



2018-2019 Annual Report

Thank you for reading the Annual Report for our 8th fiscal year! We are excited to share program highlights, thank our donors, recognize our board of directors, as well as present a summary of financial activity for this past fiscal year.



BirthWell Partners' mission is to improve the health of low-resource families and infants in central Alabama by offering free and reduced-cost childbirth education, breastfeeding assistance, and non-medical labor support provided by birth doulas.

Doula Services:

Volunteers continue to be the core of our doula services program. Recent trainees and work-study participants gained valuable hands-on skills while providing much-needed service to families in our community.

This year we contracted with some of our experienced former volunteers to provide "On-Call" doula services for patients with Simon Williamson Clinic. On Call doulas received additional training at a Spinning Babies workshop in order to provide assistance with labors that are more complicated.

29 Doulas Attended 45 Births

All doulas working with BirthWell Partners provide one-on-one support to birthing people. The process begins during pregnancy by building trust, learning each pregnant person's goals and connecting them to additional community resources. During labor and birth, doulas offer encouragement, comforting physical touch, help with breastfeeding, and more. Afterwards, they check in with clients, answer questions about breastfeeding, and continue to provide referrals to other agencies.

Low-Tech/High-Touch Matters:

- The average birth weight of clients' babies was 7.55 lbs (compared to JeffCo 2015 average of 7 lbs)
- The average length of gestation for our clients was 39.6 weeks (compared to JeffCo 2015 average of 38.3 weeks)
- C-section rate for clients was 20.45% (AL rate for 2017 = 35.1%)
- The Preterm Birth rate for our clients' babies was 4.55% (AL rate for 2017 = 12.04%)
- Low Birth Weight rate for our clients' babies was 2.56% (AL rate for 2017 = 10.3%)
- 94% of clients' babies were breastfed (JeffCo 2015 rate=75.7% of babies were ever breastfed)
- 97% of our clients held their babies skin to skin in the first hours after birth (skin to skin helps babies regulate heart rate, respiration, and body temperature, as well as promoting bonding and successful breastfeeding)



Trainees at our Fall Birth Doula Workshop practice hands-on skills in an L&D suite at Princeton Baptist Medical Center.

If you would like to see program outcomes for each calendar year, they can be found on our website:

<http://www.birthwellpartners.org/about-birthwell/program-outcomes/>



Fall Birth Doula Workshop

Training:

BirthWell Partners awarded 7 partial and full work-study positions, and trained a total of 31 doulas this year at our Fall and Spring workshops. Normally we only discuss the impact of doula services in our annual report, but we'd like to reflect back and share some doula demographics:

Since July 2011:

Total Number of Doula Trainings: **19**

Total Number of Doulas Trained: **239**

- Black/Latinx/Multiracial: 38.41%
- White: 61.59%

Total Number of Volunteer Doulas: **138**

- A. Number of Work-Study Positions Awarded: **79**
(formerly referred to as "Scholarships")
- Black/Latinx/Multiracial: 43.04%
 - White: 56.96%

B. Number of Volunteers (Non-Work Study): **58**

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



Spring Birth Doula Workshop



Childbirth Classes:

Classes focus on information about healthy pregnancy, birth, breastfeeding and newborn care, with an emphasis on health care decision making and self-advocacy. In 2018-19 we facilitated childbirth classes in two locations.

Thanks to a grant from the Independent Presbyterian Church, we are teaching childbirth classes at Aletheia House. To date, 21 people have participated in these classes and 5 have been matched with our birth doulas.

Again this year, JCCEO Early Head Start contracted with us to provide classes at Sherman Heights for 17 participants.



Annual Doula Retreat:

The annual doula retreat is an opportunity for continuing education and strengthening the doula community state-wide. This year we invited doulas from the Alabama Prison Birth Project, Brookwood Hospital, and the Yellowhammer fund to join some of our volunteer doulas in discussing how doula work is reaching more people, and how it fits within the larger framework of reproductive justice.



Earthy Birthy Fair and Family Wellness **EXPO**



Fundraising:

Our annual fundraising event, the “Earthy Birthy Fair and Family Wellness Expo” was held February 24th at the Innovation Depot. Numerous vendors shared information about their products and services with families. We would like to especially thank Cecilia Pearson (Babypalooza Magazine) for her assistance with location and event marketing, volunteer doula Vikki Chavis for coordinating the event, and all the sponsors and vendors, including Premier sponsors Total Skin and Beauty Dermatology Center and The Alabama Tongue Tie Center. For a full list of sponsors: <http://www.birthwellpartners.org/the-earthy-birthy-family-wellness-expo/expo-2019/>

The Expo is an important source of funding for our program. If you'd like to participate or attend our 2020 Expo, please visit: <http://www.birthwellpartners.org/the-earthy-birthy-family-wellness-expo/expo-2020/>



Outreach:

Each year we participate in numerous health fairs and expos, talking to consumers about what doulas are and what they do. We share information about our doula trainings and let everyone know they can have a doula even if they thought it financially impossible!



Financial Statement of Activities

Revenue

Contributions	\$10,631.51
Grants	\$32,445.00
Fees for Service	\$14,789.99
Other Income	\$235.70
Total Revenue	\$58,102.20

Program Costs

Advertising Outreach	\$1768.01
Direct Program Expenses	\$5519.16
Total Program Costs	\$7287.17

Expenses

Salaries and Payroll Tax	\$33,567.16
Banking Fees, Licenses & Memberships	\$1299.44
Computer and Internet	\$597.54
Insurance	\$126.26
Office Expenses	\$330.06
Postage	\$28.75
Staff Education/Training	\$87.00
Travel	\$28.00
Total Expenses	\$36,064.21
Net Operating Revenue	\$14,750.82

Many Thanks to the Organizations and Individuals Who Helped Make Our Work Possible Last Year:

Ayala Abrams
Deanna Abrams
Karen Abrams
Nancy Abrams
Shari Aizenman
Alabama Tongue Tie Center
Alabama Waldorf School
ARMS Clinic
Babypalooza Magazine
Gerald Bailey
Suzanne Baker
Heidi Biddle
Birmingham Birth Collective
Birmingham Born
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Enroll Alabama
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Michelle & Kyle Wood
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Yerby Therapy

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