Healthy Babies
Bonded Mothers

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10/7/2018

Bob and Julie Broadway

Dear Bob and Julie:

Please accept the following narrative and attachments as a 6-month update of our work, from April 1, 2018 - Sep 30, 2018.

Since April 1, 2018, we've accomplished the following:

Grant Seeking and Fundraising

- Awarded $10,000 grant from Daniel Foundation of Alabama (Health Grant)
- Received $20,000 gift from the Estate of June Scott from James and Beth Scott
- Applied for (and should hear any day) a 3-year, $250,000 total grant at the invitation of the Alabama Department of Corrections. This award would fund our entire program for 3 years. The grant is a federal Second Chance grant through the Office of Juvenile Justice and Delinquency Prevention (OJJDP) at the US Dept. of Justice. If awarded, the ADOC will create an MOU with us as sub-contractors to provide twice weekly group support to our clients, along with one-on-one doula support and lactation support (with milk delivery to infant). We would collaborate with two other non-profits, Aid To Inmate Mothers and Healthy You, Inc, to provide comprehensive programming supporting mothers of newborns as they re-integrate into our communities.
- Our partners at the Minnesota Prison Doula Project have submitted grant requests for $235,000 from foundations in Minnesota in the past quarter, some of which will fund our work here.
- A new group, The Weston Price Foundation Montgomery Chapter, has agreed to provide a nutritious meal on the 4th Tuesday of every month. We now have a total of 5 meal partners providing all of the nutrient-dense food we bring to the prison each week. This amounts to food donations valued at $5,200 annually.
- In addition to the $30K mentioned above, the APBP received $19,500 in contributions and fundraising revenues over the last two quarters (including $4600 from our baby bottle coin drive, which we designated to pay for travel expenses to the National Prison Doula Training held in October).

Direct Services

- Of our three program service goals, **all three** are fully operational as of the end of June 2018: 1) Weekly group education and support, including nutritional meal; and 2) one-on-one doula support for every pregnant mother who wants one; and 3) Mother's Milk Initiative (pumping room, milk shipment/delivery to infants, and comprehensive lactation support).

  Weekly Birthing Care Group

  - We served 318 people food for the past two quarters. Nineteen new mother/baby dyads came into the group over 6 months.
    - For the entire 12 month period, we served 583 mother/baby dyads food. With an average of 1.5 servings, 875 plates-full of food were fed to incarcerated pregnant and postpartum women inside Tutwiler Prison. A total of 42 new mother/baby dyads were admitted to our group over the 12-month period.
  - The total number of client-hours of group prenatal and postpartum education for the last two quarters was 636 hours, and 1,116 hours for the year.
  - By the end of of this reporting period, APBP had served 99 unique mother/baby pairs since our first visit to Tutwiler Prison in March of 2016.

  One-on-one Doula Support

  - For the last two quarters, our doulas have spent 485 hours supporting their clients one-on-one. This total includes prenatal visits to the prison, birth support, separation support, and postpartum visits to the prison. This support included 162 hours of companioning a woman who ultimately lost her baby boy. **We can confidently say that no other woman in the United States has ever received this level of support as she gave birth to and said goodbye to her child while incarcerated.** Since April 1, our program has provided this one on one support to 19 women, attended 17 of those births, and supported 19 women as they separated from or said good-bye to their newborns. In two instances, the prison failed to call the doula in time to support during the birth, and one of those babies was born in the hallway of the prison.
  - One of our clients in July was imprisoned at Tutwiler for a 30 day sentence on a probation violation for failure to make her monthly probation payment . Within that time, she gave birth prematurely to her baby at almost 22 weeks. He survived for 10 minutes. She had no family supporting her, so we provided around-the-clock doula care for 6 days straight. Her doula brought hand-printing and moulding materials, a blanket and hat, and captured images of her tiny baby. The APBP paid for her baby's body to be transferred to a funeral home where she was from, and APBP purchased a burial plot and paid for the grave opening and closing because the mother's family was unable to afford the expenses (a total of $925). Two doulas from APBP attended her baby's funeral.

The mother was able to attend as well because the funeral home held her baby until she was released from Tutwiler.

- Following the loss of this baby, APBP requested a collaborative health care meeting with prison health officials. This request has become a monthly maternity roundtable meeting to enhance communication between the doulas, the prison, and prison health care officials.
- To encourage good self-care among the doulas following this stressful work, A.Lovell donated lodging for 3 nights to a cabin in the woods in Chilton County. All 5 doulas rested and debriefed, and Erica Gerrity from Ostara Initiative, a LICSW and psychotherapist, gave a talk on dealing with secondary trauma.

Mother's Milk Initiative

- This portion of our programming went live in June. In the months following, 7 women have expressed milk for their newborns.
- Two of the 7 babies were hospitalized in the NICU, and APBP was able to transport milk to the NICU for one of these babies. The second baby did not receive her mother's milk because the prison MD prescribed the mother meds not compatible with breastfeeding and would not consider an alternative medication, despite information provided to him by our IBCLC board member Cheryl Adams.
- Two other newborns did not receive their mother's milk because they were placed into foster care, and the Alabama Department of Human Resources made the decision to not allow us to deliver the milk to the foster families. The DHR decision was based upon the mothers' history of drug charges, even though both mothers had clean urine screens while pumping.
- One mother who pumped for her baby, despite her baby being placed in foster care, shared the following: "Coming to the pumping room makes me think about my daughter. Sure, it's painful, but it keeps me from going cold and trying to forget about her."
- Overall, we have had a much stronger response from the women in our program than we anticipated. Eight out of 19 initiated breastfeeding in the hospital. Seven went on to pump milk. The length of time pumping ranged from 3 days - 6 weeks, and two women were released while still lactating with the intention of continuing at home.
- Some images of the pumping room included below:

Networking

- Director A. Lovell gave formal presentations of our work to the Prince of Peace Mom's Group in Birmingham, the Mothers of Preschoolers Mom Group in Auburn, Holy Trinity Episcopal Church Adult Sunday School Class, and Auburn University Public Health in Vet Medicine Lecture Series.
- APBP attended two Alabama Department of Corrections Women's Services stakeholder meetings to update the DOC on our work.
- Director A. Lovell pitched the program to Every Mother Counts via conference call with Dr. Jesanna Cooper. APBP was invited to apply for a grant in early 2019 when EMC's new grant cycle opens.
- Director A. Lovell spoke to an attorney at the National Advocates for Pregnant Women in New York. The attorney wanted to connect and share information about how Alabama's Chemical Endangerment Law might be affecting our clients.
- Director A. Lovell was contacted by a researcher from Samford University, Rachel Copeland, about working together with the state to develop a proposal for legislative funding for a mother/baby center as an alternative to incarceration and separation for our clients. APBP is exploring the possibility of partnering with Dr. Copeland in research to help determine the needs of our clients with respect to a mother/baby center.
- APBP was invited to receive complimentary tickets to one of the Equal Justice Initiative's Justice Summit talks featuring Anthony Ray Hinton in April. We invited two of our donors to attend as a thank-you for their support.
- Director A. Lovell met with Father Geoff Evans of Auburn's Holy Trinity Episcopal Church to discuss formal funding from the church. Father Geoff is pitching that the church contribute financially to our work.
- Other people interested in starting a prison doula project contact APBP on average once every 2 weeks. Director A. Lovell has spoken to interested parties in Washington State, Georgia, and Massachusetts.
- An anthropologist from the University of Pittsburgh shadowed A. Lovell for two weeks this summer as part of her graduate research project.

Media Engagement

- The Marshall Project, a non-profit journalism group focused on criminal justice issues, requested access to APBP and the ADOC for a documentary video and companion print piece. The ADOC granted access, and the video will be distributed by PBS Frontline. The filmmaker hired is the Oscar-nominated and Emmy-award-winning Elaine Sheldon, who directed “Heroine” and “The Lost Boys” on Netflix. Filming for this documentary began in August and continued in September. The film is in the editing process and we expect to see the filmmaker again in November or December for more footage recording.
- Two doulas from APBP met with Nina Martin, a Pulitzer-nomined reporter from ProPublica in April to talk about the program. We do not expect a story to come from this meeting, but it was a good networking opportunity.
- Director A. Lovell gave a live radio interview on the Mark White Show, out of North Central Alabama.

Community Engagement

- APBP continues to receive a donated meal every week for our clients inside Tutwiler. Our food partners include Society Hill United Methodist Church in Tuskegee, Liberty United Methodist Church in Notasulga, Holy Trinity Episcopal Church in Auburn, the International Peace and Justice Women’s Group in Auburn, and the Weston Price Foundation Montgomery Chapter.
- APBP continues to receive hand-crafted blanket and hat sets to give as gifts to the mother/baby dyads in Tutwiler.

The following unit titles have been taught during group in this past quarter:

- Your Pregnancy: Your Physical Self
- Your Pregnancy: Your Emotional Self
- Your Pregnancy: Your Growing Baby
- Informed Birth
- Empowered Birth
- Prepared Birth
- Bonding with Your Baby and Postpartum Recovery
- Breastfeeding Your Baby
- Newborn Care and Developmental Needs
- Co-parenting with Your Child’s Caregiver

We have included select items at the end of this document including photos from the births, some notes, and other updates, including a birth outcomes chart.

I would like to add that implementation of all three service goals (weekly group, one-on-one doula support, pumping room) would not have been possible without the support we received from you. It is my sincere hope that your family has derived a strong feeling of accomplishment

and trust in our organization. We hope to produce a more permanent brag book to send to you detailing the impacts of the work you have supported, particularly what we hear from our clients. We are forever grateful to both of you and your belief in our abilities. That belief has been the key to launching us, securing other revenue streams, and building truly innovative social change.

You will soon be hearing from us when we announce our merger with Ostara Initiative, another 501(c)(3), which will allow us to expand, cost-share, and bring support to women in county jails around the state.

And on a personal note, every doula in our program thanks your family. We couldn't imagine doing anything else with our skills. ***Every one of us believes we are doing this work for a reason, and you and our Creator have made it possible!***

Thank you!

The following mothers gave us permission to share photos with you.

	First mother to pump milk for her baby using our pumping room. She has been released and reunited with her daughter. Baby Andslee
	Mom barely put baby down while in hospital. This is a blanket provided by volunteer crafters. Baby Aryanna

	Baby went right to latch. This mother barely said three words to the doula when they first met in the prison, but she nursed her baby and didn't put baby down the entire hospital stay. She also pumped upon return, but her daughter was one that did not receive the milk b/c she was placed with DHR, which refused the milk. Baby Aryanna
	Baby born SGA and sent to NICU later that evening. Fortunately she got skin to skin time with mom before separation. This was our only baby born at term that was SGA. Baby Isabella
	Baby Isabella spent time in the NICU for low body temp and blood sugar. We are working to build relationships with NICU staff to encourage our clients to hold babies skin to skin in NICU. There seems to be a knowledge gap or an unwillingness to allow this evidence-based practice with certain nurses in the NICU. Some seem annoyed with the security officer having to come into the NICU with the mother.

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<td>We supported her through her pregnancy and have witnessed her going from being very standoffish to participating regularly in weekly group.

This mother also expressed her wishes to her health care provider that she not be induced electively at 39 weeks. Her doctor agreed to additional monitoring, and she went into labor spontaneously a few days after 40 weeks.

Baby Hayven</td>
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<td> Baby Hayven born alert!</td>
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<td>Baby Hampton has a gray hair birthmark on the back right side of his head.</td>
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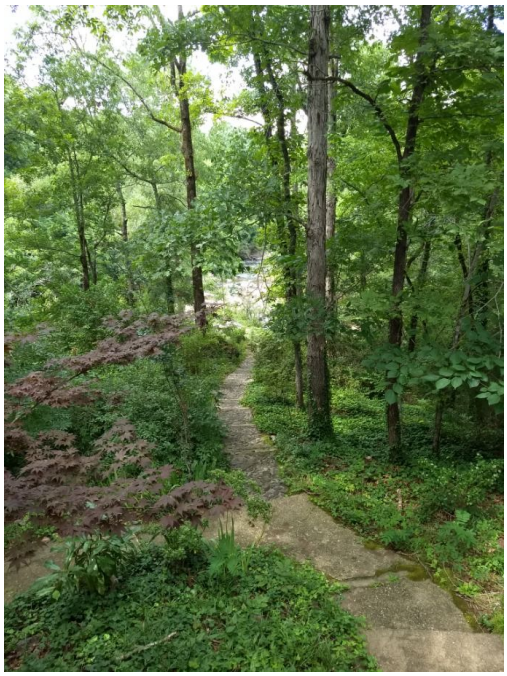
	Baby Romeo latched on at the hospital even though his mother had never breastfed her other children. She pumped upon return, but DHR did not allow us to ship the milk to his foster parents.
	Baby Kenadee was a surprise breech baby. After unplanned cesarean, she spent time in NICU for slow transitioning. Despite our effort advocating alongside our client, she was not able to see her newborn for 24 hours following birth. We realized we need to build relationships with NICU staff and are hoping to take them to lunch very soon.
	Doula supporting mom for hours and hours, and happy to do so.

	Doulas are often asked to hold the baby while mom showers or eats. What a privilege!
	Baby Remington was born in the hallway of Tutwiler Prison! He was not willing to wait on the nurses at the prison to listen to his mother when she said she was in active labor and needed to leave for the hospital. After being turned away from health care, this mother was wheeled back to the infirmary **by all our other clients** insisting that the prison believe she was in labor. Though the prison health care team did not listen, we were proud that all our clients unified their voices to be heard. Remington was born on the ambulance stretcher in the prison hallway between two metal gates.

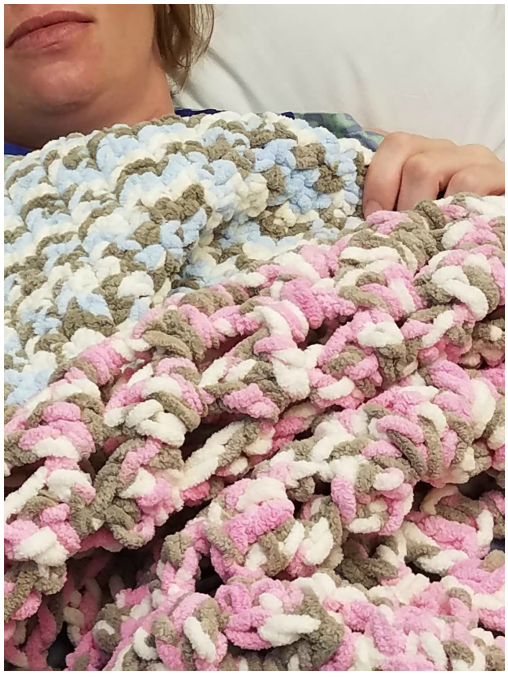
	Baby Ja'bar is a very lucky little boy. His mama gave birth to his older brother at just 25 weeks gestation. Despite mama having pregnancy-related complications, Ja'bar was born at term and was a healthy weight. But the reason he is lucky is because his mama is a fierce advocate for him. Her voice is strong and has benefited every participant in our program. He was also breastfed while in the hospital.
	This brother and sister pair were able to be born without surgery. Mom insisted on a vaginal birth, and she got it! Babies Hunter and Abbie

	Babies Hunter and Abbie
	This baby was breastfed and his mom pumped for him. She has been reunited with him, and she stays in touch with her doula. Baby Tylan
	This is colostrum going from Tutwiler to Baby Tylan in the NICU, hand delivered for over two weeks by APBP doulas.

	Baby Keith wears his new blanket and hat well.
	This is Baby Zaelyn's footprint on his mom's hand. Zaelyn was born at 21+ weeks and lived for 10 minutes. His mom held him for 2.5 hours after he passed. APBP was able to provide a high level of support to this mother, including help with burial expenses.



Following the stressful and sad week in July when Baby Zaelyne was born, the doulas enjoyed a three-day debrief and retreat in Chilton County, donated by Ashley Lovell.



Blankets from Springville, AL

Donated blankets and hats from California

	Prince of Peace Catholic Church Moms from Hoover donated 25 packed diaper bags, including diapers, wipes, baby care items, and a safe sleep wearable blanket. We will give one to every family picking baby up from the hospital and every mom who leaves the prison while pregnant.
	This week, we provided iron-rich, fresh venison for our pregnant and postpartum mothers. We have also provided fresh fish, chicken livers, beef, chicken, and ham (in addition to leafy green salads, folate-rich egg dishes, healthy nuts, yogurt, cheese, milk, and multi-colored raw veggies and fruit).

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<td>Members of Birthing Care Group waiting to serve themselves a healthy plateful of food.</td>
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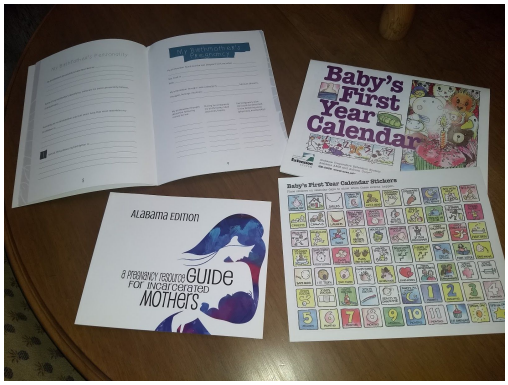
<td> 
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<td>Each participant receives a pregnancy resource guide, a Baby's First Year calendar with stickers, and a Baby's Life Storybook, a guided journal for mothers to record their baby's story in (on archival paper)</td>
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Erin Brown, RN and doula, co-facilitates Birthing Care Group</td>
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Ashley Lovell, Director, co-facilitates Birthing Care Group</td>
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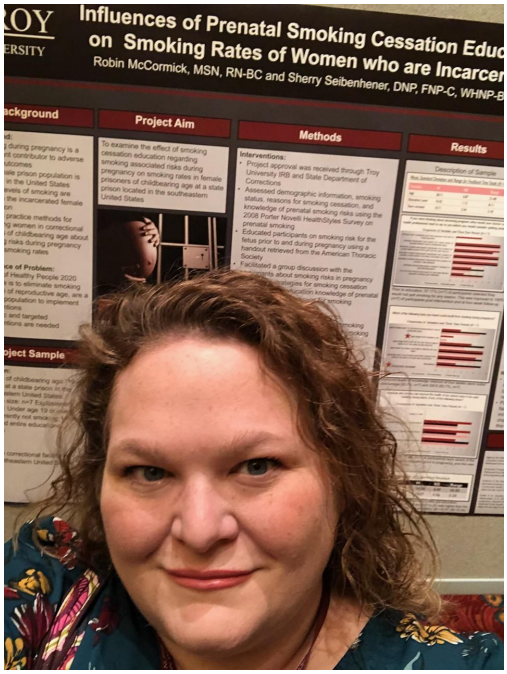
	Robin is one of our doulas and also an advance-practice RN. She is conducting a research study on effective ways to teach incarcerated, pregnant women about harm-reduction by smoking-reduction.
	Director Ashley Lovell is interviewed for a PBS Frontline documentary on the Alabama Prison Birth Project. Reporter Alysia Santo of The Marshall Project is wearing the headphones and holding the mic,, and filmmaker Elaine Sheldon is working the camera. The interview took place in Ashley's dining room.

When we asked our participants what their most important need was while pregnant in prison:

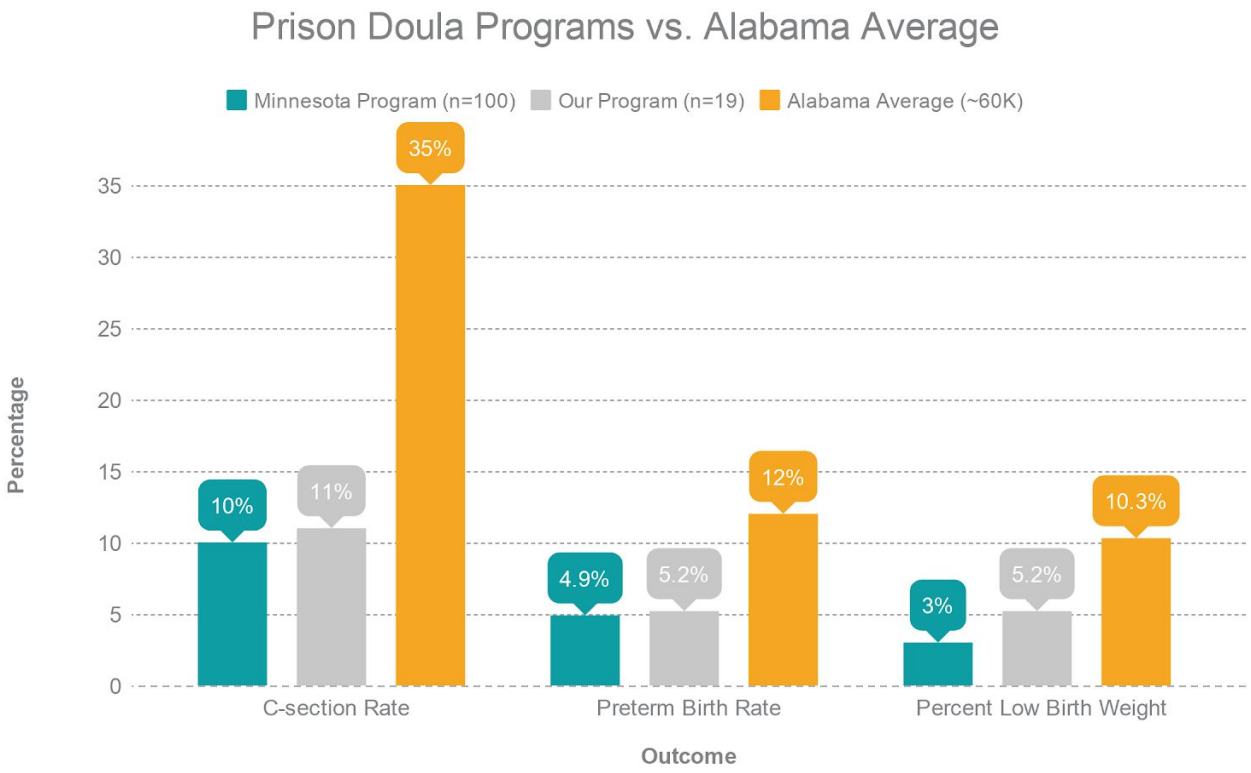
- "To not go through this alone."
- "To be treated with compassion. We are human beings."
- "To have someone to talk to that has been through it before, who can relate."
- "To receive our WIC and fresh fruit on a regular basis."

Things they say they have learned from group that they didn't know before:

- "How to coparent with the person caring for my kids."
- "The importance of skin to skin and how it adjusts baby's temperature."
- "Everything!"
- "Fight or flight hormones and oxytocin and their role in labor."
- "How to cope with separation."
- "The importance of doulas and what doulas do."

Things they want to learn more about:

- Postpartum mood disorders
- More coping skills
- Leaving the medical dorm and going into general population
- How lactation works
- Reunifying with child
- Stretching/yoga



Though our sample size is small, we are encouraged by our outcomes since February 2018, when we began attending births.