



The Alma program, the first of its kind in New Jersey, is an evidence-based, peer-to-peer mentoring program created with and for new and expecting birthing persons who are experiencing depression, anxiety and stress. Developed by a collaborative team of English and Spanish-speaking researchers at the University of Colorado Boulder, as well as mental health providers, community members and parents, the Alma program gives new and expecting birthing people the support and skills they need to navigate this important chapter in their lives.

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BIRTH JUSTICE

INSTITUTE

The Birth Justice Training Institute is an intersectional and intergenerational hub for community-based doulas, advocates, and Pregnant and parenting Individuals seeking to champion equity and justice in maternal healthcare. Through a multifaceted approach encompassing education, training, and mentorship, the institute empowers participants to enact tangible change in the birth justice landscape in New Jersey.

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ConnectingNJ

Connecting NJ is a network of partners and agencies dedicated to helping New Jersey families thrive. We provide mothers, fathers, grandparents and guardians free or affordable access to people, organizations, and other sources of information needed to raise healthy children. Connecting NJ utilizes a county-based, single point-of-entry system that simplifies and streamlines the referral process for obstetrical and prenatal care providers, community agencies and families.

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RWJBarnabas HEALTH

Robert Wood Johnson University Hospital Somerset Babs Siperstein PROUD Center

The Babs Siperstein PROUD Center is the first primary care facility in New Jersey specializing in the health care needs of the LGBTQIA+ community. The PROUD Center provides primary care, gender affirming hormone therapy, STI testing and treatment, HIV testing and preventative care, behavioral health services, support groups and much more to LGBTQ+ adults. The PROUD Center received the NJBIZ HealthCare Heroes Award in “Innovation,” and was honored as the National Association of Social Worker’s 2022 New Jersey Organization of the Year.

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NJ Department of Health (DOH) and NJ Department of Human Services (DHS) collaborate to support community doulas in NJ. NJDOH funds the New Jersey Doula Learning Collaborative (NJDLC), the professional home for community doulas. NJDHS oversees NJ FamilyCare, which provides insurance coverage for community doula services to NJ's Medicaid, CHIP, and Medicaid expansion populations.

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NJ Department of Children and Families Office of Family Support Services includes the Family Success Centers, Kinship Navigator Program, NJ4S, School Based Youth Services Programs and NJ Child Assault Prevention Program. This Office provides leadership, support, and development to communities and family serving organizations to identify community strengths, needs, and community-based promising strategies that will improve the accessibility of support programs and improve the community context in which families live.

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The Partnership for Maternal and Child Health of Northern New Jersey launched its FELLAS Fatherhood Program in 2021. FELLAS (Fathers Empowered to Learn, Lead, and Achieve Success) serves Essex County fathers 18 years of age and older who have children between the ages of birth to 24 years old. In addition to weekly one-on-one support through case management contacts and referrals, the FELLAS Fatherhood Program aims to assist Fathers through the implementation of the following program components: Improving Responsible Parenting, Sustaining Healthy Marriages/Relationships, and Increasing Economic Stability.

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Planned Parenthood of Northern, Central, and Southern New Jersey

Planned Parenthood of Northern, Central, and Southern NJ is proud to launch the “Invest In Black Moms” Doula Access Grant Pilot. This program will provide grants of up to \$3000 per doula to fund doula care for Black expectant moms and support Black community-led doula care providers. By offering essential doula care, this initiative aims to tackle severe disparities during pregnancy and childbirth, center lived experiences, and improve health outcomes while addressing systemic barriers.

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COMMUNITY HEALTH LAW PROJECT



Unmet housing needs, lack of access to quality healthcare, financial insecurity, immigration status, and family stability are just some of the social determinants of health affecting pregnant women. Many of these stressful situations require legal aid, and embedding lawyers into the treatment team through medical-legal partnerships is the ideal model in addressing these critical issues to ensure the best outcomes for pregnant women and their families. The Community Health Law Project is a legal services organization that provides legal assistance to low-income individuals with disabilities, chronic health conditions, and the frail elderly. They have also developed medical-legal partnerships with health care providers to provide true holistic care to patients, including pregnant women, to improve their health outcomes.

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The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

Dedicated PSI members, leaders, and friends work tirelessly across all levels to meet goals of the shared PSI mission of support, education, advocacy, and research for people living with mental illness through various activities such as providing a helpline, newsletter, support coordinators, online support groups, standardized training and education, and resources for women, families, students, and professionals.

The New Jersey Chapter is comprised of volunteers who support the PSI Mission and Values and expand and increase access, awareness, advocacy, education, training, and resources to the New Jersey communities to support perinatal and postpartum communities and families.

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Paid maternity leave improves maternal health, both physical health and well-being. One literature review found that for mothers who were able to take paid leave, the chances of being re-hospitalized are reduced by more than half. NJ is one of 13 states with paid family and medical leave programs. Join Holly Low and Tonya Coston from the NJ Department of Labor & Workforce Development to talk about their efforts to increase equitable access to this important program, as well as initiatives to support early care and education workforces.

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**HEALTHY
MOMS.
STRONG
BABIES.**

Through the March of Dimes' low dose aspirin campaign, Low Dose, Big Benefits™ initiative, we're raising awareness for healthcare and support professionals and those at risk of preeclampsia that taking low dose aspirin (also called baby aspirin or 81-mg aspirin) throughout pregnancy can provide big benefits, giving moms and babies the healthy start they deserve.

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THE COOPERATIVE

Connecting South Jersey Families to Healthy Futures

Project MyRide

Project MyRide, a program of The Cooperative, offers a community-based approach to meeting the unique transportation needs of the maternal child health population in South Jersey. In partnership with Local Initiatives Support Corporation (LISC) and Uber Health, Project MyRide has provided more than 26,000 no-cost rides to pregnant and parenting people across the region to access healthcare and social services.

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The New Jersey Breastfeeding Strategic Plan Project was launched this year at Central Jersey Family Health Consortium with funding from the New Jersey Department of Health to initiate, review and implement statewide breastfeeding and lactation policy, including the *2022-2027 New Jersey Breastfeeding Strategic Plan*. The *2022-2027 Breastfeeding Strategic Plan* provides a blueprint of concrete actions that state government, the healthcare sector, businesses, insurance, education, and the community can take to better support breastfeeding and to create a statewide environment that normalizes breastfeeding. The Project also facilitates coordination among state government agencies on statewide lactation initiatives.

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New Jersey Family Leave Act

The New Jersey Family Leave Act (NJFLA) allows eligible employees to take up to 12 weeks of job-protected family leave in a 24-month period. Employees can take the leave to care for a family member, including to care for/bond with their baby, without losing their position when they return to work.

Workplace Accommodations for Pregnancy and Milk Expression

The New Jersey Law Against Discrimination (LAD) requires employers to provide reasonable accommodations to pregnant employees and employees who are expressing milk, unless providing the accommodation would be an undue burden on the employer. Common reasonable accommodations for pregnancy include additional breaks to drink water or eat, assistance with manual labor, and modified work schedules. Common reasonable accommodations for milk expression include reasonable break time to express milk, a private space close to where the employee works to express milk, and access to a refrigerator or cooler to store expressed milk.

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