

CLOSING THE GAP

How Doulas Can Help Support DV Advocacy



Understand how doulas can support DV clients and brainstorm how we can build relationships and work with other professionals to continue to close the gap and forge ahead.

About Us



Amber Twyne

Certified Doula Trainer, Childbirth Educator, Program Coordinator and IPV survivor.



Zakiya Machado

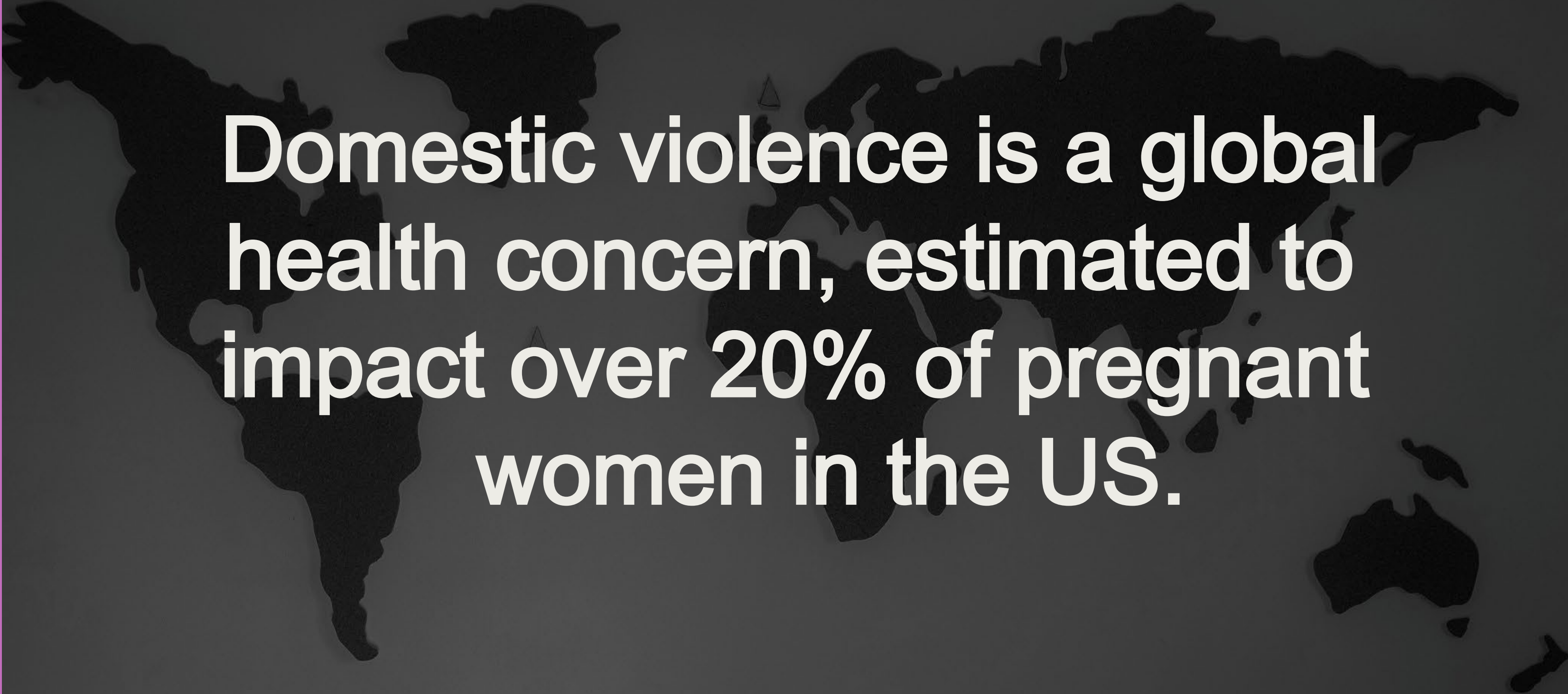
Community Doula with specialized training in outreach for DV victims and survivors and podcast host.



Why This Matters



Intimate partner violence has been shown to **increase in frequency and intensity during pregnancy** and the postpartum period, **increasing the rate of maternal mortality and morbidity**. Often, doulas are the only professionals with access to the family so closely and community resources for help. Doula support also extends past pregnancy, and the ongoing connection can also serve survivors dealing with the residual trauma of abuse.



Domestic violence is a global health concern, estimated to impact over 20% of pregnant women in the US.





Pregnancy-associated homicide deaths made up 20.6% of all homicide deaths between 2008-2019.

The risk of homicide was 35% greater for pregnant and postpartum women than for their nonpregnant, nonpostpartum counterparts.

The pregnancy-associated homicide rate increased to 5.23 deaths per 100,000 live births, up from 3.30 in 2018 and 3.95 in 2019. This represents a 32.4% increase from the previous years.





A study published in Obstetrics & Gynecology found that **approximately 15% of women reported that abuse started or worsened during pregnancy.**

A cohort study conducted in Southern Sweden observed that the prevalence of **domestic violence increased from 2.5% during pregnancy to 3.3% at 1 to 1.5 years postpartum.**

Problem with these numbers? **Domestic violence is significantly underreported, particularly among pregnant and postpartum women and Black communities.**

PREGNANT PEOPLE SUBJECT TO ABUSE HAVE HIGHER RISKS OF:

- Missing prenatal appointments
- Not initiating care until third trimester
- Poor nutrition
- Medical interventions
- Increased use of substance abuse or alcohol
- Perinatal mood disorders
- Placental abruption
- Hemorrhage
- Hypertension
- Miscarriage
- PROM
- Rupture of the urethra
- Death (suicide/homicide)



BIRTHING & DV

Hospital Policies



Some interventions require another adult present. Children under 18 are not able to stay in triage or L&D.

Leave & Childcare



Lack of quality maternity leave benefits and high childcare costs.

Lack of Community



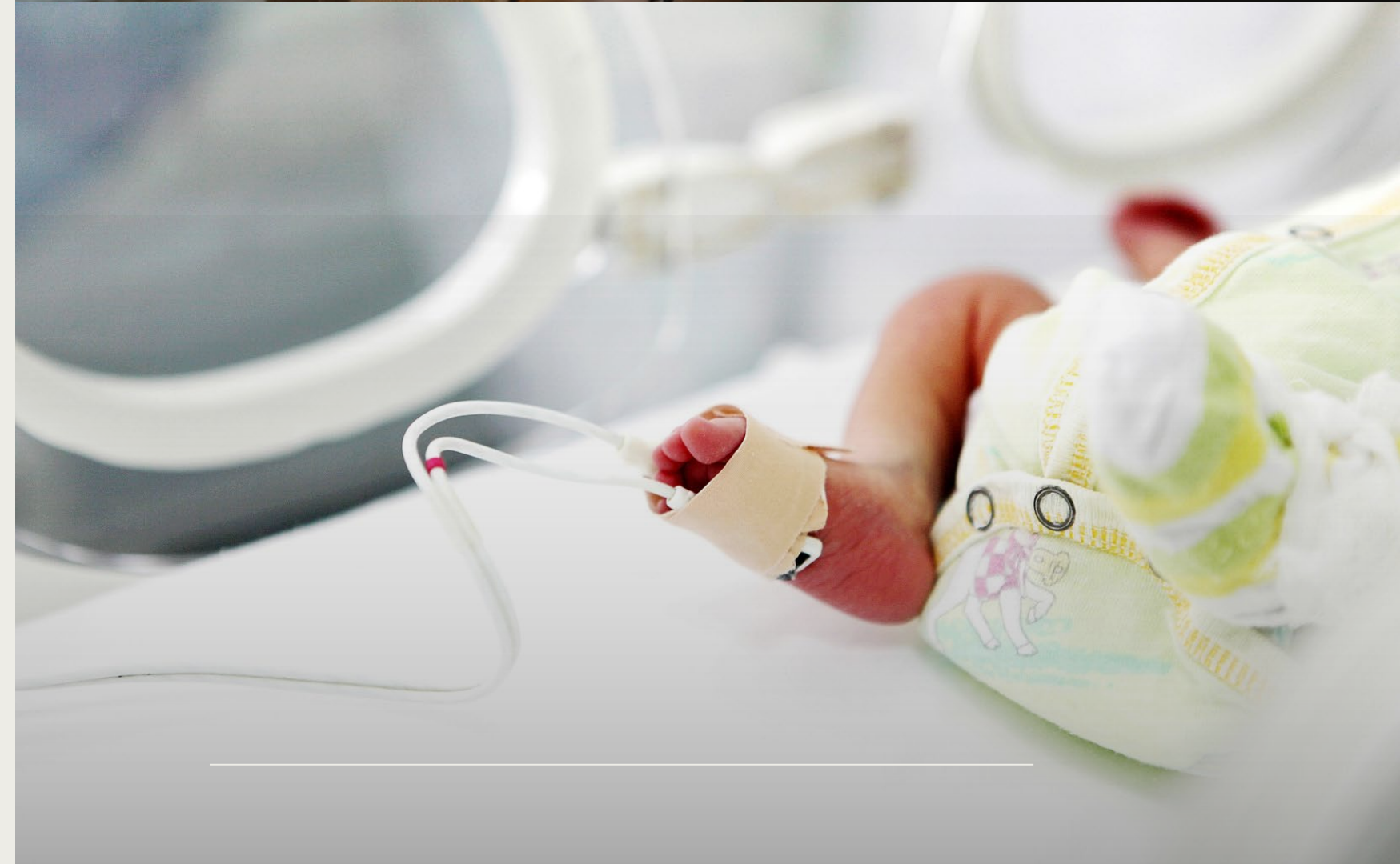
Victims of abuse may be isolated from family, friends or other sources of support.

IMPACT ON POSTPARTUM PERIOD:

- Poor nutrition
- Postpartum hemorrhage
- Increased use of substance abuse or alcohol
- Unplanned pregnancy
- Postpartum depression
- PTSD
- Inadequate birth spacing
- Death

RISKS TO FETUS/INFANT:

- Low gestational weight
- Preterm birth
- Fetal injury
- Longterm behavioral and cognitive impacts
- SIDS

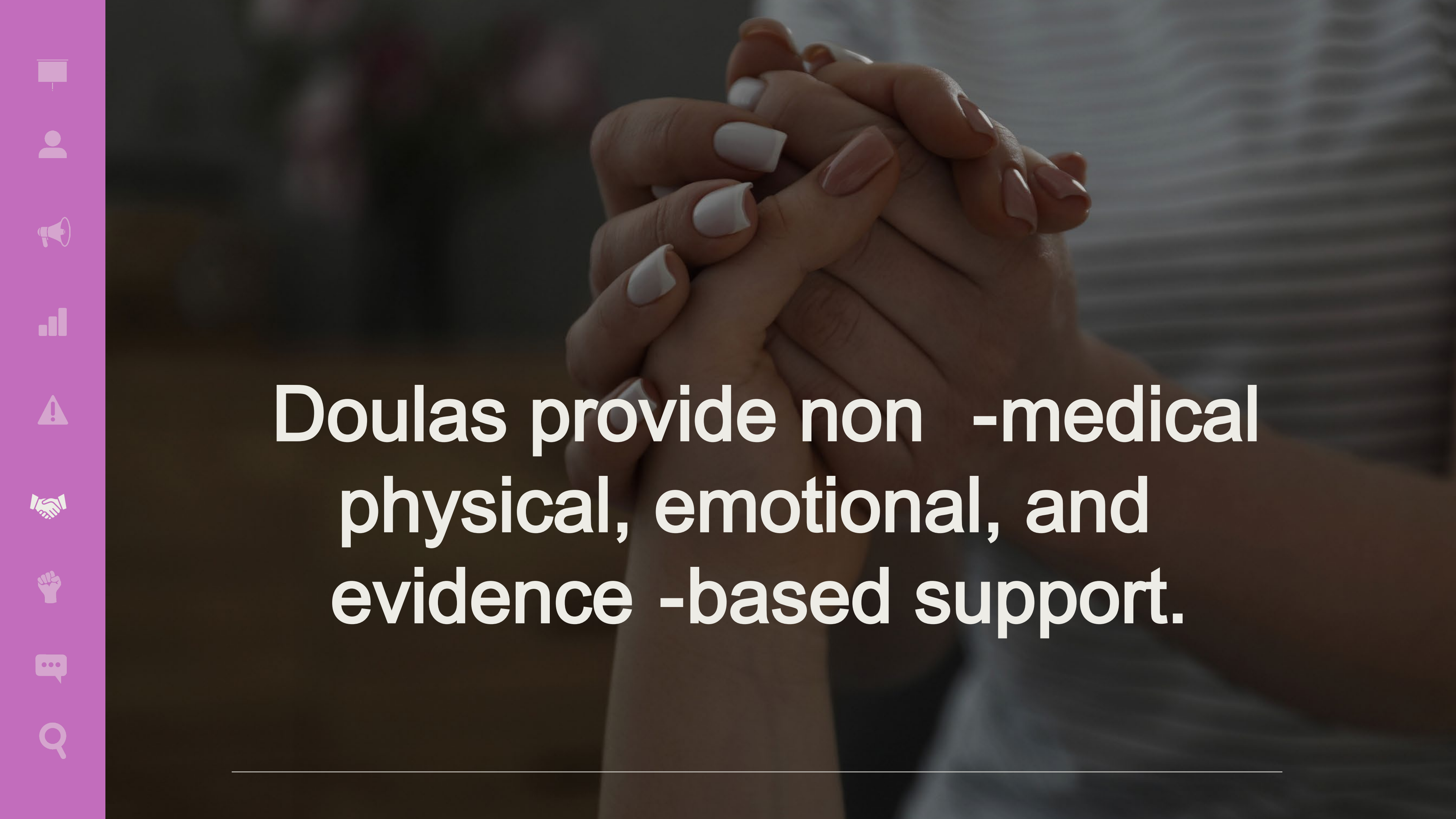


DOULAS, Their Role & Scope of Practice



There are various types of doulas, trainings, and certifications. The role of a doula is unregulated and varies by person.

- BIRTH AND POSTPARTUM DOULA
 - COMMUNITY DOULA
 - BEREAVEMENT DOULA
 - ADOPTION DOULA
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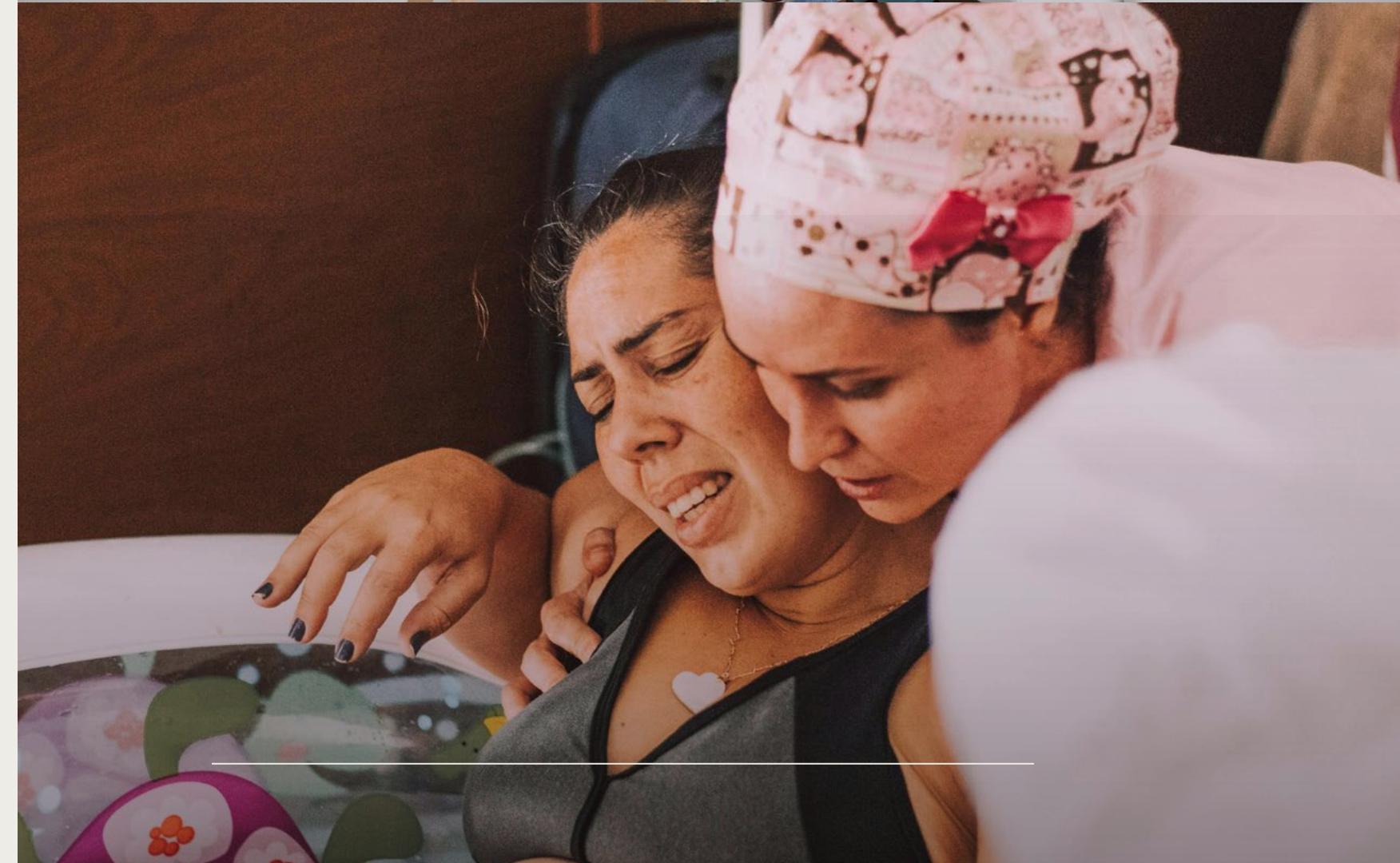


**Doulas provide non -medical
physical, emotional, and
evidence -based support.**



MULTIPLE STUDIES HAVE DETAILED BENEFITS OF A DOULA, WHICH CAN INCLUDE:

- Decrease the chance of unnecessary medical interventions, including C-Sections
- Increased overall satisfaction of care
- Reduced use of epidurals
- Increase in breastfeeding rates
- Shorter duration of labor
- Better communication with healthcare providers
- Access to resources
- Reduced risk of postpartum depression and anxiety
- Better outcomes for Black and Indigenous communities





WAYS DOULA SUPPORT CAN SPECIFICALLY HELP PREGNANT PEOPLE EXPERIENCING DV:

- A presence or safe person for a victim isolated from support
- Doula visits are not limited to a hospital, able to meet where needed
- Can be in-person or virtual
- Can provide resources to other basic needs (food, shelter, etc)
- Education about discreet birth control options
- Emotional support for triggers
- Can communicate with healthcare providers if needed

Delaware has seen multiple closures of OBGYN offices, especially in Kent and Sussex county. At one point after Covid, some families reported a 3 month wait on receiving prenatal care.

Doulas have access to families sometimes before their first prenatal appointment and while they don't provide medical care, they can educate clients on emergent signs to contact a provider and information to support a healthy pregnant body.



Delaware's Medicaid Managed Care Organizations (MCOs) have continued to report challenges with low postpartum visit attendance and have invested in initiatives from telehealth to incentives but **doulas also educate on the importance of postpartum healing and encourage follow-up appointments.**



Black Mothers in Power had a pilot doula cohort with lived experience with domestic violence in 2023.



The goal was to train women with lived experience with DV to be doulas and give them additional tools for victims and survivors.




Doulas' Role in Prevention



- **Early Identification**
 - **Safety Planning Support**
 - **Resource Connection**
 - **Emotional Support & Empowerment**
 - **Advocacy in Medical Settings**
 - **Community Education**
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For the community, our goal is to promote benefits of doula support, make doula services more accessible, and provide relevant resources.

**TEEN DATING VIOLENCE
AWARENESS WORKSHOP**
HOSTED BY BMIP DV DOULA COHORT




**FRIDAY
FEBRUARY 23RD
6PM**

OPEN TO TEENS, ADULTS WHO HAVE
TEEN-AGE CHILDREN, ADULTS WHO
WORK WITH TEENS, ETC,

KID-FRIENDLY, FUN, AND INFORMATIVE

2215B N. WASHINGTON STREET WILMINGTON, DE 19802
(CONCORD AVE. SIDE)




**DELAWARE COALITION AGAINST
DOMESTIC VIOLENCE**

THURSDAY FEBRUARY 8, 2024 AT 6:00-7:30PM

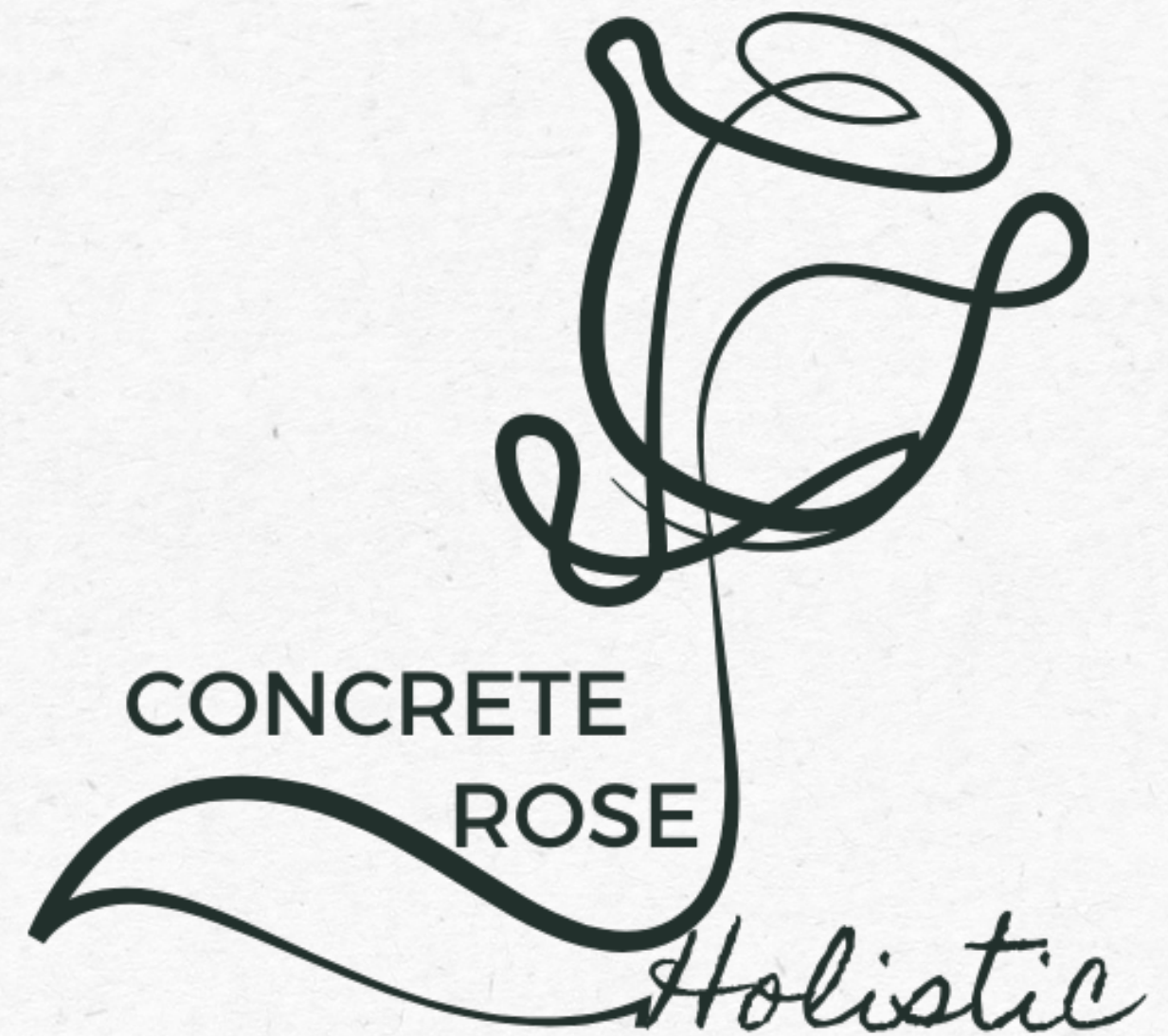
IS HOSTING A VIRTUAL TRAINING THAT WILL ADDRESS HOW TO SUPPORT A CLIENT AS A DOULA FROM A TRAUMA-INFORMED APPROACH AND COVER THE FOLLOWING TOPICS:

- UNDERSTANDING THE DYNAMICS OF DOMESTIC VIOLENCE FROM A HEALTH PERSPECTIVE
- UNDERSTANDING THE IMPACT DOMESTIC VIOLENCE CAN HAVE ON PREGNANCY AND REPRODUCTIVE HEALTH
- PROMOTING HEALTHY RELATIONSHIPS THROUGH UNIVERSAL EDUCATION
- CONNECTING INDIVIDUALS EXPERIENCING DOMESTIC VIOLENCE TO COMMUNITY RESOURCES



THE TRAINING IS OPEN TO ALL DOULAS!

Concrete Rose Holistic created a training for doulas to learn additional information to support DV victims & survivors, a podcast for survivors to share their stories and is starting a DV Doula collective.





Doula Outreach for Victim Empowerment

PROVIDING SUPPORT TO DOMESTIC
VIOLENCE (DV) VICTIMS AND SURVIVORS
THROUGH EDUCATION, RESOURCES, AND
PERSONALIZED DOULA CARE.

3 Pillars of DOVE

EDUCATION & PREVENTION

This includes educating teens and adults on healthy dating and unhealthy signs, with workshops, webinars, social media content, promotional materials and community outreach

RESOURCES FOR VICTIMS

Support navigating safety planning, doula support, and essential areas of aid such as transportation, housing, childcare, financial help, legal aid, and finding work.

RESOURCES FOR SURVIVORS

Supporting the survivor in their healing by continuing to offer doula support, healing retreats, support groups (in - person & virtual) and connecting to professional mental health providers.



THE DOVE POD

DOULA OUTREACH FOR
VICTIM EMPOWERMENT





COMING SOON

Join our email list to find out when we launch!

DoulasforDV.org

Collaboration is Key

**Who can doula's partner
with & how?**

**How could doula's fit in
your work?**



Thank You



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