BirthWell Partners is a non-profit that makes doula training and doula services more equitable and accessible, in order to improve the health of families and communities in Central Alabama.

Our vision is for every birthing person to feel respected, empowered, and supported throughout the experiences of pregnancy, birth, and early weeks of parenting.

In 2020-2021 we continued to move forward, despite the ongoing pandemic. Trainings looked a little different—we facilitated more trainings but with fewer participants, and held them in a combination of indoor, outdoor and online settings, to maintain social distancing and safety. In total, we trained 32 doulas at 4 workshops.

Our doulas likewise adapted their support of clients as conditions dictated, meeting clients either virtually or in-person for prenatal and postpartum visits, as well as for labor support. Two area hospitals, Princeton and Brookwood, continued to recognize doulas as beneficial support professionals whose presence outweighed the risks of having additional persons in the room during labor & birth. Overall, 65 families received doula services this year, with BWP doulas attending 43 births (36 in-person and 7 virtually) at 4 area hospitals. Compared to national statistics from the CDC, BirthWell Partners’ clients were more than twice as likely to be insured by Medicaid (95.3% vs. 42.1%), yet less likely to have a c-section (17.07% vs. 31.7%), less likely to have epidural anesthesia (53.13% vs. 75%), and more likely to initiate breastfeeding (100% vs. 84.1%).

As the fiscal year closed, we celebrated our 10th year of serving families in North Central Alabama. We take pride in achieving this milestone, and look forward to partnering with many more families in the next decade!
This year our doulas met with clients virtually and in-person at their homes, doctor appointments, or other locations. Each communication, whether in person or by phone, text, or Facetime, served as another opportunity to build a relationship, share evidence-based information, and learn how to best support each client individually. Doulas have always been a valuable intervention to reduce stress through listening and providing emotional support. Throughout the pandemic, this type of support is of even greater critical importance.

During labor and birth, doulas offered encouragement, comforting physical touch (or guidance to another support person who was present), assistance with breastfeeding, and more. Afterwards, they checked in with clients and inquired about their health and their infant’s wellbeing.

### Selected Outcomes

<table>
<thead>
<tr>
<th>United States 2019</th>
<th>Alabama 2019</th>
<th>Jefferson County 2019</th>
<th>BirthWell Partners 7.1.20 - 6.30.21</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=3,747,540</td>
<td>N=58,615</td>
<td>N=8465</td>
<td>N=43</td>
</tr>
<tr>
<td>Births Covered by Medicaid</td>
<td>42.10%</td>
<td>49.80%</td>
<td>95.30%</td>
</tr>
<tr>
<td>C-Section Rate</td>
<td>31.70%</td>
<td>34.60%</td>
<td>34.76%</td>
</tr>
<tr>
<td>Pre-Term Births</td>
<td>10.23%</td>
<td>12.48%</td>
<td>11.63%</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>8.31%</td>
<td>10.50%</td>
<td>11.00%</td>
</tr>
<tr>
<td>Ever Breastfed</td>
<td>83.6%</td>
<td>69%</td>
<td>(CDC data for 2017)</td>
</tr>
</tbody>
</table>

If you would like to see program outcomes for each calendar year, they can be found on our website: [http://https://www.birthwellpartners.org/outcomes-and-reports]

“She’s a wonderful person and I loved having her with me. She also made sure that I felt empowered to speak up for myself about my pregnancy and birth if I needed to.” --Client talking about her BWP doula

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Executive Director of Program Operations

Susan Petrus  
Executive Director of Business Operations

“She held my hand which seems little but was really big for me.”
Where will we hold our trainings--inside or outside? How many people is it safe to have together for an extended period of time? How can we maintain safe social distance and also practice hands-on-skills that are essential for doulas to learn? These were the questions that guided us this year as we scheduled and facilitated trainings. We opted to do more workshops with fewer participants, and spent as much time outdoors as possible. Of the 32 attendees, 5 were BWP work-study recipients and 11 chose to become volunteer doulas with us. We were also pleased to welcome 2 people from the Alabama Department of Mental Health’s Special Women Services program, who will be able to provide doula services to that agency.

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Information about upcoming doula trainings and work-study applications can be found here: https://www.birthwellpartners.org/doula-trainings

“"This is one of the most rewarding things I’ve ever done!” --BWP Workshop Participant

Doula Training: 32 New Doulas Trained at 4 Workshops

Trainees at our November, 2020 Birth Doula Workshop.

Trainees practicing hands-on comfort measures.

Financial Statement of Activities

<table>
<thead>
<tr>
<th>Revenue</th>
<th>$19,086.84</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions</td>
<td></td>
</tr>
<tr>
<td>Grants</td>
<td>$33,405.00</td>
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<tr>
<td>Fees for Service</td>
<td>$25,570.00</td>
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<tr>
<td>Other Income</td>
<td>$242.00</td>
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<tr>
<td><strong>Total Revenue</strong></td>
<td>$78,303.84</td>
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</table>

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>$58,943.12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Costs</td>
<td>$9,812.90</td>
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<tr>
<td>Advertising Outreach</td>
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</tr>
<tr>
<td>Background Screening &amp; Certification Fees</td>
<td>$768.75</td>
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<tr>
<td>Program Supplies</td>
<td>$1272.65</td>
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<tr>
<td>Subcontracted Services</td>
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<tr>
<td><strong>Total Program Costs</strong></td>
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</tr>
<tr>
<td>Administrative Expenses</td>
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</tr>
<tr>
<td>Payroll Expenditures</td>
<td>$45,044.00</td>
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<tr>
<td>Banking Fees, Licenses &amp; Memberships</td>
<td>$1780.18</td>
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<tr>
<td>Computer and Internet</td>
<td>$1881.76</td>
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<tr>
<td>Office Supplies/Expenses</td>
<td>$209.43</td>
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<tr>
<td>Postage</td>
<td>$211.35</td>
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<tr>
<td>Travel/Parking</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Total Administrative Expenses</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Total Expenditures</strong></td>
<td>$58,943.12</td>
</tr>
<tr>
<td><strong>Net Operating Revenue</strong></td>
<td>$19,360.72</td>
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</tbody>
</table>

Visit our New Website!

Thanks to a team of UAB marketing students, we were able to make the huge leap of rebuilding our website. Their fresh perspective enabled us to overhaul, and create a more visually pleasing site that’s easier to navigate.
Many Thanks to the Organizations and Individuals Who Helped Make Our Work Possible Last Year:

Adriana Valenzuela
Aldo Parham
Alex D'Souza
Alice Reed Smith
Alicia D'Addario
Alisha Harris
Alyne Ekberg
Alyssa Rousseau
Amanda Harden
AmazonSmile
Amy Hutson Badham
Amy Sanders
Andrew & Elizabeth Paul
Andrew Hoffman
Angie Wright
Anjanette Robinson
Ann Weeden
Anna Diegmann
Anne Hill
Anne Pautler
Anthony Moscati
Ash Bash
Ashleigh Aldridge
Ashley Manuel
Barbara Brande & Dr. Scott Brande
Barbara White
Barry Dreayer
BBVA Employee Giving
Belinda Palmer
Bernard Serrn
Beverly VonderPool
Birmingham Jewish Foundation
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Brett and McKenzie Golson
Briana Harlow
Brianne Smith
Bridget Huston
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Casey Jeaneret
Cassie Downing
Cassie Eitzmann
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Jeanne Whaley
Jennifer Hadar
Jennifer Greer
Jennifer Maye
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Jessica Grover
Jessica Johnson
Joanne Niewood
Joe Miliano
Jonah Thayer
Jonathan Ferguson
Josephine Elizabeth
Joy High
Judith Taylor
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Julia Mayo
Julia Perz Piner
Julie Manning
June Acree
Kaleigh Naylor
Karen Fitzpatrick
Karen Halpern
Karl Steinichen
Katelin Adams
Katherine Pearson
Kathy Gessendorf
Kathy Hicks
Kay Switzer
Kayla Gambell
Kelley Cash
Kelley Swatzell
Kellie Tortortich
Kelly Ross-Davis
Kendall Dobyns
Kendra Anuli Burrell
Kevin Lynch
Kirsten Clark
Knetta Jones
Kristin & Thomas Rezek
Kristin Meriam
Kristy Allman
KyAnn Wisse
Lacherelle Morrison
Lakesia Marshall
Lana Davenport
LaQuenna Lewis
Latricia Cyr
Laura Cruz & Zac Bragg
Leah Waller Saag
Lipmon Moy
Lisa & Allen Engel
Lisa Singer
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Maret Moran
Margo Frommer-Bayroff
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Mary Watson
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Want to help us serve more families? Make a secure donation on our web site!

www.BirthWellPartners.org