

North Star

Zero racial disparities in infant mortality by 2033.

How much did we do?



16

Birthing participants were provided doula support



10*

Birthing participants supported with chest feeding



10*

Birthing participants were provided safe sleep supplies

* 10 out of 16 participants delivered babies by the end of the project.

2 Parent Educators completed the perinatal mood disorder certification

2 Parent Educators trained as doulas



2 Certified lactation consultants added to staff

Program Description

This FLOURISH grant funded the Show Me Strong Families program at Parents As Teachers. The purpose of the grant is to develop and implement policies and procedures for embedding the services of doulas into the evidence-based parenting education and family well-being support services we provide primarily to African-American pregnant and parenting participants in St. Louis City and part of North St. Louis County through Show Me Strong Families (SMSF) Parents as Teachers (PAT). This project took place from March 2021 to June 2022.

Priority Areas

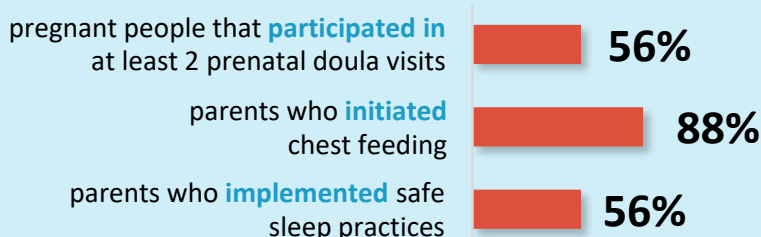
FLOURISH Community Leaders Cabinet identified priority areas they believe will have the most significant impact on improving conditions for Black families. Infant mortality is a complex issue that can't be solved by one organization alone. Below, you will find population level data where FLOURISH is contributing to changes for Black families alongside other organizations. Parents As Teachers National Center is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH Priority Area	Category of Work	Population Level Data
 Social Determinants of Health	Education & Resources	<ul style="list-style-type: none"> Access to Resources
 Coordinated Quality Care	Doula	<ul style="list-style-type: none"> Breastfeeding initiation Emotional support through all stages of birth Advocacy for patient through all stages of birth

FLOURISH uses a **results-based accountability** model of evaluation, because it helps show how collaborative efforts can make an impact on reducing disparities in infant mortality. We focus on how well programs address root causes of the issue and whether Black pregnant and parenting families are better off.

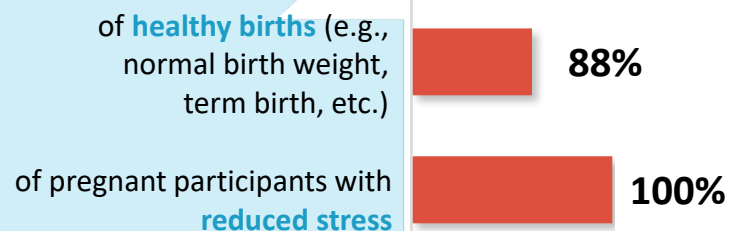
How well did we do it?

Percent of...*



Is anyone better off?

Percent of infants who...*



* Out of 10 birthing people

Integrating Support Staff

The two new certified lactation consultants and the Parent Educators who completed the perinatal mood disorder certification was **a first in our agency history**.

To **institutionalize doula supports**, we documented all process and materials including implementation guidelines, policies, procedures, tools/records to measure impact and client facing materials.

Also, firsthand **doula experiences were shared** by a Parent Educator doula in the Community Impact Network video testimony.

Project Highlights

We learned that doula services are an excellent compliment to the Parents as Teachers model at the Show Me Strong Families affiliate level as well as the replication level for affiliates across the United States. There is a need for this service and an interest among families the Show Me Strong Families program serves.



Show Me Strong Families

The power of Show Me Strong Families doula work was highlighted in an [STLToday article](#).

I learned about the program during a prenatal visit at the homeless shelter and that's where I met Ms. Robin. She **was the best thing that could've happened to me during my pregnancy**.

- Kaylin Carter



Positive Birth Experiences

100% of pregnant participants enrolled in the program reported having a positive birth experience

94% of birthing participants delivered without health complications

100% of pregnant participants reported reduced stress

100% of pregnant participants increased feelings of support during the perinatal period

Partnerships



FLOURISH St. Louis, an infant mortality reduction initiative powered by Generate Health, is bringing together people and organizations across the region to fix the systems that impact the health of Black families. Parents as Teachers National Center received a FLOURISH grant which was funded by Missouri Foundation for Health.

For more information visit <https://parentsasteachers.org/> or contact info@flourishstlouis.org