

The background features a light gray grid pattern. Surrounding the central text are various hand-drawn, colorful shapes and patterns, including a pink star-like shape in the top left, a yellow star-like shape in the top left, a blue star-like shape in the top left, a green star-like shape in the top right, a blue star-like shape in the top right, a yellow star-like shape in the top right, a pink star-like shape in the top right, a blue star-like shape in the top right, a green star-like shape in the bottom left, a yellow star-like shape in the bottom left, a pink star-like shape in the bottom left, a blue star-like shape in the bottom left, a green star-like shape in the bottom right, a yellow star-like shape in the bottom right, a pink star-like shape in the bottom right, and a blue star-like shape in the bottom right.

supporting incarcerated individuals as a doula

navigating perinatal substance use
created By: sierra leone dillard

Understanding the role of a

doula: Think of it this way - The best cheerleader, ~~typewoman~~ man/person specific to support families during pregnancy all the way through the postpartum period. Our role is to help support the overall mind, body and spirit of everyone involved in the welcoming committee of this new life. Providing childbirth education, reassurance, a listening ear, guidance and parenting support. Remedies on pain management and position changes that can help during childbirth. We are an extra set of hands for medical staff if needed. - For me specifically a breathe of FRESH AIR! If you smell Cinnamon/Lemon...



The impact on maternal and infant health during incarceration

Incarceration can have significant negative impacts on both maternal and infant health.

Maternal Health

- 1. Physical Health:** Incarcerated women often face inadequate access to prenatal care, leading to untreated conditions that can affect pregnancy outcomes, such as hypertension and diabetes.
- 2. Mental Health:** High rates of trauma, depression, and anxiety are prevalent among incarcerated women, which can adversely affect their pregnancies and postpartum recovery.
- 3. Substance Abuse:** Many incarcerated women struggle with addiction, and lack of treatment during incarceration can lead to withdrawal symptoms that complicate pregnancy.

Continued...

Infant health

- **Low birth weight and preterm birth:** Limited prenatal care and high stress levels can lead to low birth weight and preterm deliveries, increasing the risk of health complications for infants.
- **Attachment issues:** Separation from the mother at birth can hinder bonding, which is crucial for infant emotional and cognitive development.
- **Developmental delays:** Infants born to incarcerated mothers may face increased risks of developmental delays due to the stress and trauma experienced during pregnancy.

Overall Effects

The cycle of incarceration can perpetuate health disparities, affecting not just the immediate mother-infant dyad but also the community, as these health issues can lead to increased healthcare costs and social challenges.



Mi'Amor and I - her Mom and I met when she was incarcerated and pregnant 6 years ago .

Diversion Programs: These programs redirect mothers away from the criminal system, often involving case management, counseling, and support services. Ideally a house in community specifically for alternative to incarceration.

Restorative Justice Programs: These initiatives emphasize repairing harm and rebuilding relationships within the community, allowing mothers to take responsibility without incarceration.

Home Confinement: Also known as house arrest, this allows mothers to remain at home under electronic monitoring, enabling them to maintain their roles as caregivers

Alternatives to Incarceration

95% of crimes
committed by
woman are
crimes of
survival

community service: this would involve fulfilling a certain number of hours of service in the community, allowing them to contribute positively while avoiding jail time.

substance abuse treatment programs: access to treatment programs that help address these challenges while still being in community.

wraparound services: mental health support, housing support, financial literacy, parenting classes, job training, and development, education services and employment support.

Let's not forget about incarcerated fathers

As much as we think about programming, we cannot leave this out. We need parenting classes for incarcerated fathers too. It's imperative to keep fathers in the loop they deserve to know what is going on as well.

1 and 10 Fathers suffer from PPMD

Check out this clip from Daughters a documentary on Netflix

<https://youtu.be/SMTgDRqfLPE>



lessons learned and challenges faced

Programming needs to begin on the OUTSIDE! This is prior to actually becoming a part of the system. Intercity schools, park and rec, community education classes, shelters, places of worship...

The story that you heard about the crime committed from someone else may not be the real story of events. If you want to know just ask. ALL and all don't judge.

Ultimately my contract was terminated for exactly what I was hired to do. Healthy people have therapist and I am thankful for my time inside to plant seeds to grow and flourish on the outside.

Building Trust and Rapport

the experts are the families

its a statewide community crisis when our maternal health numbers are at a disproportionate rate - it's a community crisis when crimes are at a high rate. We cannot turn a blind eye to things as if they don't affect us.

Don't try to press your narrative that you know what is best for someone's body. Statistics are useful however let's be honest in most cases data is about 10 years old.

Give several options in best case and worse case then respect the decision made - or until a true emergency or change of plans.

Keep trusted people in these roles for LONEGIVITY Purposes. Don't misuse REAL people...



Developing Supportive Networks

create a network of
providers

Regularly gather feedback from participants
to refine and improve support services based
on their needs and experiences.

I always say “the expert in the room is you
and your biggest advocate is also yourself”

01.

Family Engagement Programs

02.

Mentorship Programs

03.

ReEntry Programs

policy grassroot efforts changes

MN Healthy Start Act 2022 - Gov. Wirtz if pregnant you stay at a fully staffed halfway house until your child is one year of age. If you have more than one year to serve you would need to arrange for the father, family or friends to pass a background check to take on temporary custody.

In 2014 the No Shackling Law was passed - many states still shackle today

**Check out Everybody Has A Story - YouTube (@YrDoula), All Socials
Created to give space to tell their own truths and release...**

real stories

Aynslie Thorman

https://us02web.zoom.us/rec/share/YtCc5W8eoDz3EpbrXGZkOEb7nxOhUnNtjBZnqm8GhZF-RaWOR2dJVPRvCAj6oeJF.VIN_znqZdPN2Vyan

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Questions/Comments

Thank you
very much

MileStone Creations - Facebook and Instagram

