

# First To Know:

## How Doulas Support IPV Victims and Survivors

Amber Twyne, a certified Doula and Perinatal Educator, presented a workshop on how doulas can assist victims and survivors of Intimate Partner Violence (IPV), particularly during pregnancy and postpartum. The talk aimed to illuminate the unique challenges faced by pregnant and postpartum IPV victims and survivors, explain the role of doulas in providing support, and ended with an open floor discussion on strategies for collaboration.

- IPV increases in frequency and intensity during pregnancy and postpartum, leading to higher maternal mortality and morbidity rates.
- IPV has a significant impact on pregnancy, leading to multiple risks such as missing prenatal appointments, poor nutrition, increased substance abuse, and complications such as hypertension and preterm birth.
- Doulas, who provide non-medical physical, emotional, and evidence-based support, can be instrumental in helping pregnant people experiencing IPV.
- Doulas can help by being a safe person for isolated victims, providing resources, educating about discreet birth control options, and communicating with healthcare providers if necessary.
- Black Mothers in Power is a local organization that aims to equip doulas with tools for DV situations and strengthen connections with DV/IPV-focused organizations.

### RESOURCES

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<https://www.blackmothersinpower.org>

<https://dcadv.org>

<https://childinc.com>

<https://www.peoplesplace2.com>

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