



Doula Support Program

Supporting individuals & families with a history of, or current SUD/ODD throughout pregnancy, childbirth and a year postpartum

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A New PDPH Initiative:

- ▶ Title V Program: Federal maternal health funding
- ▶ High rates of relapse, overdose, fatal overdose postpartum
- ▶ Rates of Neonatal Abstinence Syndrome (NAS)
- ▶ Partnership with MATER: Jefferson's addiction medicine program

What Support Looks Like:

- ▶ **Doulas who have lived experience and/or have worked with target population**
- ▶ **Educational, informational, emotional support, including:**
 - ▶ Knowledge of hospital protocol for babies born to mothers on MAT/opioids
 - ▶ Familiar with NICU protocol, available for escort and accompaniment
 - ▶ Awareness of extreme amount of stigma for this population
 - ▶ Knowledge of trauma-informed care, substance use as a coping mechanism for trauma
 - ▶ History of criminalization of women and mothers who use drugs, family separation

One Year of Postpartum Support

- ▶ Data reflecting rates of relapse into substance use 5-6 months postpartum
- ▶ A relationship of trust and non judgment:
 - ▶ Successful navigation of multiple systems
 - ▶ Referrals to other supports
 - ▶ A space to process pregnancy, birth, parenting in context of recovery

Thank you!

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