



Riverside
COMMUNITY
HEALTH
FOUNDATION

Doula Access Program

•Presented By:
Deidre
Coutsoumpos, *Sr.
Health Educator,
Doula Coordinator*



Objectives

By the end of the presentation you will be able to:

01

Describe the role of a doula

02

Recall what DAP provides

03

Identify how to refer families





What is a doula?

- *A person, usually a woman, who provides non-medical labor support*
 - Emotional support
 - Evidence based information
 - Physical comfort



Benefits of a Doula

- Lower rate of cesarean birth
- Lowers pre-term birth (37 weeks)
- Lowers need for induction
- and MORE!

Program Overview

- ✓ IEHP funded
- ✓ RCHF implemented
- ✓ Program Goals:
 - Serve 150 families
 - Provided service to close the disparities gap in the IEHP member service area.
- ✓ Exclusions:
 - IEHP Kaiser members



Program Overview

3 Prenatal Visits

Continuous 1-on-1 Labor
and birth support

3 Postpartum visits

- 1-2 days after the birth
- 2-3 weeks
- 7-8 weeks (after postpartum follow up visit)

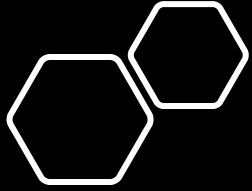


ELEVATOR
EQUIPMENT
ROOM

got dou

Our DAP Doulas





Connecting Families

- RCHF.org/
DoulaAccess
- doula@rCHF.org
- 951-788-3471
 - ext.136 (Deidre)
 - Ext. 153 (Priscilla)





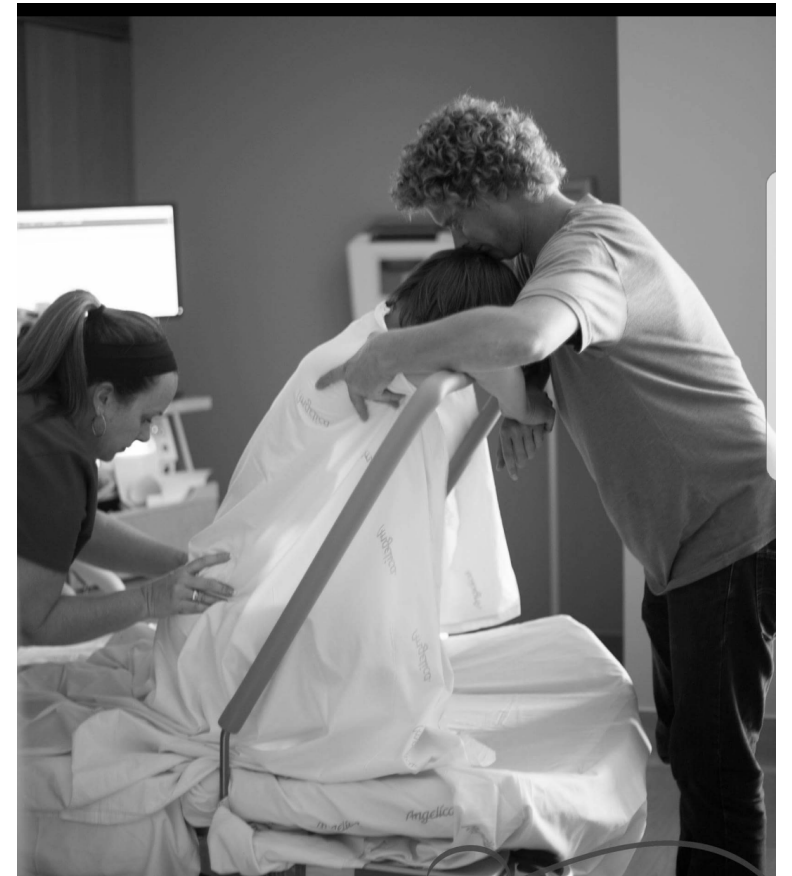
Kym the Doula

Birth Doula &
Private & Group
Childbirth Classes

951.218.5490
KymtheDoula.com

Kym Benner

DONA trained Birth Doula, certified as a Doula specializing in Acupressure for pregnancy care and labor support, certified through Penny Simkin in Spinning Babies , private childbirth educator previously at Kaiser for 5 years, certified in rebozo techniques.





Labor works best
when a mother connects
with her partner,
and their
DOULA
takes care
of the rest.



"This is **YOUR**
baby, **YOUR**
body and
YOUR birth"

www.kymthedoula.com

I DO NOT CARE WHAT KIND
OF BIRTH YOU HAVE... A HOMEBIRTH,
SCHEDULED CESAREAN,
EPIDURAL HOSPITAL BIRTH,
OR IF YOU BIRTH ALONE IN THE WOODS NEXT
TO A BABY DEER.
I CARE THAT YOU HAD OPTIONS,
THAT YOU WERE SUPPORTED
IN YOUR CHOICES
AND THAT YOU WERE RESPECTED.

—JANUARY HARSHE

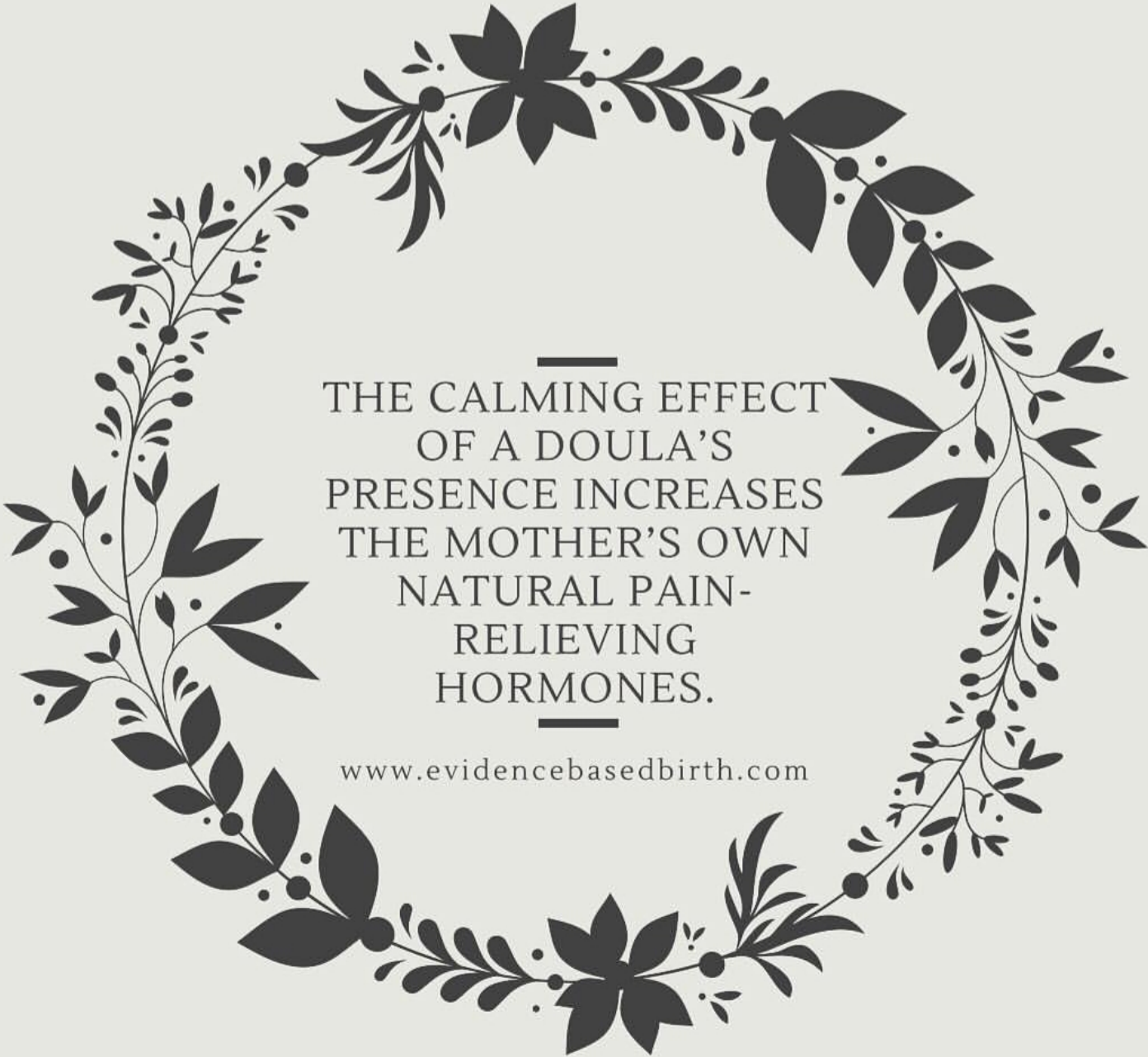
HOME BIRTH IS NOT A
LUXURY. MIDWIVES ARE
NOT A STATUS SYMBOL,

DOULAS ARE NOT TRENDY

ALL THREE ARE WELL
ROOTED IN CULTURAL
PRACTICES THAT HAVE
EXISTED LONG BEFORE
MODERN MATERNITY CARE.
FOR CENTURIES, WOMEN
HAVE BEEN SUPPORTED BY
THEIR FAMILIES DURING
PREGNANCY & CHILDBIRTH.

Carmen Mojica





—
THE CALMING EFFECT
OF A DOULA'S
PRESENCE INCREASES
THE MOTHER'S OWN
NATURAL PAIN-
RELIEVING
HORMONES.
—

www.evidencebasedbirth.com

Celest Winfrey, LM, CPM, IBCLC



www.ivymidwife.com



Services Provided



Home Birth
Monitrice Services
Lactation
Prenatal Care
Postpartum Care
Well Woman Care
Placenta Encapsulation
Pre-Conception
Mother and Baby Products
Concierge Services



The Natural



Birth Place Inc





Birth Center



Maria King

www.naturalbirthplace.com

LINDA RAMIREZ POSTPARTUM DOULA, CLS

 Cocoondoula
 @cocoondoula
 909.768.0212
 Cocoondoula@gmail.com



How Postpartum Doulas Make a Difference

The benefits of hiring a postpartum Doula include the following:

- Decreased Anxiety
- Increased Confidence in Parenting
- Boosted Self Esteem
- Improved Postpartum Mental Health
- Improved Bonding For Partners and Siblings
- Better Breastfeeding Outcomes
- Increased Movement Postpartum
- Quicker Physical recovery
- Improved Relaxation

Resources:

Tim Johnson: UniMom Rep tjohnson@unimomus.com 760.994.6918

Carla Clark- Full Spectrum Doula Services birthingbabiesdoula.com

Zelene Perez-zperez@thehelpgroup.org

Lisa Kreeger: lisa@mkreeger.com