

Doulas 101: A Valuable Part of the Care Team

How Doulas Support a Healthy Pregnancy

Wednesday, March 23, 2022, noon – 1:00 p.m.

Topic: Birth doulas are non-medical professionals who provide informational, emotional, and physical support during pregnancy and childbirth. Studies show that women who use doulas have improved outcomes for themselves and their babies, including shorter labors, fewer c-sections, fewer low birthweight babies, and higher breastfeeding initiation. Given the disparities in birth outcomes for people of color, doulas can be especially beneficial for BIPOC women.

Doulas can be a valuable part of a woman's health care team, and in Minnesota can be reimbursed by Medicaid, but they are underutilized for those at highest risk who could benefit the most. This webinar will introduce attendees to the value doulas can bring, what doulas do and do not do, and share strategies for integrating doulas into the prenatal care team to support women. Hear examples of how doulas have positively impacted birth experiences.



Presenters: **Akhmiri Sekhr-Ra** has been a childbirth attendant for over thirty years and is the Chief Family Development Officer/Health Systems Navigator with the Cultural Wellness Center, where she supports individuals interacting with the health care system. In 2013, she received her certification as a Community Outreach Perinatal Educator. In September 2014, she received another certification to be a Perinatal Education Trainer for the Commonsense Childbirth School of Midwifery School in Winter Garden, FL. Giving back to the community, she is a board member for "Everyday Miracles," a doula service in the Twin Cities of Minneapolis/St. Paul. She is a board member for the Minnesota Breastfeeding Coalition and a co-chair for Integrated Care for High-Risk Pregnancies (ICHRP).

Kaytee Crawford supports families in pregnancy, birth, and postpartum as a lactation and childbirth educator, birth and postpartum doula, and babywearing educator. She uses her training, combined with a wealth of experience parenting four boys, to create personalized care and fun, insightful social media content. Kaytee is passionate about sharing her experiences in pregnancy and as a Black woman and a person living in a larger body to create safer, trauma-free experiences for others. Kaytee lives in St. Paul, Minnesota, with her husband and four sons. She owns and operates Doula Kaytee, her birthwork business, and Ahava Creative Co, where she creates art and graphic design.

Who should participate/Audience:

Health care providers, nurses, public health, health educators, social workers, birth center staff, therapists, school staff, CHWs, and anyone interacting with pregnant people.

Objectives:

- Understand what is included in doula certification
- Understand the role of a doula in supporting birthing persons
- Increased ability to include doulas in the perinatal care team
- Increased ability to address health equity with doulas

CEU - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

This webinar is free, but space is limited, click here to [Register](#).



This webinar is presented by a collaboration of Minnesota health plans working to improve birth outcomes in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, Medica, South Country Health Alliance and UCare for their commitment to this issue.

All webinars will be posted on the [Health Plan Performance Improvement Project website](#).