

# The Village

## Community Doula Program



"SOCIAL SUPPORT IS THE HEART OF RESILIENCE" - AMANDA HARDY, PHD

The Village is a comprehensive community doula project that combines several proven support modalities to improve maternal physical & mental health outcomes for Black birthing people, as well as, enriching early relational health.

Mind Body Baby NC, in partnership with independent Black doulas in the community and through a grant from Mecklenburg County, has developed a community care model that incorporates

- Doula support - birthing and pre & postnatal care
- Resource navigation support
- Perinatal mental health education & screenings
- Group support and parenting education

Each modality on its own acts in a preventative manner against the impacts of

- Poor maternal health outcomes
  - Low infant birth weights
  - Perinatal mood disorders & poor early relational health
  - Traumatic births, C-section rates
  - Isolation
  - Poor breastfeeding continuation
- (See reverse side for evidence links)

### REQUIREMENTS TO APPLY

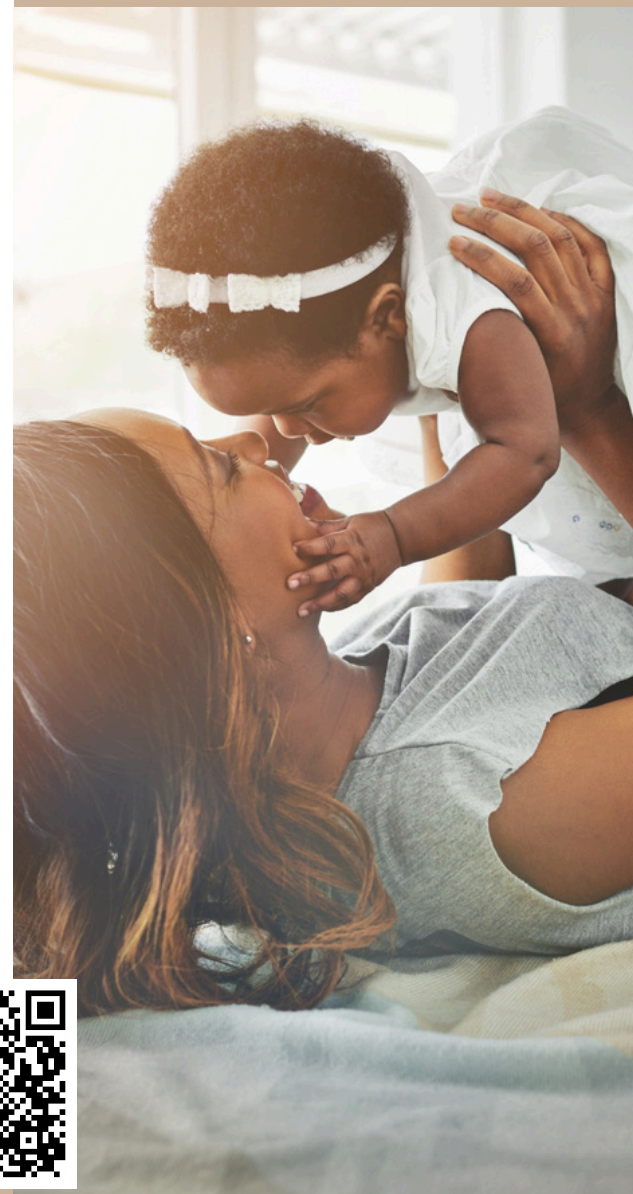
- Pregnant in the 1st or 2nd trimester & identify as Black
- Receiving Medicaid, is un/under-insured
- Living in underserved zip codes or are insecurely housed
- Priority is given to household incomes under \$80,000.
- Willing to participate in entire program

Interested participants should complete the form at [mindbodybabync.org](http://mindbodybabync.org) under Community Care Fund



Mind Body Baby NC

[www.mindbodybabync.org](http://www.mindbodybabync.org)  
980-224-0024  
[village@mindbodybabync.org](mailto:village@mindbodybabync.org)



# Approach

## Community Doula Support:

- Prescribed doula education & support including 3 prenatal in home visits, labor & birthing support, and 3 postnatal visits (beginning at 24/48 hrs post delivery)
- Following a prescribed doula education curriculum developed by combining other models around the country
- Utilizing established BIPOC doulas actively working on the community

## Resource Navigation

- Early identification of gaps in essential needs/ obstacles, with solutions guidance & resources including...
- Housing
- DV protections
- Establishing obstetric & pediatric support
- Transportation
- Additional education and connections to services

## Perinatal Mental Health Education & Screenings

- Multiple forms of MMH education throughout the program
- Multiple screening occurrences pre and postnatal using the PHQ9 and PASS screenings with follow up guidance and support.
- Minimum 1 prenatal screening and 2 to 3 postnatal screenings at 3 week, 3 month and 6 month intervals.

## Group Support & Education

- Monthly peer support groups discussing current experiences to learn from each other, guided by perinatal professionals
- Additional education in childbirth prep, postpartum prep, feeding, bonding, and early infant education

# Evidence

Preventative care through doula support



Inspiration models



PMAD's / Social support & Early relational health

