Black Mamas Matter Alliance/ Advancing Birth Justice, Community-Based Doula Models as a Standard of Care for Ending Racial Disparities

# OUR COMMUNITY DOULA PROGRAMS DELIVER IMPACTFUL CHANGE AND POSITIVE BIRTHING AND POSTPARTUM OUTCOMES



2020 - 2021

## FRONTLINE DOULAS CENTERING THE COMMUNITY

2020 - 2021

## BLACK DOULA AWARDS: COVID-19 INITIATIVE

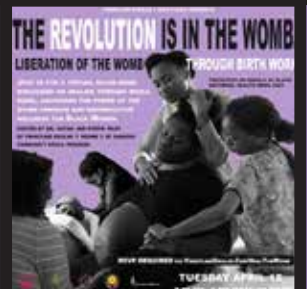


2020 - 2023

## FRONTLINE DOULA HOTLINE

2021 - 2023

## DOULA/COMMUNITY HEALTH ADVOCATE (CHA)



EST. 2021

## HEAL THE WOMB, HEAL THE WORLD THE REVOLUTION IS IN THE WOMB SERIES

2021 - 2023

## BLACK DOULA AWARDS: BLACK DOULA MATCH



# FRONTLINE DOULAS

5  
3  
0

SINCE 2019, WE HAVE DIRECTLY IMPACTED OVER 530 FAMILIES IN CALIFORNIA AND ACROSS THE UNITED STATES IN ADDITION TO 70 DOULAS THROUGH OUR VARIOUS PROGRAMS AND INITIATIVES.

"I am the first person in my family to birth at home [to my knowledge]. Many of the women in my family told me I wouldn't be able to do it. I am grateful that I chose the birth team I did because with their support and guidance I did it. Having a doula like Etecia allowed me to learn new things about myself, my body, and what I am capable of."  
-ALYCIA



330+

Birthing people received 1-on-1 emotional, educational, and advocacy support via the Frontline Doula Hotline.

42% ↓

DECREASE IN CESAREAN RATES COMPARED TO THE CURRENT NATIONAL AND LOCAL AVERAGE CESAREAN RATE OF 36%+ FOR BLACK WOMEN. WE'VE ACHIEVED A 21% CESAREAN RATE FOR FAMILIES IN OUR MOST RECENT DOULA PROGRAM.

Oh Baby

(Blue Shield Of California, 2022)

# 0%

## PRETERM BIRTHS\*

THAT'S A 100% DECREASE COMPARED TO THE 2021 UNITED STATES NATIONAL AVERAGE OF 14%.

(MARCH OF DIMES, 2021)  
\*2020/2022 PROGRAMS

# CALIFORNIA

WE'VE ADVANCED COVERAGE FOR COMMUNITY-BASED DOULAS, ESPECIALLY FOR WOMEN & BIRTHING PEOPLE ON MEDICAL THROUGHOUT CALIFORNIA.



“ I used the hotline in my early pregnancy months and I learned so much from speaking with a real person who had some understanding of what I was going through. Then to have access to a doula at no charge really helped me to feel supported as I planned for an out of hospital VBAC. Overall I had a positive experience and would highly recommend Frontline Doulas as a resource to all Black mamas!  
- Dominique ”

\$50K  
+ \$70K  
\$120K+



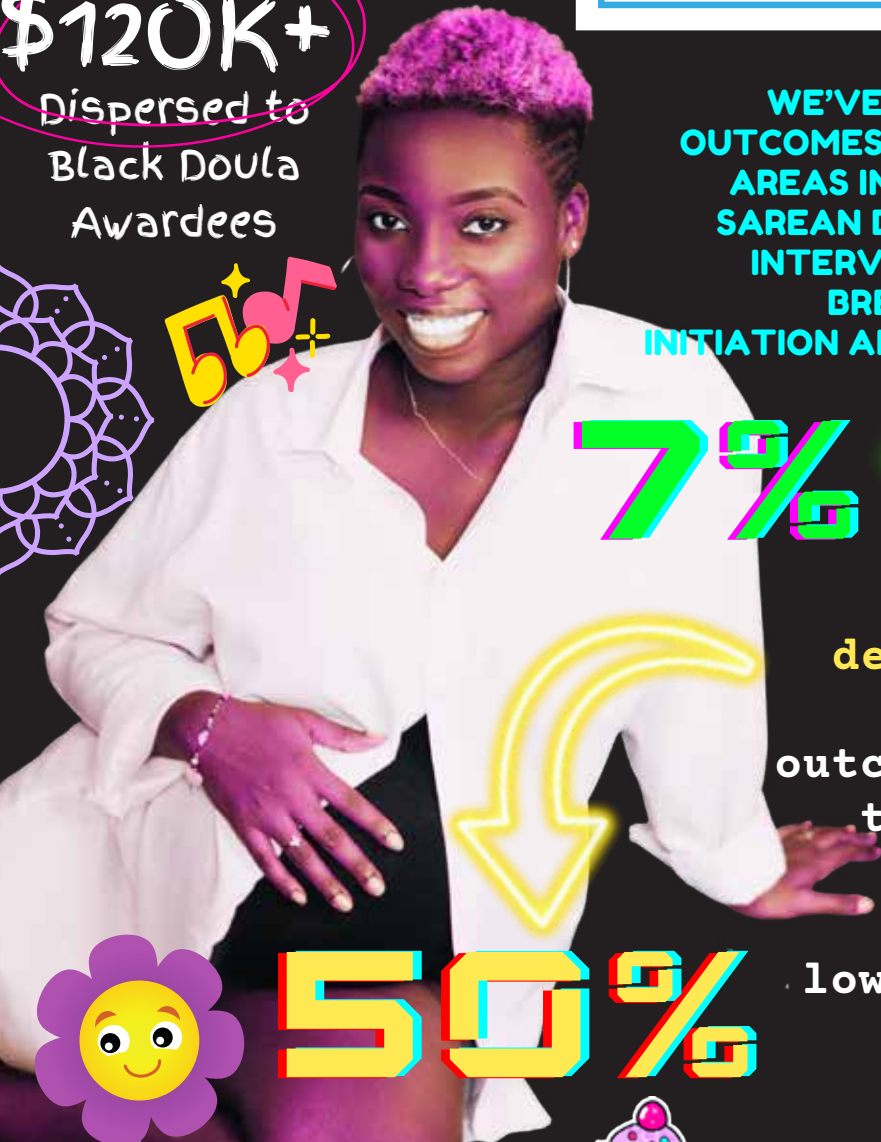
Dispersed to Black Doula Awardees

WE'VE GREATLY IMPROVED OUTCOMES IN ALL MEASURABLE AREAS INCLUDING LOWER CESAREAN BIRTHS, LOWER BIRTH INTERVENTIONS, INCREASED BREAST/CHESTFEEDING INITIATION AND INCREASED BIRTH SATISFACTION.

7% ← 7% low birthweight.\*

That's a 50% decrease in low birthweight outcomes compared to the current national and local average low birth weight of 14% for Black women. (March of Dimes)

# 50%



# WELCOME



# FRONTLINE CENTERING

2020 - 2021

*We are here on the FRONTLINES to continue the work, improving the state of Black maternal health one family at a time.*

## THE TEAM OF COMMUNITY DOULAS

Nashuwah Abdulmaged  
Bethany Benson  
Destinee DeWalt-Chase  
Felicia Francis-Edwards  
Hannah Halliwell  
Brittney Hinton  
Sherry Jones  
Nakomi Kirby  
Nicole "Dancing Moon"  
Lacour-Wordlaw  
Anasa Pickens  
Michelle Sanders

## EXECUTIVE ADMINISTRATOR

Debbie Benton

# DOULAS: THE COMMUNITY

## DOULAS ON THE FRONTLINE

*A INNOVATIVE COMMUNITY DOULA PROGRAM ADDRESSING AFRICAN AMERICAN PERINATAL DISPARITIES IN LOS ANGELES COUNTY*

The “**Frontline Doulas - Centering the Community Program**” addresses the current crisis of African American perinatal and infant health disparities by providing collaborative evidence-based doula care to Black birthing families who need it most.

Our team of 12 Frontline Doulas provided **40 African American families in Los Angeles County** (at no cost to the families) non-medical professional perinatal services.

Participating birthing people were provided with:

- Doula Care from a Frontline Doula
- 3 Prenatal Visits
- Support at Birth
- 3 Postpartum Visits
- Community-Centered Practices
- Advocacy
- Emotional Support
- Culturally Competent Care
- Lactation Education and Consultation

The Frontline Doulas program was honored to have been a recipient of a grant from **Health Net**, awarded in collaboration with producing partner and fiscal sponsor, Diversity Uplifts, Inc., focusing on improving the well-being of women, birthing people, children and families by supporting marginalized and minority communities, while increasing cultural competence and humility among providers who serve them.

While serving past birthing clients, in the extreme situations presenting in some of the lives of the birthing families and babies, our team of doulas never wavered. In the cases of clients with extreme life situations, including high levels of socio-economic and relational hardships, the doulas never faltered in their commitment to serve the birthing people and their families. As such, they were affectionately referred to by mentors and co-directors, Peprah and Riley as “doulas on the frontlines.” Henceforth, the program’s hard earned name: “The Frontline Doulas.”



# THEMES & OUTCOMES



C. Thompson Birth & Postpartum

## EXPECTATIONS

Clients desired to have their birth plan followed, autonomy in the birthing process, and for providers to help safely deliver a healthy baby.

## BREAST/CHEST FEEDING

Almost all planned to breastfeed. Generally, clients felt excited about it, wanted to be successful, with some nerves around learning how to do it.

## CHILDBIRTH

Around 1/3 of clients mentioned fear or anxiety about pain during childbirth, often in relationship to unwanted interventions (i.e. epidurals, c-sections, etc.)

Clients had fears around birth outcomes for Black women, with specific mention of distrust of OBs, hospitals, and being knowledgeable of the stats and stories. Two clients mentioned fear of dying.

## HOSPITALS

About 1/2 of clients had a general dislike of hospitals, or had concerns about not being heard by hospital staff, along with fear about mobility restrictions during labor and birth. Some explicitly cited racism as the cause of these potential experiences.

Clients were concerned that the hospital experience would increase potential for unnecessary interventions.

Frontline Doulas, HealthNet Analysis - 2021

## OUTCOMES

Those who received doula services in the program experienced decreased cesarean births and decreased anesthesia used during the intrapartum period. They also experienced decreased depression, anxiety disorders, and increased postpartum visits follow-up during the postpartum period.

0%

PRETERM BIRTHS

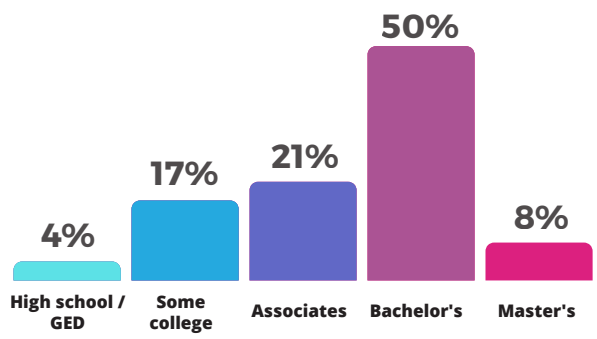
24.6%  
CESAREAN RATE

Compared to the current national and local average Cesarean rate of 36%+ for Black women. (March of Dimes)

# DEMOGRAPHICS

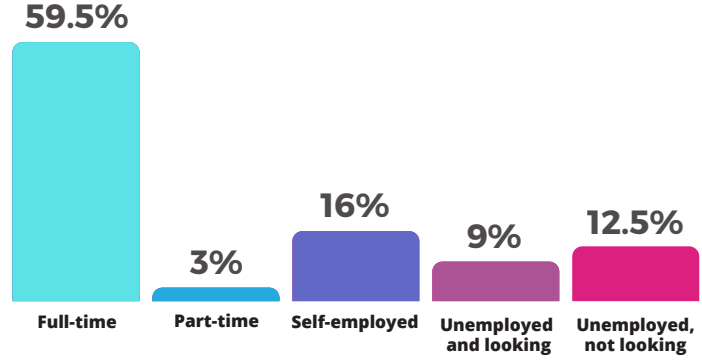
## CLIENTS' LEVEL OF EDUCATION

\*Based on responses collected.



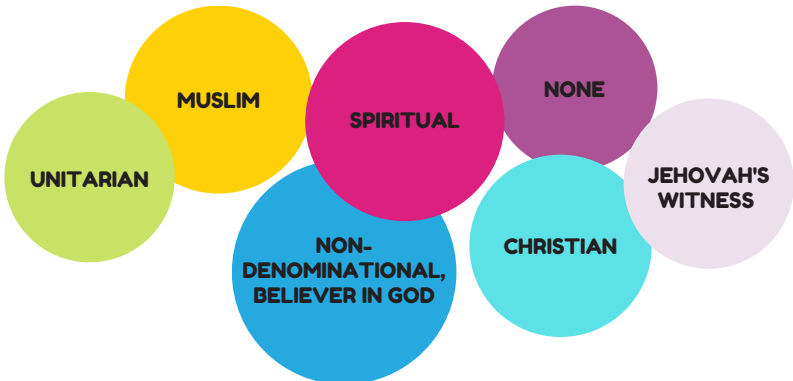
## CLIENTS' EMPLOYMENT STATUS

\*Based on responses collected.



## CLIENTS' RELIGIOUS PREFERENCES

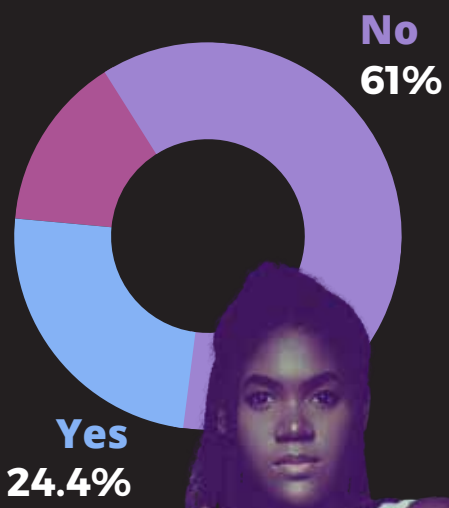
Our clients reported the following religious affiliations.



## SAFETY & WELL-BEING

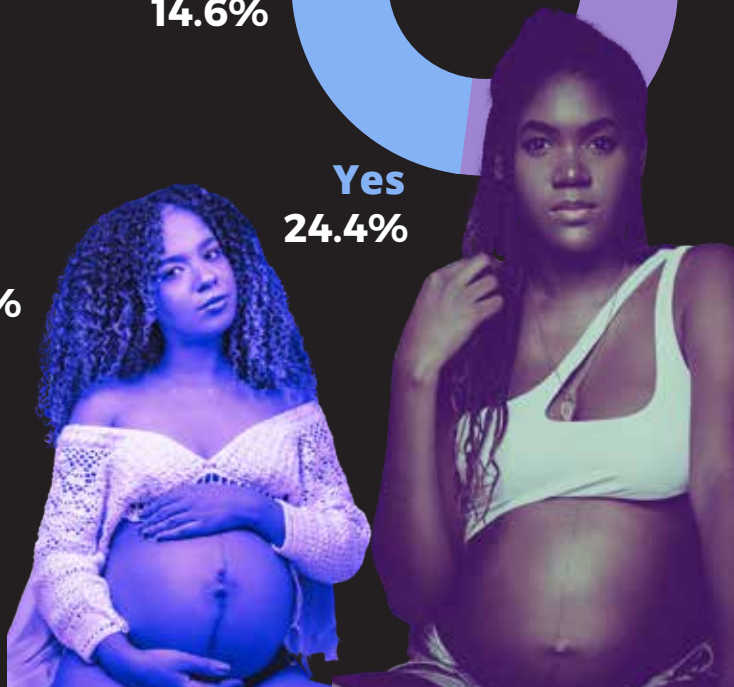
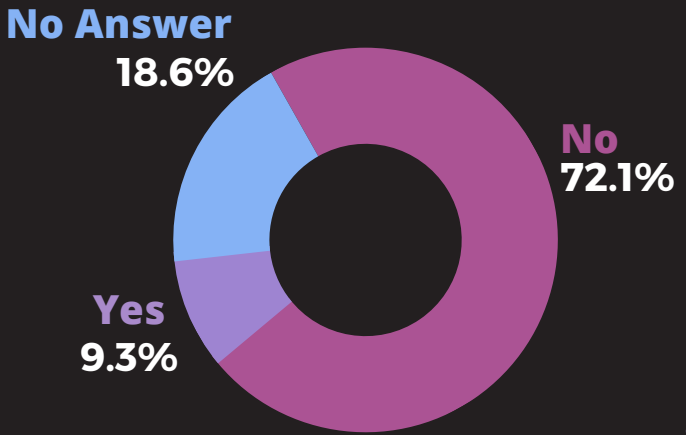
### Our Clients' ABUSE HISTORY

Participants responded to the question, "Have you ever been sexually or physically abused?"



## INTIMATE PARTNER VIOLENCE

When asked, "Are you being abused?" Participants responded:



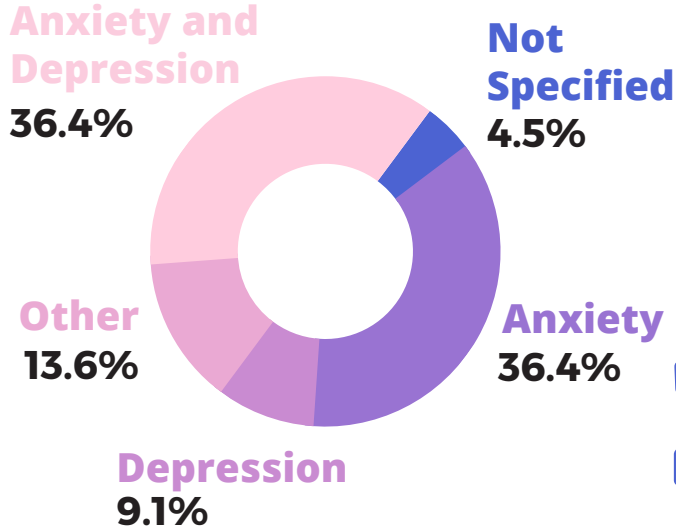


# MENTAL WELLNESS

Our Clients'

## MENTAL HEALTH HISTORY

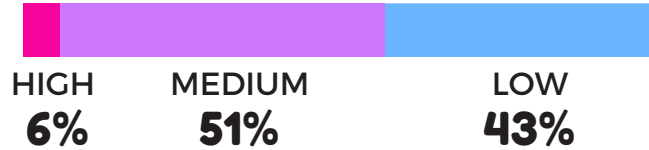
Those who reported problems with their mental health suffered from the following:



# 57%

of clients reported a history of depression/anxiety either before or during this pregnancy.

## SELF REPORTED STRESS LEVELS FROM CLIENTS

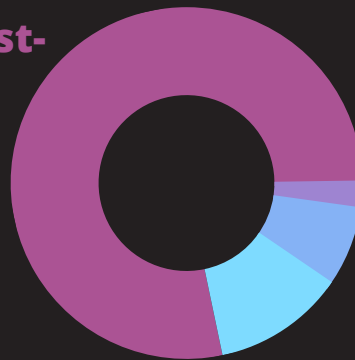


**24%** reported work as their primary source of stress, followed by COVID-19 and family at 7% each,

# POST-BIRTH PLANS



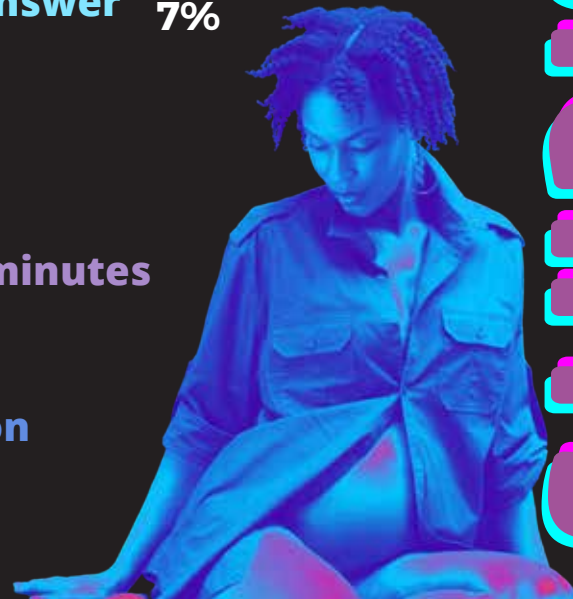
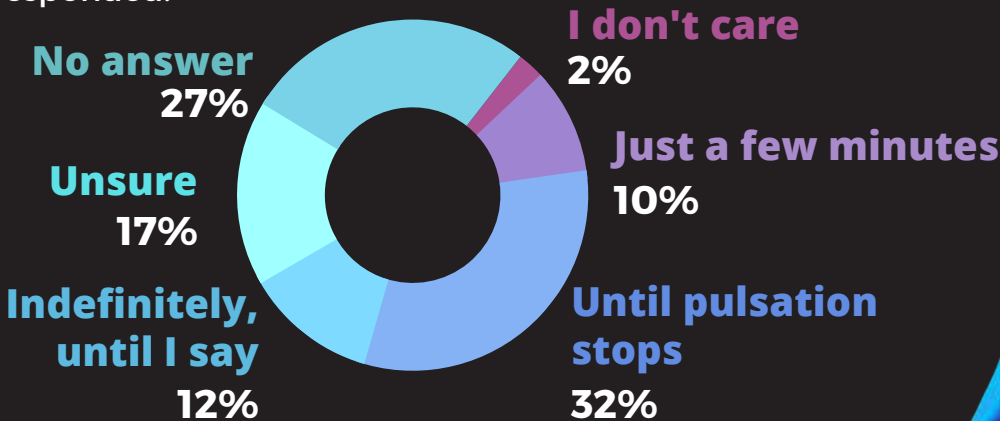
**Breast/chest-feeding**  
78%



Our Clients'  
**PLANNED FEEDING METHOD**

## Our Clients' CORD CLAMPING PREFERENCES

When asked, "How would you delay cord clamping or cutting?" survey participants responded:



# COMMUNITY INSIGHTS

"Please continue the program as it was a FANTASTIC resource. I am beyond thankful I was able to be apart of it and it made my pregnancy a wonderful experience. Having a doula was the highlight of pregnancy. I recommend it to everyone." - Anonymous

"I ENJOYED EVERY STEP OF THIS JOURNEY. I HAD IN PERSON VISITS, ZOOM VISITS AND PHONE VISITS. I LOVE NAKOMI. SHE WAS A VERY IMPORTANT PART OF THIS JOURNEY WITH ME. THANK YOU." - ANONYMOUS

"I want to take this opportunity to say that I am so grateful for FLD and the important work this organization is doing to support Black mothers... During the challenging year in the pandemic, having access to the resources and support of Frontline Doulas was invaluable and I am very appreciative of and thankful for the ongoing support. Thank you to Frontline Doulas and specifically to my Doula Nicole who is a rockstar and all around awesome woman!" - Anonymous

"I am grateful to have been supported by Frontline Doulas. I would definitely recommend the services to any pregnant woman or postpartum person needing support." - Anonymous

*"I'm so grateful for your service. It made all the difference in my birthing experience to have a doula there at no cost. Truly inspiring. Keep up the great work." - Anonymous*



TESTIMONIALS

As a Black woman, psychologist and doula, I experience and witness the resilience of the black mama daily, despite the historical traumas and present day stressors we may face. I am committed to uplifting black mamas and birthing people, and ensuring that they are supported by culturally competent, congruent, safe and trauma-informed birthworkers and providers.”

**-Dr. Sayida, Frontline Doula Co-Director & Mentor**

“We need to anoint a doula in every Black family and re-indigenize birth in BIPOC communities. Within trusted communities, our bodies may be guided through a healthy pregnancy, birth and postpartum experience. The primal cultural inheritance of birthing is passed down via non-medical medicines both subtle and bold including story, touch, ritual, dance, song, rest, prayer, cellular memory and spirit. Black Doulas, and their presence at birth, honor the legacy of the Grand Midwives, supporting better outcomes in birthing families. We help tend the fire of traditional family-centered, community nurtured, whole-person care.”

**-Khefri Riley, Frontline Doula Co-Director & Mentor**

“As a Community Doula I vowed to take action and stand in the gap as an advocate in a sweet sovereign and vulnerable life changing moment for families who just want and deserve to bring forth life in peace!”

**-Bethany Benson, Frontline Doula**

“I bring the knowledge and wisdom of the Midwives of my family to the clients I serve. I provide the same care to all of the clients that I serve, whether birthing in a hospital environment, home with a Midwife, or in a birth center.”

**-Brittney Hinton, Frontline Doula**

“Doula’s empower women to take on birth with a powerful attitude and offer compassionate nurturing support and education so that they can advocate for themselves. With the support of a doula, women and families are empowered to use their voice, feel confident and prepared to take on pregnancy, birthing and the incredible journey of parenting.”

**-Nashuwah Abdulmaged, Frontline Doula**

“To be a doula is to be of service... to offer your experience, wisdom and knowledge to a pregnant person. Being a Black Doula is to be the champion of brown babies and their moms. We are a safe harbor in places where racism impacts their birth outcome. We show up to advocate for, support and educate these moms. The end goal being to counteract the systematic racism that impacts the Black community. Finally we get to be present for a birth. What an honor and gift.”

**-Felicia Francis-Edwards, Frontline Doula**



# COVID-19

2020 - 2021

*"COVID had me so isolated...it was nice to have someone to talk to about how I was feeling and what I was experiencing. I was truly scared during this time and my doula helped me feel calm and confident."*  
-COVID-19 INITIATIVE CLIENT

## PROGRAM REGIONAL DIRECTORS

**Linda Jones**

Alameda, Contra Costa, & Sacramento Counties

**Sayida Peprah-Wilson, PsyD**

Inland Empire

**Khefri Riley, CLEC, CPYT**

Los Angeles County

# INITIATIVE

**BROUGHT TO YOU BY FRONTLINE DOULAS, DIVERSITY UPLIFTS INC, AND BLACK WOMEN BIRTHING JUSTICE**



Black maternal health in California was already in crisis before COVID-19. Since the pandemic, the gap in resources, care, and support for Black birthing families has widened even further. Funded by California Health Care Foundation and the Tara Foundation, this initiative's mission was to support the connection between Black doulas and Black birthing families in need of non-medical emotional support and practical guidance on common pregnancy and postpartum related concerns during times of uncertainty amidst a global pandemic.

## RESPOND - BLACK DOULA AWARDS

\$1,000 stipends awarded to 50 Black doulas throughout California. We focused on supporting doulas serving within five regions that exhibit high disparity among Black birthing people: Alameda County, Los Angeles County, the Inland Empire, San Bernardino/Riverside County, Contra Costa County and Sacramento County.

## SUPPORT - FRONTLINE DOULA HOTLINE

The Frontline Doula Hotline supported 125+ Black pregnant and postpartum individuals throughout California in the first year of the pandemic. Connecting them with one of the 8 community doulas on our team for a 50-minute, non-emergency emotional support telehealth appointment, via video or phone call.

## NOURISH - POSTPARTUM NOURISH BOXES

In partnership with **M2M Postpartum Justice Project**, we provided 40 days of Postpartum NOURISH! Meals to 10 birthing families working with our doulas in Alameda County - following the cultural tradition of postpartum recovery.



Left to Right: Mikeshia R; Mayra N. & Doula Tsadae; Jasmine H. & Doula Sherry

## 2020-2021 BLACK DOULA AWARDS

In 2020, as a part of our COVID-19 Initiative, in partnership with Black Women Birthing Justice, we awarded \$50,000 to Black Doulas, in 5 regions across California.

50 Doulas received awards/stipends of \$1000 for their service during this crisis. Each Doula was supported to serve pregnant individuals in high need, with virtual labor and postpartum support (in person where allowed).

In alignment with the #SayHerName movement, every award was given in honor of Black women who have fallen victim to maternal death or police brutality.

*Yolanda 'Shipharah' Kadima, Breonna Taylor, Sha-Asia Washington, Atatiana Koquice Jefferson, Unique L. Clay, Crystal Danielle Ragland, Shalon Irving, Pamela Shantay Turner, Amber Isaac, Nina Adams, Kira Johnson, Lashonda Hazard, Latasha Nicole Walton, Marqwetta Johnson, Angel Viola Decarlo, Audrey Lockett LaBranche, April Webster, Tanisha Malloy, Tameka LaShay Simpson, Seveny Fuchu, LaJuana Philips, Arika Trim, Dereshia Blackwell, Cynthia Fields, Shamony Gibson, LaShanda Anderson, Erica Morales, Decynthia Clements, Liz Brinson Wallace, Crystalline Barnes, Tomara Johnson Thompson, Geraldine Townsend, Crystle Galloway, Cariann Hithon, Tahmesha Dickey, Kiwi Herring, Tatia Oden French, Sandy Guardiola, India N. Nelson, Natasha Angie, Traci (Burnley) Chocol, and Redel Jones -- we say your names and honor your legacy.*



### 2020 BLACK DOULA AWARD WINNERS

Stanis Askew, Christian Beckley, LaShanya Breazell, Etecia Brown, Kairis Chiaji, Carla Clark, La Kiesha Davis, Jezreel De Cohen, Sarah Ferguson, Rene Fowlkes, Chandler Garrett, Anita Graves, Angel Green, Clarese C. Hill, Mercedes Johnson, Shavon Johnson, Toni Johnson, Sherry Jones, Nakomi Kirby, Sonia Lewis, Tasenet Meri Iti, Aaliyah Sade Murphy, Marlee-I Mystic, Halima Nalo Afi, Tsadae Neway, Rafeal Newport Hewitt, Tamara Robertson, Chantel Runnels, Simone Taylor, Mishal Thrower, Tamara Walton, Se'Lah Wehner, Martine Wilson, Tremaine Wilson



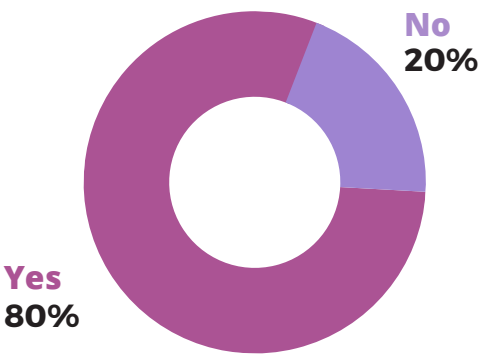
#SAYHERNAME



Our Doulas'

**FINANCIAL HARDSHIP**

Did you have any financial hardships prior to receiving this award?



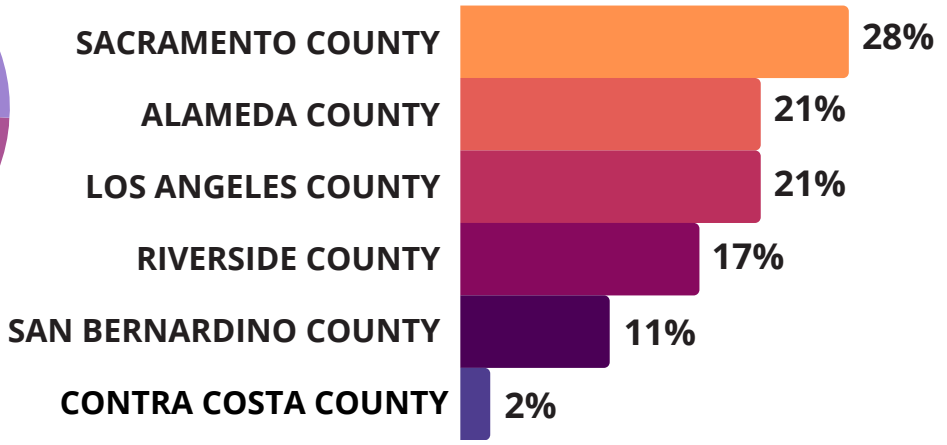
**\$50,000**

IN \$1,000 STIPENDS WAS AWARDED TO 50 BLACK DOULAS DURING THE 1ST YEAR OF THE PANDEMIC

Our Doulas'

**COUNTY OF ORIGIN**

Reported counties of residence.



Our Clients'

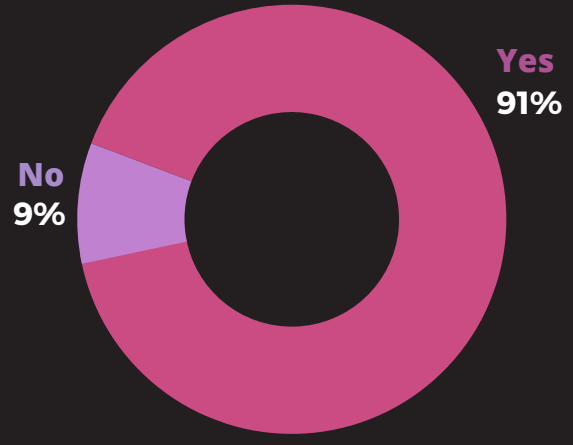
**MEDICAL PROVIDERS**



Our Clients'

**PRIOR DOULA EXPERIENCE**

Was this your first experience with a doula?

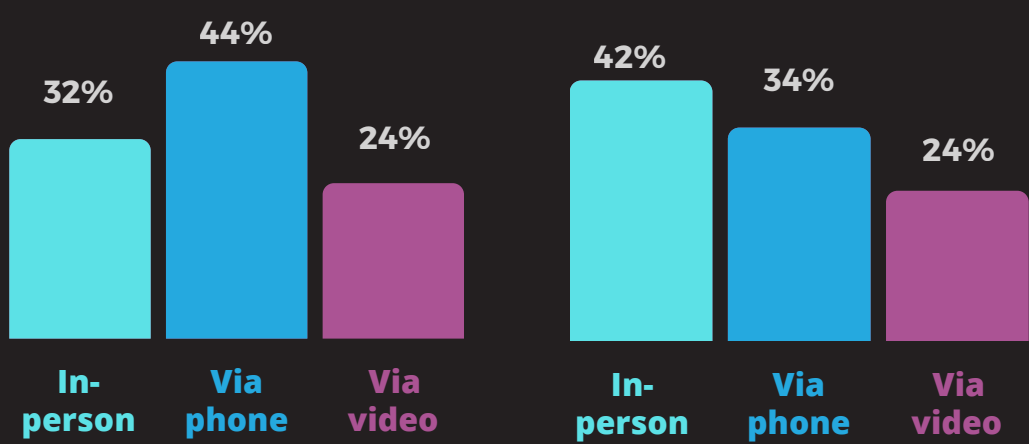


Our Doulas'

**AT - BIRTH SERVICES**

Our Doulas'

**POSTPARTUM SERVICES**

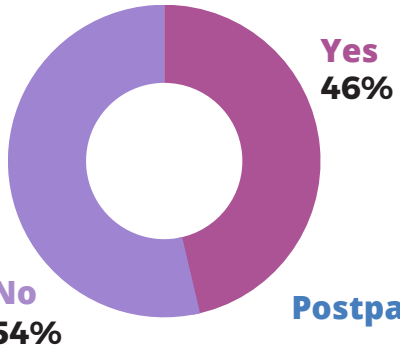


**95%**

SAID THEY WERE SATISFIED WITH THE SUPPORT THEY RECEIVED FROM THEIR DOULA + 95% SAID THE RECOMMENDATIONS SUGGESTED BY THE DOULA WERE HELPFUL IN RELIEVING EMOTIONAL DISTRESS

**Our Clients' EMPLOYMENT**

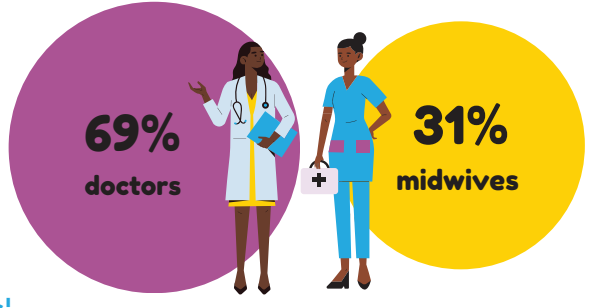
Participants responded to the question "Are you currently employed?"



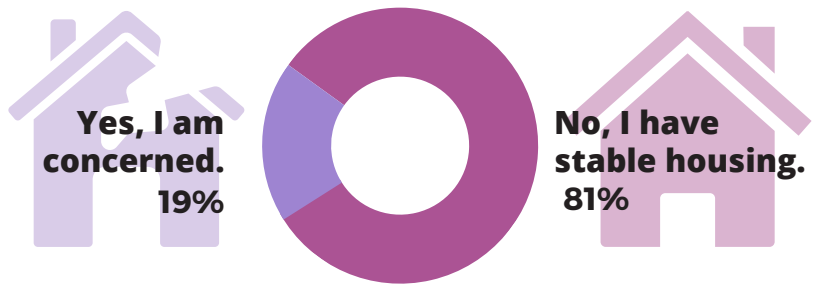
**Our Clients' PREGNANCY STATUS**



**Our Clients' MEDICAL PROVIDERS**



**Our Clients' HOUSING SAFETY**

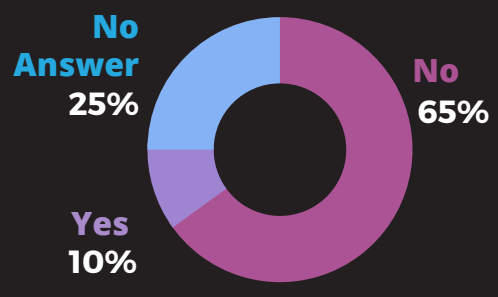


**125+ HOTLINE CALLS IN YEAR ONE!**

Participants responded to the question "Are you worried or concerned that in the next two months you may not have stable housing that you own, rent, or stay in as a part of a household?"

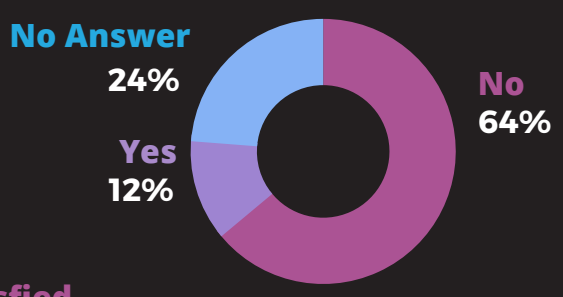
**Our Doulas' PATIENT REPORT**

Doulas responded to the question, "Is the client experiencing any pain?"



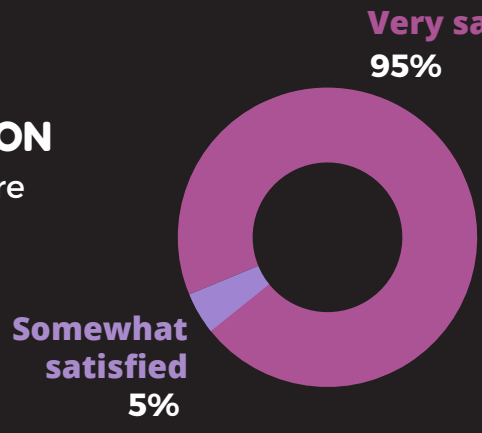
**Our Doulas' PATIENT REPORT**

Doulas responded to the question "Has the client experienced a recent trauma?"



**Our Clients' SATISFACTION**

How satisfied are you with the support you received from your doula?



**100% SAID YES**

when clients were asked "Was your question or concern answered in a timely manner?"

Shavon is amazing! I didn't know what a doula was and how much help they could be during and after pregnancy. Shavon was patient with me and with her wealth of knowledge, she explained everything so efficiently. From the birth plan to postpartum she was there. She has walked us through challenges and educated us to make the right decisions for both baby and me. I am so glad we chose her to be with us on this journey. -Sheila H.

I did not know what to expect in scheduling the call and I am happy that I did it anyway. I left the call feeling more confident, informed, and supported about my pre and post pregnancy/labor/delivery experience. -Anonymous Hotline Caller

"I wanted to have a home birth, but things changed when my baby's father got shot on my porch in front of me and the children. Then we were asked to leave our residence, so that's when the home birth was not an option anymore. I met Miss Toni through the Meadowview Black Child Legacy Campaign. Ever since she has been by my side, I wanted her to be present at my birth but due to COVID she was not, but gave me so much support. She provided clothes for my other children who are 4, 3, 2, and my newborn and we were homeless. She helped reconnect me with my mental health counselor. I am very blessed I was able to connect with Miss Toni cause no one else wanted to be bothered with me but her, and I truly appreciate her for it. -Wykeyla S. (Four children pictured together below)

TALKING TO CHANTEL REALLY GOT ME TO FEEL LIKE I FINALLY FOUND A PLACE WHERE I COULD FIND GUIDANCE AND REASSURANCE WITH ME AND MY PARTNER'S BIRTHING JOURNEY. I AM VERY THANKFUL FOR THIS SERVICE AND BELIEVE ALL EXPECTING PARENTS, ESPECIALLY FIRST TIME PARENTS HAVE THE OPPORTUNITY TO RECEIVE THIS TYPE OF SUPPORT AND GUIDANCE. NOTHING WE'VE RECEIVED SO FAR IN TERMS OF TYPICAL MEDICAL PRENATAL CARE HAS COME CLOSE TO THIS FEELING OF SUPPORT. THANK YOU CHANTEL!  
-WILL C. (1ST TIME EXPECTING DAD)



# TESTIMONIALS



# FRONTLINE DOULA HOTLINE

2020 - 2023

*Bridging the Healthcare Gap Between Black/African American Birthing People and Black/African American Doulas*

## FOUNDING TEAM OF HOTLINE DOULAS



Monique Cowan

Jennifer Evans

Sarah Ferguson

Sherry Jones

Alexis Perryman

Chantel Runnels

Michelle Sanders

Se'Lah Wehner



The Frontline Doula Hotline is a respectful "warm line" that allows pregnant and postpartum birthing people (in California and nationwide) to schedule a video chat or call-back time with a trained Doula.

Since its inception in 2020, the Frontline Doula Hotline has provided **330+ Black pregnant and postpartum individuals**, with a personalized emotional support call/text/video session (whichever client prefers), to provide emotional support, practical guidance on managing common pregnancy and postpartum-related concerns, and navigation to appropriate referrals for identified concerns.

## 2020 SPECTRUM NEWS FEATURE

*Click or scan to View!*



**WE'RE HERE TO PROVIDE CULTURALLY COMPETENT, CONFIDENTIAL, PROFESSIONAL, CARING DOULA SUPPORT.**

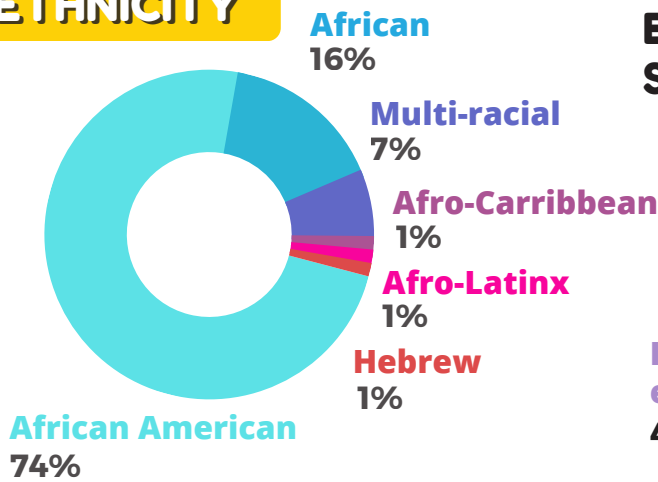
<https://spectrumnews1.com/ca/la-west/health/2020/11/09/new-hotline-aims-to-support-black-moms>

## DEMOGRAPHICS

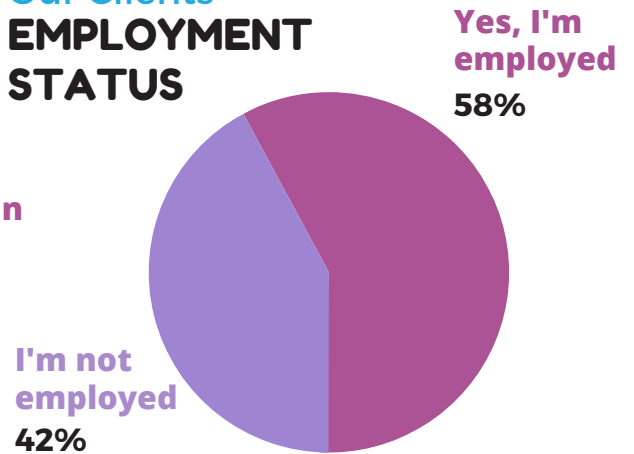
FRONTLINE DOULA HOTLINE  
(DATA 2020-2022)

Our Clients'

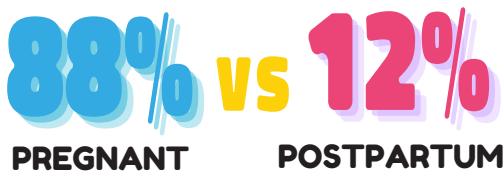
### ETHNICITY



### Our Clients' EMPLOYMENT STATUS



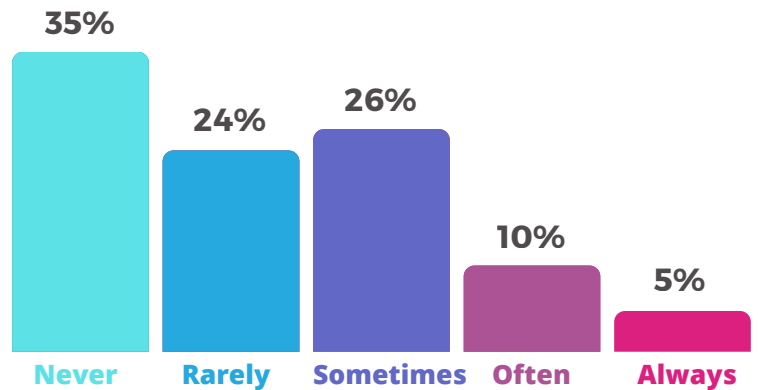
### CALLER BREAKDOWN



Our Clients'

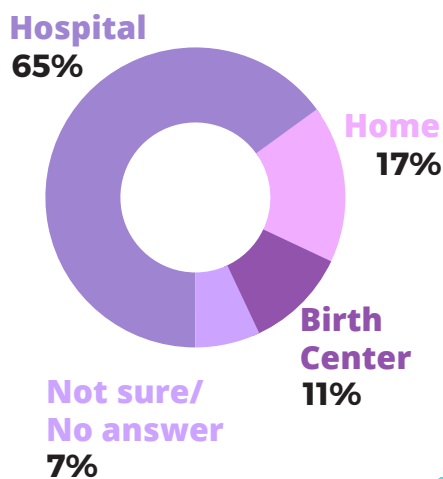
### COST OF LIVING CONCERNS

How often does the following statement describe you? "I don't have enough money to pay my bills."



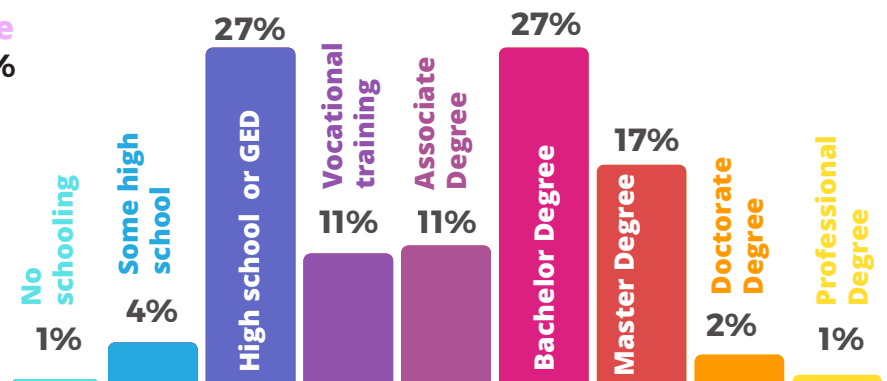
### BIRTHING LOCATION

Where clients plan to, or gave birth.



Our Clients'

### LEVEL OF EDUCATION

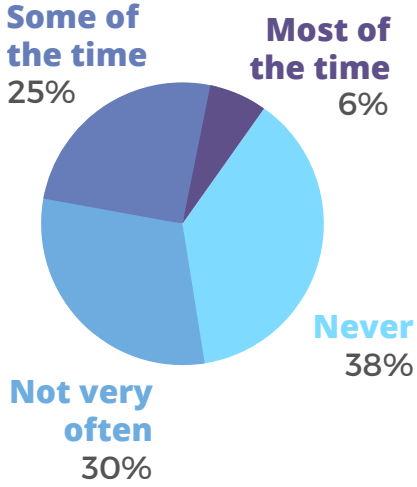


# PERINATAL MENTAL HEALTH INDICATORS

**COMMUNITY INSIGHTS**

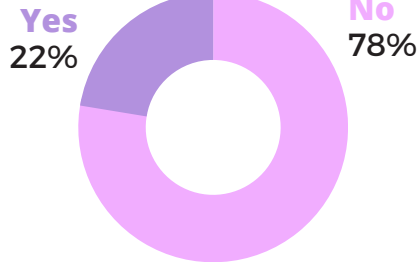
## Our Clients' SENSE OF BLAME

Participants responded to the statement "I have blamed myself unnecessarily when things went wrong."

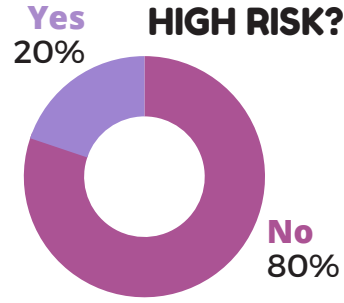


## Our Clients' MENTAL DISTRESS

Is the client experiencing any mental distress?



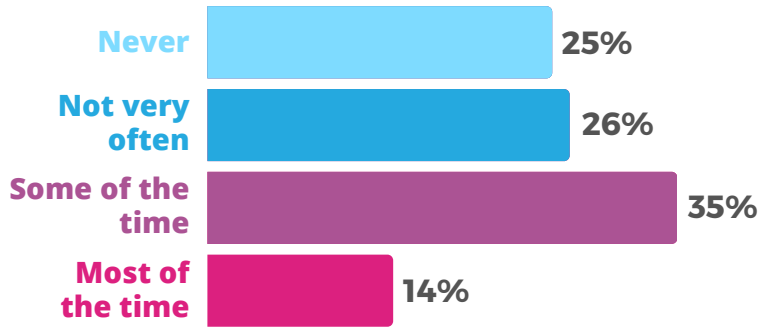
## Is the client HIGH RISK?



## Our Clients' ANXIETY AND WORRY

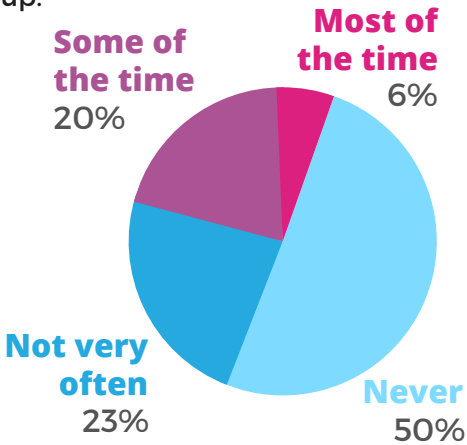
### ANXIETY AND WORRY

Participants responded to the statement "I have been anxious or worried for no good reason."



## Our Clients' EMOTIONAL WELL-BEING

Participants responded to the statement "I have felt so stressed out that I've thought about giving up."



## CLIENT SATISFACTION

- 92% of clients' questions or concerns answered in a timely manner
- 92% of clients satisfied with answer
- 86% of clients are Very Satisfied with the care received from their doula
- 78% of clients agree that recommendations suggested by the doula were helpful in relieving any physical symptoms
- 82% of clients prefer hotline format
- 92% of clients would use doula service again or recommend to a friend

**330+**

Birthing Individuals have been provided 1:1 emotional, educational and advocacy support.

"I've been so stressed in different ways throughout this pregnancy. There are more demands on my body now that we are not in quarantine. Speaking with Chantal today was very helpful. I have been considering becoming a doula because of people like Chantal that help ease the mind/body of mothers. I'm very grateful for the visibility of Frontline, several people recommended, and everything they do." ~Alexis R (pictured below, far left with family)

"My experience with Chantel has been amazing! She goes above and beyond. Not only has she provided education and practical tools for planning and preparing for each stage of pregnancy and "birthing a whole child," she also has helped shape a new perspective regarding caring for myself differently and allowing myself space to heal during my postpartum care. My overall well-being, including my mental and physical health has mattered to Chantel. She has been a caring support that has allowed me to feel safe and confident through each stage. I am so grateful to have her as my doula." -Kharvena M. (pictured below, center with baby)

"Sarah was amazing! She listened to my concerns & reassured me that my feelings were valid. I really appreciated all of the amazing suggestions she provided to help me be more okay with accepting help from others." -Shantia (pictured below, far right with baby)

"I have no words for how much I love Alexis. I've had 2 calls with her: the first was to address healing from the trauma of my last pregnancy, the second was to get help setting boundaries. She is patient, kind, and asks the right questions. She is genuinely focused on helping me create a healing journey that will sustain me and my family while I am pregnant and postpartum. I am so grateful to have her as my doula during this period of my life." -Anonymous Hotline Caller

Jennifer was amazing to speak with. She helped ease any worries I may have had as far as Prenatal Care and Delivery." - Cyjerra

SE'LAH WAS AMAZING, WARM, FRIENDLY, AND KNOWLEDGEABLE. I FELT SO CONNECTED, HEARD, AND SEEN. THIS SERVICE IS INVALUABLE.  
-ANONYMOUS HOTLINE CALLER



# TESTIMONIALS

# HEAL THE WOMB HEAL THE WORLD

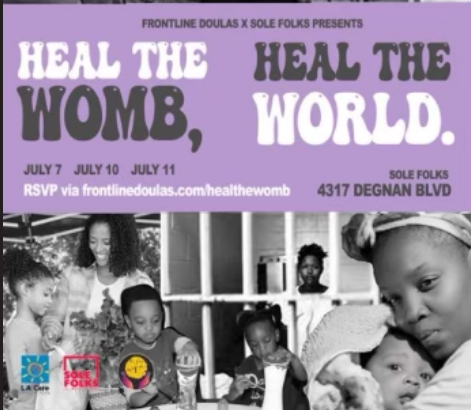
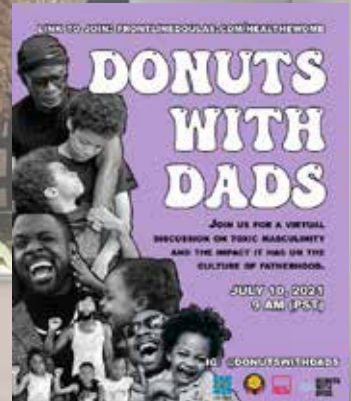
2021 & 2022

*An ongoing series of Maternal Health, Reproductive Justice and Wellness experiences intended to inspire and heal the community.*

## THANK YOU TO OUR COMMUNITY PARTNERS

- LA Care Health Plan
- Sole Folks
- Diversity Uplifts Inc.
- Black Women for Wellness
- Sankofa Birthworkers Collective
- AAIMM Doula Program
- Kindred Space LA
- Afro Puff Designs
- Let's Be Whole
- Cosmic Kichen
- ARC

# THE REVOLUTION IS IN THE WOMB





# DOULA

2021-2023

*Addressing Health Inequities  
in Maternal Health with  
Doulas/ Community Health  
Advocates (CHAs)*

## THE DOULA/CHAs

Felicia Francis-Edwards  
Nakomi Kirby



# COMMUNITY HEALTH ADVOCATE PROGRAM DOULA/(CHA)

A NO COST culturally responsive doula support program to drive equitable health outcomes for Black families and infants in Los Angeles County. Funded by a community investment grant from Blue Shield of California as a part of their Maternal Child Health Equity Initiative.

We intensified our efforts to place Black birthing people with trauma-informed, community-based doulas, who will act in a dual role as a doula and community health advocate, centering the experiences and voices of the communities they come from. The data contained here is from the first cohort of 30 families.

## WHAT IS A COMMUNITY DOULA/CHA?

As a part of this new program, our amazing community doulas have undergone rigorous training to serve as community health advocates (CHA) in addition to providing the excellent care Frontline Doulas are known for. The doulas committed to:

- Provide family centered services, that are trauma informed, to encourage safe and respectful care to birthing communities that have been historically marginalized.
- Support birthing people in prenatal visits, labor, and delivery, and post-partum follow up.
- Provide physical, culturally appropriate emotional, and informational support.
- Conduct screenings prior to the birth for emotional wellness and health concerns.
- Provide referrals to any needed mental health, trauma-targeted or social service needs.



# THROUGH THE PREGNANCY JOURNEY

## OUR INTENTIONS

If we provide Doulas to support Black/African American birthing people before, during, and after their birthing experiences, then we will see:

- Improved patient health outcomes
- Increased access to social services and community resources
- Decreased unnecessary utilization of high-cost services (I.e. Cesarean delivery and adverse birth outcomes)
- Improved coordination among systems of support (I.e. payor, community-based organizations, and hospitals)
- Reduction in health inequities in Black maternal and child health

*Blue Shield Maternal Child Health Equity Doula Program: Los Angeles, Final Evaluation (March 2023)*

.....\*

## PRENATAL: THEMES OF SUCCESS

- Instilling Confidence (Sharing Information, Referrals, and General Education about pregnancy, birth, and postpartum)
- Engaging conversations about topics discussed
- Holding space for clients to feel seen and understood
- General Themes: Providing educational and emotional support to the birthing person and their support systems like partners or other children (e.g., breathing and relaxation techniques), offering encouraging tools of self-empowerment, and offering unbiased support in holding space for clients to express their concerns

## PRENATAL: THEMES OF DIFFICULTIES

- Difficult Conversations Around Loss
- Client Overwhelmed with New Information
- Client in Need of further Mental Health Support
- Managing Relationships with Family Members
- Responding to Doctor/Provider Comments
- Meeting Clients At the Current Level of Understanding
- Tech Difficulties and Need for More Time





**DOULA COMMUNITY HEALTH ADVOCATE (CHA)  
(2020-2021)**

**BIRTH - LABOR & DELIVERY: THEMES OF SUCCESS**

- High Satisfaction, Achieved Unmedicated or Low Intervention Birth, followed Birth Plan
- Conquered Fears and Self Advocacy
- Fast Delivery
- Acceptance of Birth Process
- Positive Experience, Alignment with Birth Plan
- Care and Consideration from Hospital Staff
- Empowering Client to Self Advocate
- Providing Encouragement, Education, and Continuous Support
- Facilitating Acceptance and Shared Decision Making



**BIRTH - LABOR & DELIVERY:  
THEMES OF DIFFICULTIES**

- Clinical Complications
- Prolonged Labor
- Pain Management
- COVID Restrictions
- Communication with Staff and Need for Continuous Advocacy

**100%**  
**BREAST/CHEST-FEEDING  
INITIATION  
RATE**

.....  
**POSTPARTUM: THEMES OF SUCCESS**

- Providing Emotional Support
- Educating Parents of Newborn Care and Postpartum Healing
- Client Satisfaction
- Witnessing and Facilitating Client Growth/Evolution as a Parent
- Discussing Feedback about experience with Frontline
- Affirmations and Reflecting Strengths
- Inspiring Self Advocacy

**POSTPARTUM:  
THEMES OF DIFFICULTIES**

- Complications in Postpartum Period
- Concern about hospital experiences
- Shift in Family Dynamic



**PREGNANCY THEMES**

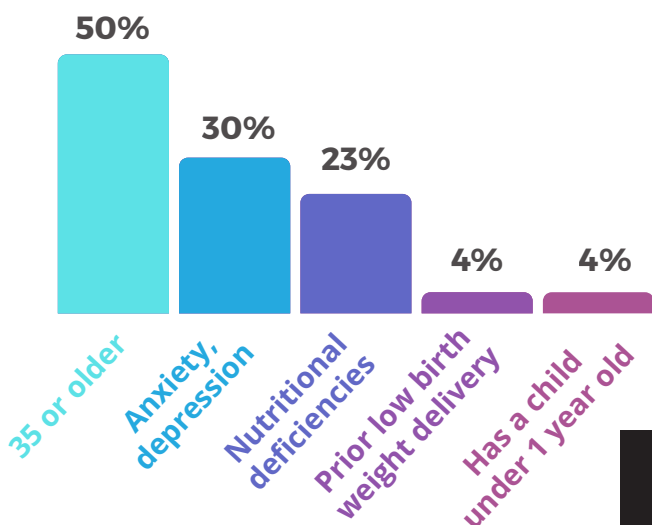
**53%** of birthing people entered the program in their 3rd Trimester

**100%** were receiving regular prenatal care

35+, anxiety, and nutritional deficiencies were among the top risk factors reported and 53% of mothers identified 3 or more needs at intake.

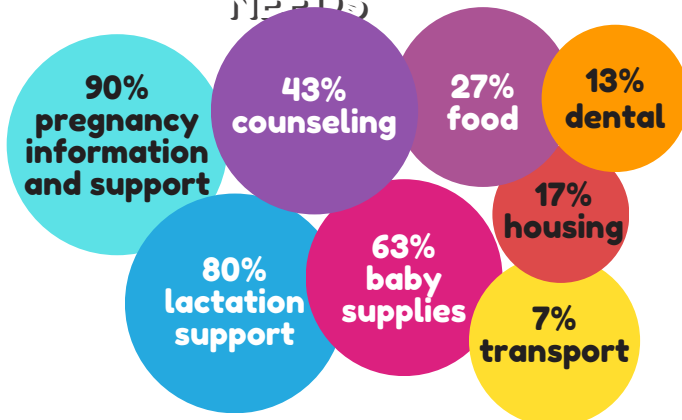
Our Clients'

**RISK FACTORS**

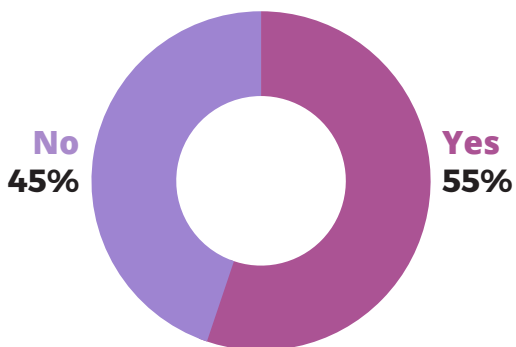


Our Clients'

**SELF-REPORTED NEEDS**



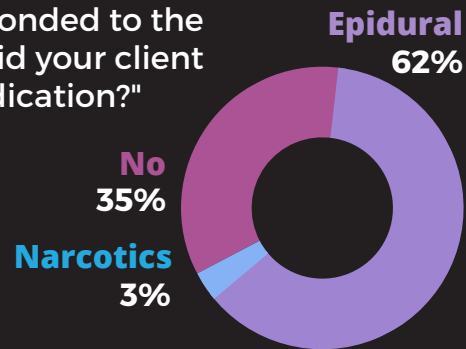
**CLIENTS' FIRST PREGNANCY**



**LABOR & DELIVERY**

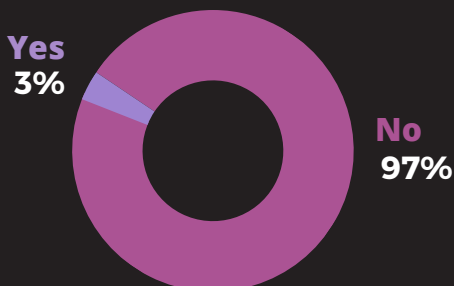
**MEDICATION REPORT**

Doulas responded to the question "Did your client receive medication?"



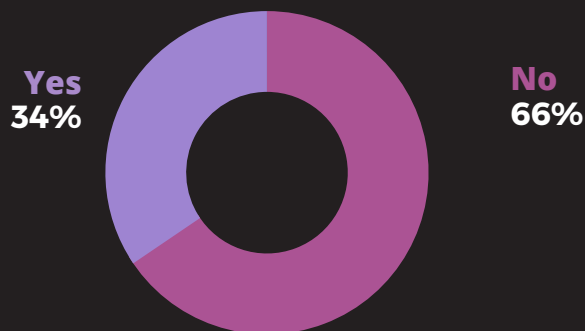
**NICU REPORT**

Doulas responded to the question "Was the baby admitted to the NICU?"

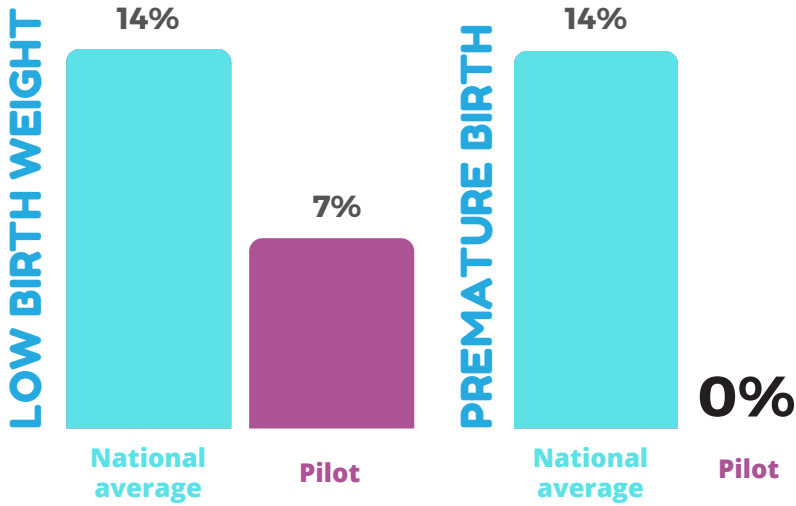


**INDUCTION REPORT**

Doulas responded to the question "Was your client induced?"



**LOW BIRTH WEIGHT & PREMATURE BIRTH  
PILOT vs NATIONAL AVERAGE FOR BLACK &  
AFRICAN AMERICAN BIRTHING PEOPLE**



**0%**

**OUR PRETERM BIRTH RATE OF 0% IS A 100% DECREASE FROM THE 14% NATIONAL AVERAGE**

**7%**

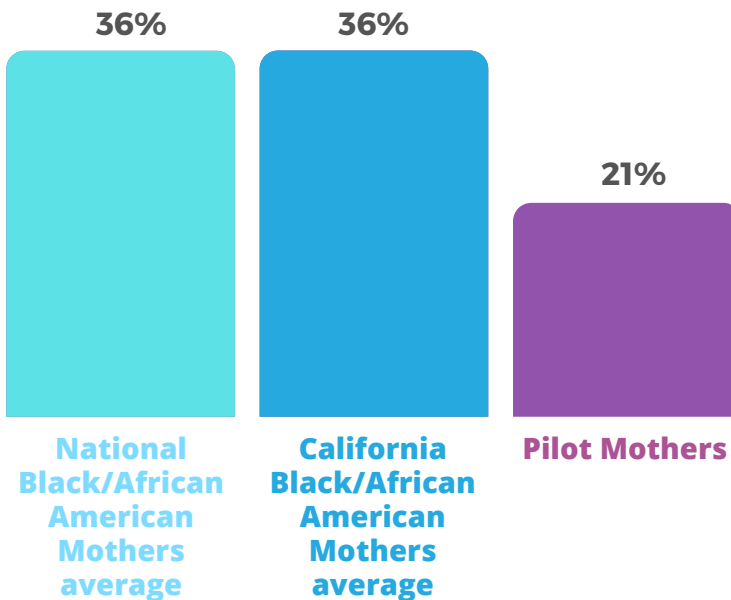
**OUR LOW BIRTH RATE OF 7% IS A 50% DECREASE FROM THE 14% NATIONAL AVERAGE**

According to data from the March of Dimes, in the United States, prematurity/low birthweight is the second leading cause of all infant deaths (during the first year of life) and the leading cause of infant death among black infants.

**21%**

**OUR CESAREAN RATE OF 21% IS A 42% DECREASE IN CESAREAN RATES COMPARED TO THE CURRENT NATIONAL AND LOCAL AVERAGE CESAREAN RATE OF 36%+ FOR BLACK WOMEN.**

**CESAREAN RATES  
PILOT VS STATE AND NATIONAL AVERAGES**



**KEY TAKEAWAYS**

- Both hospital policies and communication between Doulas and hospital providers/staff were identified as barriers to improved conditions among systems of support.
- All birthing people reported that having a doula helped navigate challenges and that they would recommend a Doula to their family and friends.
- In this pilot, 20% of participants reported experiencing discriminatory and/or unfair treatment in a healthcare setting on account of their race/ethnicity in the last 6 months. 80% reported never.
- During qualitative interviews we heard that many Doulas mitigated racist behaviors from hospital staff and providers.

**OUTCOMES & TAKEAWAYS**

"The Frontline Doula program was an amazing addition to my birthing process. I could not have done it all without Felicia! She helped me tremendously postpartum navigate a very traumatic event. It's something we could not have planned for, but taught me the importance of support not only through my birth was essential...but postpartum! She was emotionally in tune, kind, patient, and a prayer warrior for me. I am so blessed to have been apart of this program and will definitely seek doula services for my future births" - Kristin S. (pictured below, far right)

"My pregnancy and birth experience was amazing! I wouldn't change a thing. I was rejected prenatal care during Covid-19 after my OB retired on me and it led me to the birth center where I had my baby girl. Nakomī showed up for me...I consider my doula a sister and a friend. She got along so well with my mother and husband." - Charletta R. (pictured center below with family and Doula Nakomī)

"Frontline Doulas was very supportive and reassuring for me as a first time Mom doing a non-medicated home birth. My doula was consistent in checking in with me and provided great support during and after delivery. Having that calm presence gave me confidence in my birthing abilities. Everyone should have this support." -Martin Family

"Felicia completely changed how I felt about myself as a mother. She is a huge reason I was able to feel secure within myself and at peace. Without a doula, I don't think I can go through the pregnancy process. I appreciate Frontline for providing these services because on my own I would not be able to afford the necessary assistance." - A.C.

"It was important for me to have a Black doula for the birth of our first child. I was provided handouts for education and discussions that helped me make decisions during pregnancy. During labor, the skills of heat, massage, and position changes were very helpful. My doula helped to create a calm and positive environment. Helped me to reach my goal of a safe vaginal delivery." - Toyree



**TESTIMONIALS**

# BLACK

2022-2023

*Bridging the Healthcare Gap Between Black/African American Birthing People and Black/African American Doulas*



# DOULA AWARDS

## BLACK DOULA MATCH PROGRAM

This initiative matched 80+ Black Birthing families with Black Doulas to offer no cost doula support in Los Angeles County. We awarded 10 local Black Doulas a Frontline Doula Black Doula Scholarship Award to serve local families.

Doula Care in this program included the following:

- 3 Prenatal Visits
- Support at Birth
- 3 Postpartum Visits
- Community-Centered Practices
- Advocacy Emotional Support
- Culturally Competent Care
- Lactation Support
- Childbirth Education Materials
- \$100 Gift Card for Baby Supplies

This program was brought to you by Frontline Doulas and Diversity Uplifts Inc. funded by a grant LA CARE and from LA Partnership for Early Childhood Investment as a part of their expansion of the African American Infant and Maternal Mortality Initiative (AAIMM) Community Doula Program.

## CONGRATULATIONS TO THE 2022 BLACK DOULA SCHOLARSHIP AWARDEES



CHRISTIAN BECKLEY



CHRISTIAN REDD



DAISY EPPERSON



JEANINE ROGERS



LEE WALKER



MARLEEN JETT



SIERRA MASSEY



STANIS ASKEW



STEPHANIE ARJONA



TAHIRA ALI



"Our doula Stephanie was a gem during my pregnancy and postpartum. Felt like I was hanging with a friend that just so happened to know the actual facts on what I should do for baby. She also assured me with the changes my body. She protected me in the hospital room when I felt pressured. Assisted with my breastfeeding journey when I was close to quitting. 10's across the board." - Tiara (pictured below, far left with family)

"WITHOUT FRONTLINE DOULAS I WOULD NOT HAVE BEEN ABLE TO AFFORD A DOULA. WE HAD AN AMAZING EXPERIENCE WITH OUR DOULA JEANINE. JEANINE WAS SO KNOWLEDGEABLE, CARING, AND DEPENDABLE. THE SERVICES AND RELATIONSHIP WE FORMED WITH HER WERE TRULY UNMATCHED. THANK YOU SO MUCH FOR PROVIDING THESE SERVICES!" - ALEXES (PICTURED CENTER BELOW)

"I would highly recommend Frontline Doulas for any pregnant woman. They placed me with an amazing doula who instilled tons of knowledge about what to expect during the delivery process as well as postpartum. My doula also made herself very available to me to ask her any kinds of pregnancy/delivery/postpartum questions I had. Since she is a mother herself, it made me feel even more at ease during this entire process. Both me and my baby had a healthy delivery and are very happy. All I can say is thank you!" - Ashlyn (pictured below, lower right)

*"Thanks to Christian I was able to establish my milk supply after an unexpectedly dramatic birth that left me healing and confused. She met me and my family at our home within 24 hours of birth and gave us clear and needed guidance on next steps to take. She brought clarity to the chaos and confusion of my early postpartum period and did it with her fun and no nonsense sense of humor! Without her, I am pretty sure my kids would be exclusively on formula by now instead of breastfed and bottle-fed my expressed milk."* - Chelsea (Doula Christian pictured below with Chelsea's twins, upper right)



**TESTIMONIALS**

# PRESS & PUBLICATION HIGHLIGHTS



05.08.23 CBS Evening News Feature:

**How doulas help combat racial disparities in maternal health**  
<https://www.cbsnews.com/news/frontline-doulas-combat-racial-disparities-maternal-health-los-angeles/>



04.16.23 KCET Docuseries Episode:

**Bonnie Boswell Reports: Saving Moms**  
[www.kcet.org/shows/bonnie-boswell-reports/special/saving-moms](http://www.kcet.org/shows/bonnie-boswell-reports/special/saving-moms)



04.14.23 Journal of Midwifery & Women's Health  
**The Experiences of Black Community-Based Doulas as They Mitigate Systems of Racism: A Qualitative Study**  
<https://onlinelibrary.wiley.com/doi/10.1111/jmwh.13493>



02.09.23 LA Sentinel Article:

**Advocates Shine Light on Pregnancy-Related Deaths Among Black Women**  
<https://lasentinel.net/advocates-shine-light-on-pregnancy-related-deaths-among-black-women.html>



2022 National Health Law Program:

**California Doula Pilots Lessons Learned Project**

- Summaries of California Doula Pilot Programs
- Lessons Learned from California Doula Pilot Programs
- Challenges Reported by California Doula Pilot Programs
- <https://healthlaw.org/cadoulapilots/>



11.16.21 Sacramento Bee Article:

**Why doulas are fearful of CA effort to support birth workers**  
<https://www.sacbee.com/news/california/article255204991.html>



08.12.21 REVOLT Article:

**Mutual support between Black business and their communities will help close the racial wealth gap**  
<https://www.revolt.tv/article/2021-08-12/47514/mutual-support-between-black-business-and-their-communities-will-help-close-the-racial-wealth-gap/>



02.26.20 LAist Article:

**Free Doula Program For Black Moms-To-Be Gets New Life**  
<https://laist.com/news/free-doula-program-los-angeles>



# CALIFORNIA FORCED INVOLUNTARY STERILIZATION COMPENSATION PROGRAM

## SPREAD THE WORD!

The California State Legislature approved \$4.5 million for compensation to survivors of forced or involuntary sterilization. The amount will be divided equally among the number of claimants who qualify for compensation.

The California Victim Compensation Board (CalVCB) administers the program and is accepting applications from January 1, 2022 - December 31, 2023.

LEARN MORE AT:  
[TINYURL.COM/RJBEHINDBARS](http://TINYURL.COM/RJBEHINDBARS)

# ADVOCATES FOR THE NEW CALIFORNIA MEDI-CAL DOULA BENEFIT

## DEPARTMENT OF HEALTH CARE SERVICES (DHCS) 'COMMUNITY COMMUNICATIONS ADVISORY TEAM' (CCAT) MEMBERS

Co-Founders, Dr. Sayida and Khefri, alongside esteemed colleagues Linda Jones, Samsarah Morgan and Payshia Edwards, worked with community stakeholders and DHCS team members as direct liaisons to advise and advocate for an equitable Medi-Cal doula benefit in California.



# SUPPORT THE WORK

# [FRONTLINEDOULAS.COM/DONATE](http://FRONTLINEDOULAS.COM/DONATE)



## BLACK DOULA DIRECTORY

### BETTER ACCESS TO BIRTHING SERVICES IN THE BLACK COMMUNITY

Our Black doula directory will allow greater access to birthing services for the Black community. Doulas are shown to improve birth outcomes, especially within marginalized communities affected by higher maternal mortality rates. This directory will allow more people to receive the care they deserve. Outreach will also focus on doulas who are enrolled as CA Medi-Cal approved providers. [www.frontlinedoulas.com/blackdouladirectory](http://www.frontlinedoulas.com/blackdouladirectory)

# LAUNCHING

# 2023

# JOIN THE

# LIST





# WE ARE PROUD & THANKFUL TO HAVE RECEIVED FUNDING FROM



KAISER PERMANENTE



THE CENTER  
at Sierra Health Foundation



TARA  
HEALTH FOUNDATION



Black Maternal Health  
Center Of Excellence  
CHARLES R. DREW UNIVERSITY OF SCIENCE AND MEDICINE



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HEALTH PLAN™



IN THE YEARS 2020, 2021, & 2022 WE'VE SUCCESSFULLY RAISED

# \$1,349,000

WE ARE SO GRATEFUL AND HUMBLLED BY GRACE  
AND THE ANCESTORS

# WITH GRATITUDE

to countless collaborators and supporters

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**FISCAL SPONSOR:** Diversity Uplifts, Inc. (DU)  
DU is a direct service, consulting, and training 501(c)(3) non-profit organization determined to improve the well-being of women, birthing people, children and families by supporting marginalized and minority communities, while increasing cultural competence and humility among providers who serve them.

[diversityuplifts.org](http://diversityuplifts.org)

**REFERENCES:** Blue Shield Maternal Child Health Equity Doula Program - Los Angeles, Final Evaluation (March 2023); Health Het - Getting to Care: A Key Findings Report About Health Equity in California (August 2021)

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**In loving memory of April Valentine**  
**#JusticeforApril**



