

BirthWell Partners

Community Doula Project



Mission:

BirthWell Partners is a non-profit that facilitates doula trainings and provides doula services at free or reduced cost in order to make doula care equitable and accessible, thereby improving the health of families in Central Alabama.

Vision:

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

2021-2022 Annual Report



Thank you for your support as we ventured into our second decade! As COVID restrictions eased and awareness of the benefits of doula support grew, we had many expectant parents reaching out to us for doula services in 2021-22. Many of these clients were referred to us by ARMS Clinic, Simon Williamson Clinic, or through word of mouth. This year, we matched work-study and volunteer doulas with clients, and added nearly a dozen contract doulas in order to meet increased demand.

Doula services are a low-tech, high-touch way of making an impact on the life of a family. Doulas work with pregnant people at a key touchpoint in their life, encouraging healthy decisions and supporting the foundational event of birth. Interest in community doula services has grown, because the benefits are great compared to the cost: for \$500 - \$1000, BWP can provide doula services to a low-resource family (Services include 2 prenatal visits, continuous labor support, and 2 postpartum visits, as well as unlimited phone/text/email support during the relationship.) A client supported by a doula is less likely to give birth too soon, or to a low-birthweight baby, or to have a cesarean birth. They are more likely to breastfeed their baby. Everyone goes home from the hospital sooner and in better health.

In addition to doula services, this year we partnered with the Alabama Department of Mental Health, Special Women's Services, to teach childbirth classes to residents at Olivia's House and Aletheia House. We look forward to growing our collaboration with ADMH.

Why a Doula?

Having someone there to help advocate for the birth I wanted very much helped my mental health during labor.

Staff

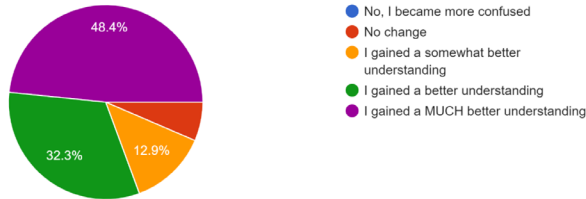
Dalia Abrams
Executive Director
of Program Operations

Susan Petrus
Executive Director
of Business Operations

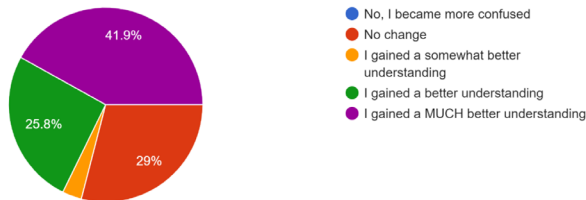
Kendra Burrell
Doula Services Coordinator

Doula Services: 46 Clients Supported During Labor

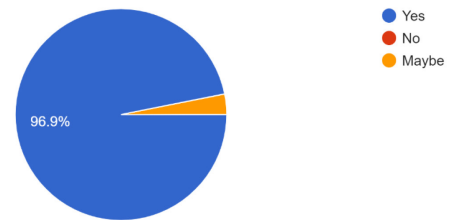
As a result of having a doula did your understanding of how to ask for what you needed during prenatal visits and during labor change?
31 responses



As a result of having a doula did your understanding of why breastfeeding is important change?
31 responses



If you were to have another baby, would you want a doula with you again?
32 responses




"I would never have another baby without a doula. She was every bit of my support."

"When she got there it seemed like everything got a little easier..."

--Quotes from BWP Clients

BirthWell Work-Study, Volunteer, and Contract Doulas served 52 families last year and attended the births of 46 babies. As you can see from above, clients appreciated the informational, emotional, and physical support that their doulas provided. Most felt that having a doula made a positive difference in understanding how to advocate for themselves in medical settings, and in understanding the importance of breastfeeding. Doula services had a measurable impact on the well-being of parent and child, as shown below. Compared to baseline data, fewer BWP clients had preterm or low birth-weight babies, fewer had cesarean births, and 94.75% breastfed at least one time.

Selected Outcomes	United States 2019	Alabama 2019	Jefferson County 2019	BirthWell Partners 7.1.21 - 6.30.22
	Births: Final Data for 2019. National Vital Statistics Reports, Volume 70, Number 2. Centers for Disease Control and Prevention, March 23, 2021. N=3,747,540	Births: Final Data for 2019. National Vital Statistics Reports, Volume 70, Number 2. Centers for Disease Control and Prevention, March 23, 2021. N=58,615	Alabama Vital Statistics 2019. Alabama Department of Public Health, Center for Health Statistics. 2020 Annual Report. Jefferson County Department of Health. N=8481	N=46
Births Covered by Medicaid	42.10%	49.80%	47.12%	97.83%
C-Section Rate	31.70%	34.60%	35.01%	13.95%
Pre-Term Births	10.23%	12.48%		8.89%
Low Birth Weight	8.31%	10.50%	10.90%	7.50%
Ever Breastfed	83.60% (at hospital discharge)	77.20% (PRAMS 2020)		94.75%

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>

Doula Training: 39 New Doulas Trained at 4 Workshops



2021-2022 Doula Workshop Participants

"BirthWell Partners is an exceptional foundation that strives to empower women from all walks of life. This experience opened my eyes more than I thought possible, and taught me how to strengthen myself for the empowerment of others. I am forever grateful for this workshop, and all of the amazing women I got to meet, and bond with throughout this class. To be taught by women who are so knowledgeable and possess such passion for their field of work is an incredible opportunity."

--BWP Workshop Participant

This year was a busy one for doula trainings! Trainings are vital to the continuation of our work. Of the 39 workshop attendees, 7 received work-study positions from BWP and have committed to attending 2-3 births each for BWP clients. About half of the self-pay attendees are also giving to the community by attending births for BWP clients. We are so grateful to our volunteers and work-study doulas for ensuring that we can provide doula services to those who need it most. And, we are excited that the doula profession in Alabama is growing, with the addition of these beautiful, caring individuals!

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



Meeting with some of our contract doulas.

In addition to our work-study and volunteer doulas, we hired several contract doulas to help us meet the growing demand for services. Doula services are not covered by insurance or Medicaid, which makes community doula work challenging. But through grants and donations, we have been able to pay these doulas an equitable fee for supporting clients who don't have the means to hire a doula.

Financial Statement of Activities

Revenue	
Contributions	19,020.84
Grants	9,680.00
Fees for Service	18,764.97
Gifts In-Kind	16,300.00
Other Income	109.00
Total Revenue	\$63,874.81
Expenditures	
Program Costs	
Advertising Outreach	243.33
Background Screening & Certification Fees	1547.07
Continuing Education	774.00
Facility Rental (In-Kind)	2000.00
Merchant Processing Fees	367.80
Program Supplies	1581.14
Subcontracted Services	12,746.59
Volunteer Doula Services (In-Kind)	14,300.00
Volunteer Expense Reimbursement	39.48
Total Program Costs	\$33,599.41
Administrative Expenses	
Payroll Expenditures	44,772.56
Banking Fees, Licenses & Memberships	259.25
Computer and Internet	715.50
Fundraising Expenses	1046.16
Office Supplies/Expenses	141.69
Postage	64.96
Travel/Parking	2.50
Total Administrative Expenses	\$47,007.62
Total Expenditures	\$80,602.03
Net Operating Revenue	- \$16,727.22

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

Adriana Valenzuela
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Alabama Power Foundation
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Amy Sanders
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Yocunda Clayton
Yvette Quarles Chatman
Zenoria Causey Pruitt

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