

## Who Qualifies for Services

### Pregnant women ages 13-25 with:

- High-risk pregnancy
- Minimal supports
- History of trauma and/or mental health diagnosis
- At-risk youth
- Teen pregnancy
- Not enrolled in other home-visiting, birth support/doula programs
- Not enrolled in DMHAS YAS

Referral forms and more information can be found at: [www.bsebct.net](http://www.bsebct.net)

All services are provided on a voluntary basis



## Birth Support, Education & Beyond, LLC (BSEB)

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## Birth Support, Education & Beyond

### Comprehensive In-Home Perinatal Support Services



### Labor & Birth Doula Services, Pregnancy Support, Postpartum Doula Care, Childbirth & Newborn Parenting Education

Providing trauma informed care  
Fostering positive attachments  
Expertise in working with vulnerable  
populations

## BSEB Perinatal Support Specialists, (PSS) Provide:

- ◆ Comprehensive Perinatal Support; pregnancy support, childbirth education, labor, birth & postpartum doula services, newborn care & parenting education provided utilizing a variety of teaching tools that support your individual needs
- ◆ Assistance and linkage to local and community providers; WIC, pediatric, perinatal mental health clinicians, daycare, newborn first aid, CPR and car seat safety courses, parenting education home visiting programs and support groups, etc.
- ◆ Transportation and support at prenatal, postpartum OB, pediatric and specialty medical appointments. Support in facilitating open communication and self-advocacy with medical providers
- ◆ Assistance with pre-birth planning, home preparation, identification of personalized birth goals. Provide education of hospital risk assessment interview, general policies & procedures, development of Plan of Safe Care

- ◆ Assessment of Perinatal Mood and Anxiety Disorders (PMAD) throughout pregnancy. Referrals for intervention and treatment when indicated
- ◆ Assistance and advocacy for utilization of the developed birth goals fostering open communication during labor and birth
- ◆ 24/7 on-call doula support beginning two weeks before and after estimated due date, intensive phone support throughout early labor



- ◆ Continuous labor doula support (emotional, physical, educational and advocacy) throughout the duration of active labor, birth and the immediate postpartum period. Assistance with hospital discharge, transportation to home with in-home postpartum doula support



- ◆ Intensive Postpartum Services (IPS) In the 6 week postpartum period; increased home-visits,

assistance with maternal & newborn care & needs, breast/bottle feeding education, promote optimal newborn bonding & attachment, safety & wellness education, light errand and meal preparation, assist with pediatric/medical appointments

- ◆ In-home newborn parenting education; promoting positive attachment and secure parent/child relationships utilizing Association for Infant Mental Health (AIMH) practices, Circle of Security Parenting (COS-P), Parents as Teachers (PAT) and other evidence based curriculums



- ◆ Collaboration, referrals and linkage to other community programs, parenting groups, social services and clinical providers

