

BIRTHING A BETTER FT. WAYNE

Journey Birth and Wellness

Journey Birth and Wellness exists to train and equip birth professionals from diverse backgrounds to come alongside women from their own culture to offer education, support, and community so that they can be empowered during their pregnancy, labor, and into motherhood. We believe that this support leads to a reduction in infant and maternal mortality.



How we do this . . .

01

Doula Services

We offer Free and sliding scale doula services to women in Allen County through a generous grant from the St. Joseph Community Health Foundation

02

Free Childbirth Education

We offer free childbirth education at The Shepherds Hand Community Outreach Center on South Anthony.

03

Breastfeeding Support Group

We offer an in-person support group on Wednesday mornings at our office at CONNECT Allen Co . every week from 10-11 am.

04

Doula Training/ Conferences/ Classes

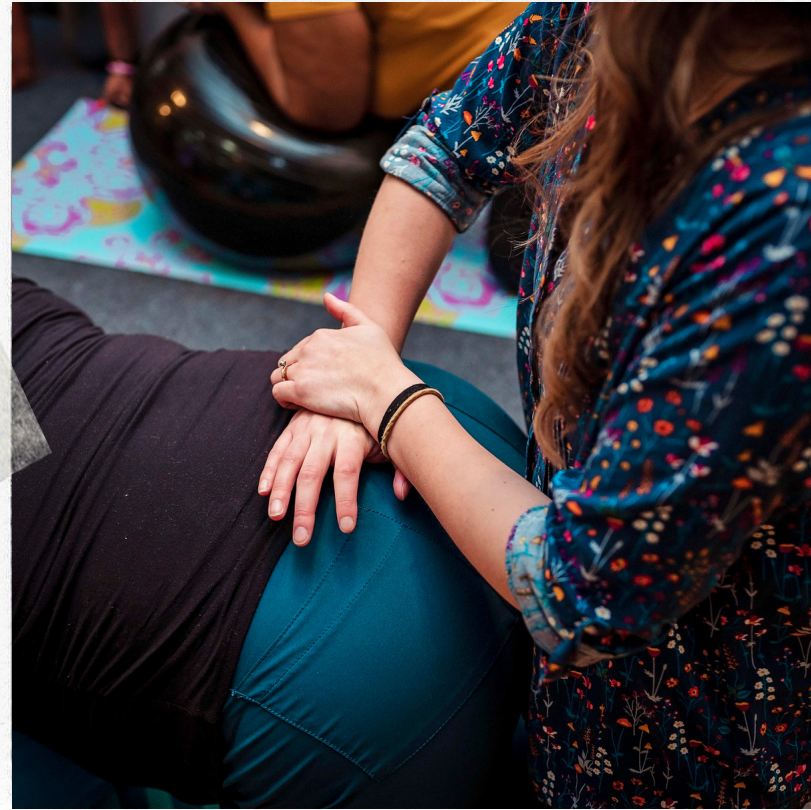
We offer doula trainings so can train and equip more diverse doulas. We also offer on going professional trainings and opportunities to birth workers.

What is a Doula?

A women who comes alongside another women during pregnancy, labor, and postpartum to offer continuous support physically, emotionally, educationally, and empowers them to advocate for themselves and their baby. They are trained, non-medical birth professionals.



Doula Sue



Doula Laura



Doula Shanna

PHYSICAL SUPPORT

Comfort Measures reduce pain and help position baby for a shorter labor

- Message
- Hip squeeze & Counter pressure
- Rebozo
- _Spinning Babies techniques

EMOTIONAL SUPPORT

Also why Doulas are also called Birth Coach

- Encouragement
- Coach them
- Continuous support
- Compassion
- Reassurance
- This is normal
- You got this!
- Mothering the mother/ mother figure



Doula Nina

EDUCATIONAL SUPPORT



Doula Ronae

Knowledge is power, we empower these women so they can make the best choices for themselves and their babies!

- Childbirth Education Classes
- Breastfeeding Support Group
- In-home prenatal and postpartum visits
- Evidence-based information
- Community Resources & Referrals

ADVOCACY SUPPORT

Helping them find their voice

- Education
- Informed Consent
- Using the B.R.A.I.N. Method of decision making
- Knowing what their options are
- Knowing what to expect
- Evidence-based information
- Basic human rights of birth



Doula Laura

RESPECTFUL MATERNITY CARE: THE UNIVERSAL RIGHTS OF CHILDBEARING WOMEN

01

Freedom from harm
and ill treatment

02

Right to information, informed
consent and refusal, and
respect for choices and
preferences, including
companionship during
maternity care

04

Dignity, respect

05

Equality, freedom
from
discrimination,
equitable care

03

Confidentiality, privacy

06

Right to timely
healthcare and to the
highest attainable
level of health

07

Liberty, autonomy, self-
determination, and
freedom from coercion



Scope of Practice

CONTINUITY OF CARE

On average you see 6.4 new faces during labor in the hospital. This does not include the postpartum phase.

EVIDENCE BASED INFO

It is our job to provide evidence based information but never medical advice.

SUPPORT & COMMUNITY

We do this by building a one-on-one relationship with each client. We spend hours getting to know them and their birth vision.

PART OF THE CARE TEAM

We work with providers to offer the best care to every client by working together not against them.

What's the evidence say?

39%

DECREASE IN C-SECTION RATES

15%

INCREASE OF SPONTANEOUS VAGINAL BIRTH

10%

DECREASE IN THE USE OF PAIN MEDICATION

38%

DECREASE IN A LOW 5 MINUTE APGARD SCORE

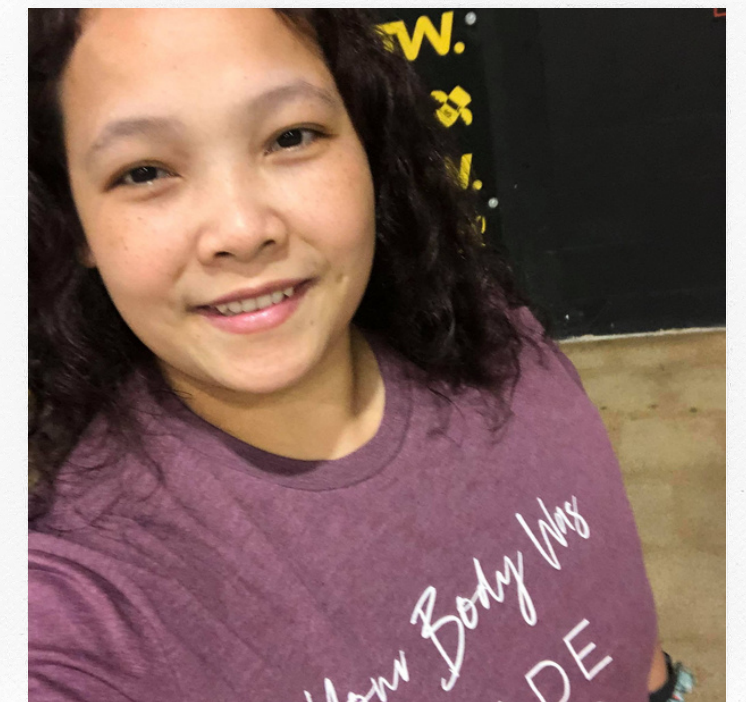
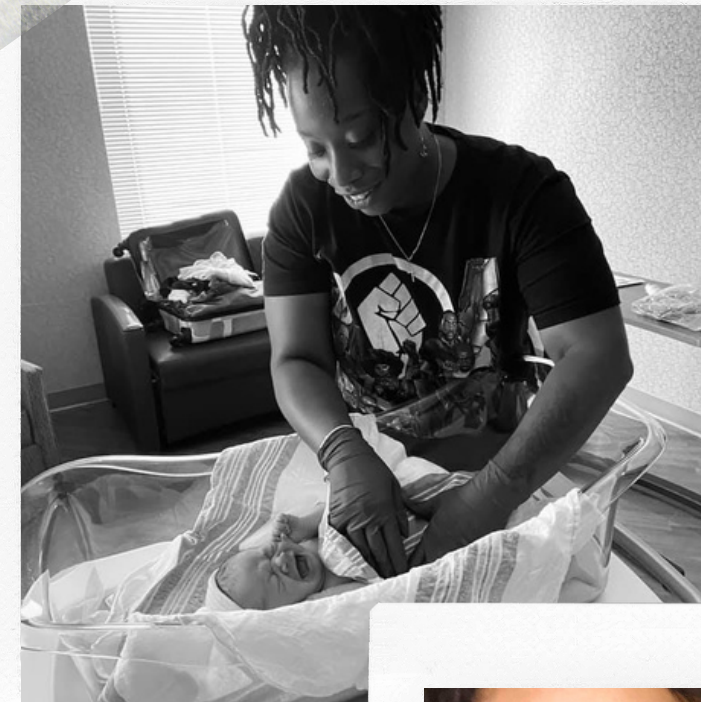
31%

DECREASE IN DISATISFACTION IN THEIR BIRTH EXPERIANCE

60+

ON AVERAGE LABOR IS SHORTER WITH A DOULA BY AN HOUR OR MORE

Doula JaNisha



Doula Lahmay (Karen)

Medicaid Reimbursement



Doula JaNisha

21+

STATES HAVE LEGISLATION FOR DOULAS THROUGH MEDICAID AND PRIVATE INSURANCE. LARGE CORPORATIONS LIKE **WALMART** ARE ALSO JUMPING ON BOARD!

For more information check out

<https://www.healthaffairs.org/doi/10.1377/hblog20210525.295915/full/>

TRAINING

Attending an in-person 16+ hr class or taking an online program. Having a mentor until they feel confident in their skills.

CERTIFICATION

Completes hours of training and meets other requirements by the organization including passing an exam. This includes things like community resource lists, reading assignments, births, and more.

CONTINUING EDUCATION

Additional trainings, such as blood-borne pathogens are required by our doulas. We also offer other trainings, classes, and workshops on an ongoing schedule.

WHAT JBW OFFERS TO OUR LOCAL COMMUNITIES



DOULA SERIVIECE

On a sliding-scale to all
women in Allen Co.



EDUCATION & SUPPORT

Classes offered to the
community and to
professionals



DOULA TRAINING

To train up more doulas
from communities highest
at risk for infant and
maternal mortality

**Doula services include 2
parental visits, full labor
support, and 2
postpartum in home
visits!**

AVERAGE COST OF A DOULA IS
\$600-\$1,000 IN FT. WAYNE



Doula Jaquanda

CHILDBIRTH EDUCATION

6 WEEK IN-PERSON CLASS
SERIES AT THE SHEPERD'S
HAND ON SOUTH ANTHONY

IN-HOME EDUCATION

EVIDENCE-BASED INFORMATION
GIVEN ONE ON ONE IN A SAFE
SPACE



Doula Laura

Breastfeeding Support Group

In-person every Wednesday from 10-11 am at CONNECT Allen County in the purple group room. Everyone welcome!

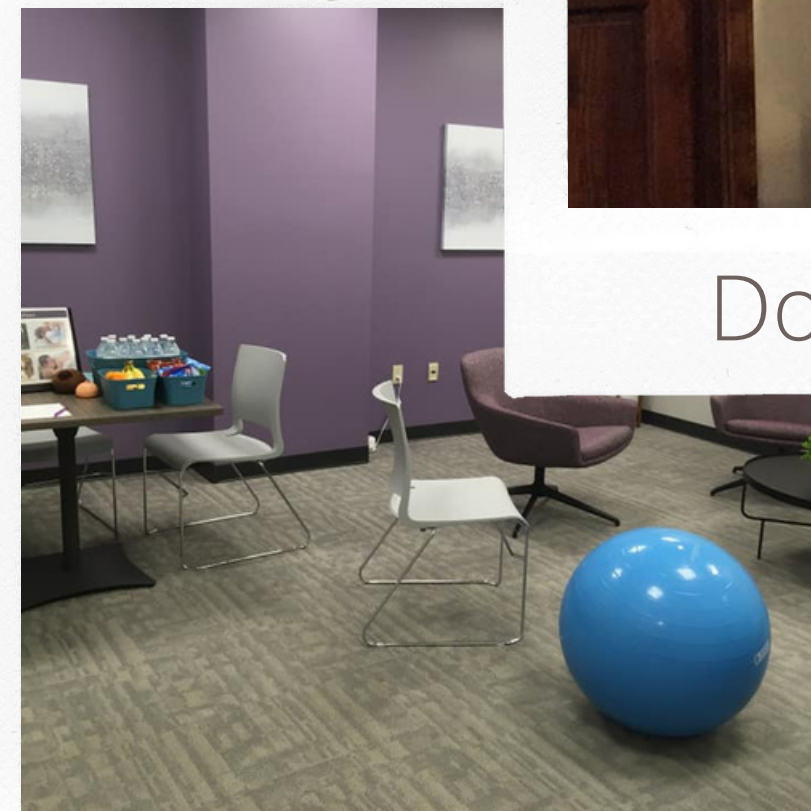
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Eventbrite link for the group

<https://www.eventbrite.com/e/in-person-breastfeeding-support-group-tickets-167512978829?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>



Doula Ronae



DOULA TRAINING

Community-based Doulas make all the difference!

We want to see doulas trained up from all communities and cultures. We believe that if the education and support comes from within these communities, that we will be able to have a greater impact!

- Doulas of color
- Spanish Speaking
- Karen/Thai (Will be training a Burmese) Speaking
- Supporting their sisters, neighbors, and friends
- Training to be childbirth educators
- Booths and community involvement
- 12 doulas, with several waiting to get trained





REFERRALS, WHO AND HOW

journeybirthandwellness.org

Call (260)249-3343 or at CONNECT Allen County

PROVIDERS

we are working with local providers such as the Parkview Randallia Midwives, and would love to build more provider connections.

COMMUNITY RESOURCES

We are trying hard to reach out to as many community resources as possible to let them know who we are. Great referrals have come from A Hope Center, Women's Care Center, Healthier Moms and Babies, YoungLives, churches, and more.

OUTREACH AND SOCIAL MEDIA

We try to be as present as possible at community events such as health fairs etc. We also receive a lot of calls from posts on our social media as well as through our doulas.

Coming Up!

Childbirth Education 6
week class series starts
Sept. 13th Monday night's
630-830 pm

Breastfeeding Support
Group Wednesday
Mornings 10-11 am

Evidence Based Birth
Professional Workshops
this fall and winter

Birth Trauma Intensive
Seminar
March 2022

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