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PARTNERSHIP AMONG



ROOTED DOULA CARE AND SUPPORT PROGRAM

The Rooted Doula Care and Support Program provides Black pregnant people with a full spectrum doula that you choose through the Nebraska Black Doula Collective. The program will provide doula services to 30 Black pregnant people in 2023-2024 at **no cost to the patient.**



WHAT IS A FULL SPECTRUM DOULA?

Full spectrum doulas are trained non-medical companions who provide physical, emotional, and informational support before, during, and after childbirth to help that pregnant person achieve a positive birth journey. A doula complements the healthcare team by amplifying your voice, making every effort to honor your birth plan, and help you understand the options when things do not go as planned.

WHY HAVE A DOULA?

A doula works to support you in having the pregnancy and birth experience you want to have. This includes helping you create a birth plan, advocating for you, and being there every step of the way as another caring person in your village.

WHY PARTICIPATE IN THIS PROGRAM?

Pregnancy and childbirth can be some of the most joyous yet intense experiences in a person's life. This program aims to match Black pregnant people with Black doulas who can share cultural experiences, in efforts to maximize trust and comfort. Working with a doula who may share your identity and some experiences can help to increase your safety, comfort and confidence in your birth journey.

WHY IS THIS PROGRAM FOR BLACK PREGNANT PEOPLE?

Black women and pregnant people experience unacceptably poor maternal health outcomes compared to our counterparts. **Doula care can reduce some of these risks and improve outcomes for parents and babies.**



WHO CAN PARTICIPATE?

THIS PROGRAM IS OPEN TO:

- Black pregnant people who are up to 20 weeks pregnant
- Live in Douglas and Sarpy Counties (NE)
- Have Nebraska Medicaid coverage
- Will give birth at Nebraska Medicine

PARTICIPANTS WILL RECEIVE THE FOLLOWING SERVICES AT NO COST:

- Unlimited contact with their doula during pregnancy via text and phone calls
- Your doula attending 5 prenatal check-ins with you
- Labor and birth support if you want them to be part of your delivery
- Weekly check-ins the first 3 months after birth