

A CABWHP + USC PARTNERSHIP PRESENTS:

UNIQUE BENEFITS OF COMMUNITY-BASED CARE

Stories from Black Birthers

A group of Black birthers in LA county shared their experience seeking & receiving community based support in their prenatal, delivery, and postpartum stages. They received one or more of the following through community based organizations: funding, full spectrum doula & midwifery care, birthing classes, lactation coaching, group therapy, online social media support.

Here's what they had to say:

GOALS

Black women seek community based care to:



- access information & education
- receive options beyond those provided in a medical setting



- care for themselves
- build community



- receive support & empowerment from people who understand them

"I was looking for space where I didn't feel like I was just herded through, but I could actually participate & enjoy the process."

MATERNAL HEALTH IS...

"all encompassing."

- resources & services that support physical, mental, & spiritual wellness
- ensuring the birther has full ownership of their experience
- accounting for "what feels good"



"Society looks at maternal health as just a healthy baby and basically the both of you not dying. I think that's the absolute bare minimum."

KEY FINDINGS

- Black birthers seek community based support to receive a wide variety of resources, education, & to build community
- Black birthers view maternal health as physical, mental, & spiritual wellbeing and the comprehensive resources and care that work to this end
- Black birthers express that community based care is more personalized, holistic, & culturally tailored than clinical care
- Black led community based support offers birthers unique services such as group therapy & peer to peer learning opportunities
- Black birthers need further funding and investment to receive a broader scope of continuous community care

COMMUNITY-BASED CARE AND CLINICAL CARE

Black birthers claim that in contrast to clinical care, community based support is more personal, comprehensive, & well-rounded.

Black birthers felt they could build relationships with community based care providers that looked like them and understood them in settings that were comfortable, respectful, & centered on their needs.

"I felt that I was being prepared to handle my birth to have the best possible experience rather than being handled by a system seeking to ensure that they didn't get sued."

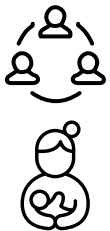


STRENGTHS

Black birthers feel that community based support is not only *"high quality"* & *"comprehensive,"* but sensitive to their **unique experiences** as Black women.

Black birthers also found that *"time investment"* & *"personalized care"* from **relatable providers** were strengths of community support.

Black birthers claim the following elements of community care to be particularly helpful:



- group therapy
- Facebook support groups
- birthing and lactation classes
- acupuncture
- peer learning

RECOMMENDATIONS

- Black birthers need further financial support to access community based care.

"In order for us to have these resources, they have to be paid for. It can get expensive."

- Black led community based organizations need funding to expand their capacity & scope, including to birthers ineligible for government assistance.

*"There could always be more offered."
"More of the postpartum support is really what women need."*

- Black community birthworkers need sustained support and amplification to reach more birthers.

"We can benefit from having more doulas and more midwives...while I see that it's growing, we still could never have enough. We need an abundance of it."

FOR FURTHER INQUIRIES:

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