



Are you a Peer Support Specialist interested in becoming a Certified Doula to work with Pregnant Women who have Substance Use Disorders?

What's a Doula?

A doula, also known as a birth companion, birth coach or post-birth supporter, is a non-medical person who assists a woman before, during, or after childbirth, to provide emotional support and physical help if needed. They also may provide support to the mother's partner and family.

What does Peer Support have to do with Birth coaching?

Under a unique and innovative program CHEEERS Recovery Center has received funding through SAMHSA's Building Communities of Recovery Grants to provide credentialed Peer/ Recovery Supports who currently or plan to work with pregnant women with substance use disorders specialized training to become a certified Doula.

Why?

CHEEERS believes that Peer Support is part of the solution to address Arizona's Opiate and Substance Use Epidemic. *Integrated Health addressing the whole person, providing support for pregnancy and recovery; it's a win win!*

- ❖ Consider that in the date range of June 15, 2017 – November 21, 2018, Arizona reported 1450 babies with Neonatal Abstinence Disorder, and estimated that only 51% of women with Opiate Addiction are receiving the recommended treatment while pregnant.
- ❖ We know that pregnant women often do not seek services and support due to fear, judgment and shame and we know that Peer Support can help. Receiving proper treatment, care and support is critical in the woman's health and in the health of her baby.
- ❖ Providing Arizona's peer supports with doula training will better prepare the workforce to assist pregnant women through the prenatal care, birth and post-partum phases while supporting the unique issues relating to recovery and substance use.
- ❖ Continuous support during pregnancy and birth from a person outside the mother's family or social circle, is associated with reduced mortality rates, improved overall health of the mother and the baby, shorter labor time, and a lower need for medical interventions and can reduce a mother's negative feelings about their childbirth experience.
- ❖ Our trained Peers as Doulas will be better equipped and qualified to assist with not only the recovery aspects of the women's journey, but also the birthing process and how to support healthy pregnancy and outcomes for both the mother and infant.



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How

This unique opportunity will provide Arizona's Peer Recovery Specialists with training to include testing and certification costs to become a doula and work with Pregnant, Post- Partum women (and their families) who have substance use and mental health disorders.

- ❖ The initial Doula Training is provided in a 2 day training. Our next class is July 12th & 19th (both Friday's required) from 9 a.m. – 6 p.m. at CHEEERS Recovery Center. Becoming a certified doula requires additional classes, providing continuous in labor support for 3 births and references from 2 mothers and the medical practitioners. CHEEERS has contracted with trainers and will assist Peers in receiving required trainings and working through the process. All fees associated with testing, materials and classes will be covered under the grant. To learn more about the Certification process visit www.dona.org/become-a-doula/

Eligibility

To be eligible, individuals must be credentialed peer supports in Arizona.

You must obtain an application and submit for approval, prior to July 1st, 2019. Space is limited.

Please contact Lisa Zaran , Project Coordinator for Building Communities of Recovery Grant at 602-246-7607 ext. 2130 for more information and to register for the trainings.

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