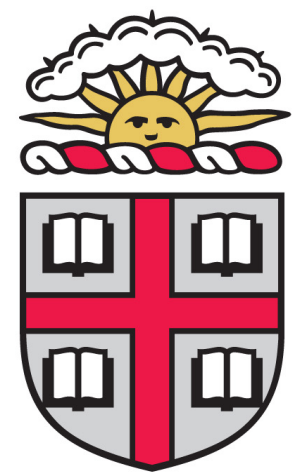




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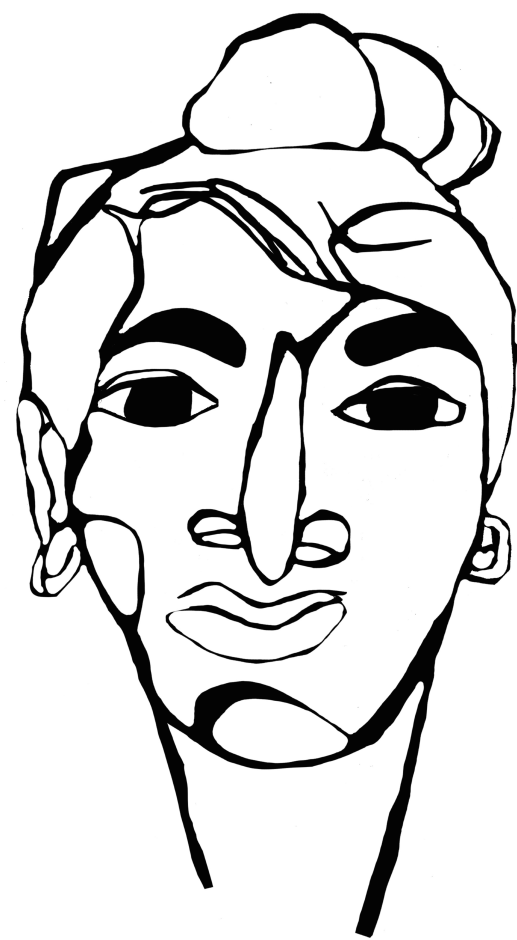
The Rhode Island Doula Collective

Kira Neel, BA

Alpert Medical School at Brown University



Who We Are



The RI Doula Collective was founded in 2014 to provide free birth doula services to teen moms in Rhode Island.

What We Do

A doula is a non-medical person who provides physical, emotional, and informational support to expecting parents during pregnancy, at birth, and after the baby is born.

The presence of a birth doula can decrease rates of cesarean section, length of labor, use of forceps delivery, and also increases positive emotions associated with the birth experience and breastfeeding rates. This service is typically paid for privately, and cost from \$400-\$1,200 per birth.

The RI Doula collective works with families who experience the worst statistical maternal and infant health outcomes, namely, adolescent parents, low-income, and Black and Brown communities. We are currently the only no-fee, community based doula collective in RI.

And Why We Do It

The Rhode Island Doula Collective addresses maternal health disparities by providing free labor and delivery doula services to women and families in low-income and underserved communities - especially young mothers of color who disproportionately experience barriers to services and information.

In RI, mothers of color have the highest rates of unplanned pregnancy and negative birth outcomes. According to KidsCountRI 2013, the highest rates of teen pregnancy in RI are in Providence and Central Falls; the rate in Central Falls is greater than twice the national average. Providing free doula support to young mothers offers an opportunity to improve maternal and child health care to address health disparities faced by these young women.

Mission and Vision

RIDC envisions a world where all families make empowered and safe reproductive decisions and have access to supportive care providers. Our mission is to expand the support, information and companionship people receive throughout the spectrum of their reproductive health care to create resilient, powerful communities where people claim their own reproductive processes.

To this end, RIDC provides free doula services to women most in need, and leads a variety of interactive workshops to empower and educate patients, their support people, and their providers.

Prenatal workshops for pregnant teens



Workshops for (future) providers



Services for teens

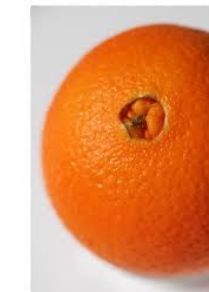
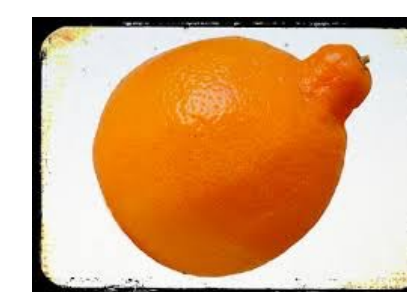
2014-2015: Attended 3 births; prenatal workshops for 12 students and their support people

2015-2016: Attended 3 births; currently working with 4 pregnant students.

- Developed a new model of care based on the successes and challenges of the previous year
- Increased presence at the school (introductions during orientation, a workshop with staff, and ongoing "office hours")
- Integrated into the school nurse's prenatal planning sessions with pregnant students

Workshops for Nowell staff

- Improve awareness of doula program at Nowell
- Increase staff awareness of signs of early labor



RIDC at Alpert Medical School

Interactive workshop for medical students on the doula model of care. Taught labor coping and comfort strategies.



RIDC at Nowell Academy

Nowell Academy is a charter high school for parenting and pregnant teens. Over 150 students are enrolled at campuses in Providence and Central Falls.

- Prenatal workshops on what to expect during labor and delivery
- Free birth doula services for students at Nowell Academy
- Workshop for staff on the role of doulas, RIDC at Nowell, and an introduction to working with students in early labor or pre-labor
- Ongoing presence at the school to answer questions, meet with students for prenatal visits, and support pregnant students

Future Directions

- Program expansion at Nowell Academy to increase awareness of and access to doulas
- Develop doula training programs to increase numbers of doulas of color and multi/bilingual doulas in Rhode Island
- Development of postpartum doula services for parents at Nowell Academy
- Documentation of teen birth experiences

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www.ridoulacollective.org