



MICHIGAN PRISON DOULA INITIATIVE

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.

The **Michigan Prison Doula Initiative (MPDI)**, is a 501(c)(3) nonprofit organization that provides informed, nurturing care to pregnant & birthing individuals involved with the Michigan Department of Corrections (MDOC). MPDI's vision includes opportunities for further bonding between mothers and their families, re-entry resources, mentorship opportunities, and extra time for mothers to bond with and feed their babies. MPDI's ultimate goal is a future in which pregnant people are not incarcerated. **Contact:** contact@mpdi.org.

MPDI offers the following services:

- > Group prenatal programming
- > One-on-one intake visit
- > One-on-one office hours before and after birth
- > One-on-one prenatal visits with doula
- > One-on-one doula support during labor and birth
- > One-on-one postpartum visits with doula

GROUP CLASSES

- Curriculum was developed by the educator, and is modified for the needs of each class
 - 3-week series
 - 1.5 hours/session
 - Offered 5-6 times per year
- Participants are allowed to repeat the series multiple times, if desired

ONE-ON-ONE PROGRAMMING

- Each client is assigned to two doulas (2:1 model)
 - Clients meet with one doula at a time for visits and only have one doula present at birth
- Intake visit
- Optional weekly office hours before and after birth
- 2 prenatal meetings
- Doula labor and birth support at hospital
- 2 postpartum meetings, with the option of more meetings within the fourth trimester if needed

PROGRAM INFORMATION

- MPDI employs 2 part-time staff members and 7 contracted doulas
- Programming began in 2018

LACTATION

- The client may breastfeed in the visiting area during assigned visitation hours
- Milk storage not available at WHV

OTHER PROGRAMMING OFFERED

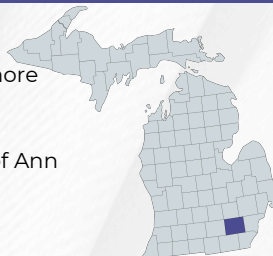
- An MDOC staff member develops individual program plans for pregnant clients, including assigning a pregnancy counselor and/or adoption worker
- WHV assists clients with coordinating an additional support person of the client's choosing to accompany them during labor and delivery (typically a family member; must be on client's approved visitor list)

FUTURE DIRECTIONS

- Adapt a one-on-one psychoeducational program, Survivor Moms' Companion
- Expand doula services into local jails
- Expand and deepen support for incarcerated clients immediately postpartum into the fourth trimester
- Build a statewide online resource/referral list for pregnant and postpartum formerly incarcerated people and their families

WOMEN'S HURON VALLEY CORRECTIONAL FACILITY (WHV)

- Michigan's only women's state prison
 - Opened in 2005, housing men and women
 - In 2009, the men's complex was closed to house more women
- Located in Washtenaw County (shaded on map)
 - 75 miles southeast of Lansing, 10 miles southeast of Ann Arbor, 42 miles southwest of Detroit
- Security: All security level facility
- Capacity: 2006



Learn more about MPDI
at: <https://mpdi.org/>

