



# Culture and the Community Based Doula

Strengthening Communities through a Culturally Centered Model of Care

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# Overview

- The Culture of Care
- Empowering vs. Empowered
- Strength and Growth
- Replicate
- Adapt

# Culture of Care

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## What is Cultural Humility?

Understands that as individuals we may not know everything about a particular cultural and thereby approach care from a humble viewpoint of not making blanket assumptions about a particular culture and one's cultural identity.



# Identity Informs the Discourse

- Who are you?
- How do you see yourself?
- How do you see others?
- How do others see you?

How do the responses to these questions inform the way(s) in which one might access care ?



# Structural Competency

Calls for a dynamic approach to understanding the relationships among race, class, and symptom expression. It bridges research on social determinants of health to clinical interventions, and prepares clinicians to act on systemic causes of health inequalities. While many healthcare professionals have long addressed structural determinants of health, clinical care has been focused on the individual, and ***often restricts the scope of cultural competency training to the beliefs and behaviors of individual patients.*** Structural competency aims to develop a language and set of interventions to reduce health inequalities at the level of neighborhoods, institutions and policies.

# Empowered Vs. Empowering!





# Strength

- Genuine Community Engagement
- Addressing Systemic & Structural Oppressions
- Collaborative Care Models that Incorporate Marginalized Communities as Active Stakeholders.





# Growth

- Sustainability through Community Workforce Development in Doula Trainings that focus on Marginalized Groups. (Ancient Song, Mamatoto Village, JJ Way, etc.)
  - Improved Outcomes Labor & Postpartum Outcomes
  - Improved Community Support & Partnerships

# Replicate & Adapt





## Model of Care

**Full Spectrum Community Doula Care Model** - Integrates a sexual & reproductive justice framework and community health care worker model that assists in the doula providing advocacy, emotional, physical support, and culture to see the health worker and recipient as active participants within the healthcare system.



# Understanding Birth Justice

When individuals regardless of race or gender identity are able to make informed decisions during pregnancy, childbirth, and postpartum for themselves and babies. Without fear of coercion into unnecessary medical interventions, reprisal for refusal of care, and/or face inadequate medical care and are able to express their full human rights around their reproductive health choices.

*\*This is a working definition*



# Adapt

- Flexible in Approach (Individual & Group)
- Understanding of Cultural Humility to guide care
  - Understanding of Structural Competency
- Address present needs, set long term goals
  - Follow Up/ Refer Out



# Bibliography

- Structural Competency definition Naimah Johnson, LMSW
- Birth Justice definition Chanel L. Porchia-Albert