



GROWING TOGETHER

A research site of **Enhanced Perinatal Programs for People in Prison (E4P)**:
A multi-state project exploring pregnancy and postpartum support programs offered to incarcerated individuals

Black, Indigenous, and other People of Color are disproportionately represented in the criminal legal system. They are also at increased risk for adverse birth outcomes. E4P aims to reduce maternal health inequities in the criminal legal system by increasing our understanding of pregnant and postpartum people in prison and the programs that serve them.

Growing Together is an initiative between University of Arkansas for Medical Services (UAMS) and the Arkansas Department of Corrections (ADC). Growing Together is a multi-component program developed for incarcerated women who are currently pregnant or have been pregnant in the past year. It currently includes a lactation program and an emotional health support group; childbirth education classes were also offered prior to the pandemic. The Growing Together program was founded on the needs that incarcerated pregnant and postpartum women voiced during a series of listening sessions in spring 2019. The team has worked diligently to honor the priorities that they expressed. Growing Together provides services to individuals who are incarcerated at the Hawkins Unit in Wrightsville, AR.

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Growing Together offers the following services:

- > Group programming
- > Lactation support

GROUP PROGRAMMING

- Emotional support group for anyone who is or has been pregnant or given birth within the past year
- Meets once per week for 1 hour
- Facilitated by UAMS psychology interns

PROGRAM INFORMATION

- Perinatal programming began in 2019
- Growing Together is staffed by volunteers and/or contributors via their hospital or ADC staff role
- Approximately 10 core contributors and a network of 20-30+ that have been involved at various times; contributors chip in accordingly depending on what's needed at the time

LACTATION

- Dedicated lactation room next to barracks
 - Four rocking chairs with footstools
 - Two hospital-grade, multi-user breast pumps
 - Two refrigerator-freezer units for milk storage
- Caregivers pick up milk, typically weekly
- Moms are able to breastfeed during visitation
- UAMS lactation consultants offer lactation education to ADC staff

FUTURE DIRECTIONS

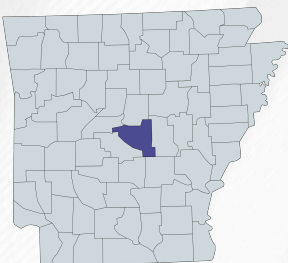
- Resume childbirth education classes
- Initiative parenting classes

NOTEWORTHY ACCOMPLISHMENTS

- Growing Together is fully run by volunteer efforts and there are no intermediary organizations involved (e.g., a nonprofit).

J. AARON HAWKINS SR CENTER

- Arkansas has two women's state prisons. The Hawkins Center is the smaller of the two
- All women who are incarcerated while pregnant are housed at Hawkins
- Located in Pulaski County, AR (shaded on map)
 - The Hawkins Center is located from capital city, Little Rock, which is also located in Pulaski County
- Opened 2006
- Medium security facility
- Capacity: 212



Learn more about Growing Together at:
<https://news.uams.edu/2019/12/02/uams-backed-program-offers-lactation-services-for-imprisoned-mothers/>



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