

ROOTED DOULA CARE & SUPPORT PROGRAM



The Rooted Doula Care and Support Program is a free program to provide additional support to Black pregnant people.

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.

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.

What do I receive by participating?

By participating in this free program, you will receive informational, emotional, and physical support from a qualified full-spectrum doula during pregnancy, childbirth, and the postpartum period.

Who can participate?

This program is open to:

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

What is required of me?

In exchange for receiving free doula services, we will ask you to complete 3 surveys - one during pregnancy, one shortly after delivery, and one during the postpartum period. Your responses will be anonymous, and the survey feedback will help us to improve this program for future participants.

This program is a partnership among:

I Be Black Girl | A Mother's Love | Nebraska Perinatal Quality Improvement Collaborative | United Healthcare | Nebraska Medicine