



Empowered From Within

Perinatal Support for Parents Incarcerated in CT

About me: Ashley Minihan



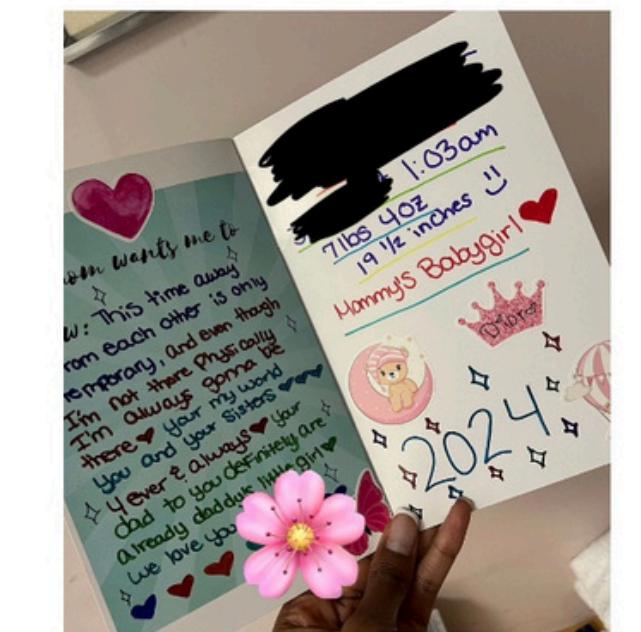
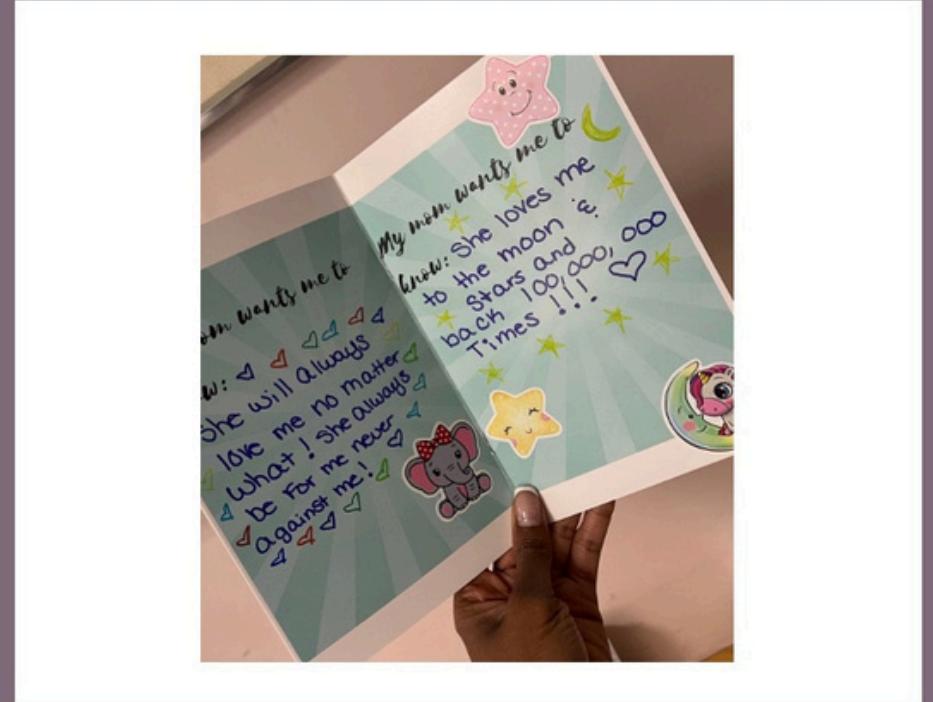
- Certified doula, lactation counselor, CPST, childbirth educator, still birth perinatal loss doula
- Empowered Beginnings perinatal wellness center in Hamden - childbirth education, support groups, doulas, IBCLC, Pelvic Floor PT, perinatal therapy
- Run a doula agency & take a very limited number of clients privately
- Manage the DOC doula program, Amethyst and Lucy Baney

York Services



- Began in 2019 (then paused because of Covid)
- Weekly groups for Incarcerated Moms (Prenatal and Postpartum) & Circle of Security
- Birth Support, Lactation Support, & Transition book
- Served 97 clients last year
- 15 births, 100% breastfeeding initiation, and about 85% long term pumping (past 1yr)
- 2023 Program increased to 4 doulas with 1 year contract
- 2024 Program increased with more services including HV Connection and Halfway House support with 3 year contract
- Plans to begin a Prison Nursery Program are in the works (a few years out)

Transition Book for baby at hospital



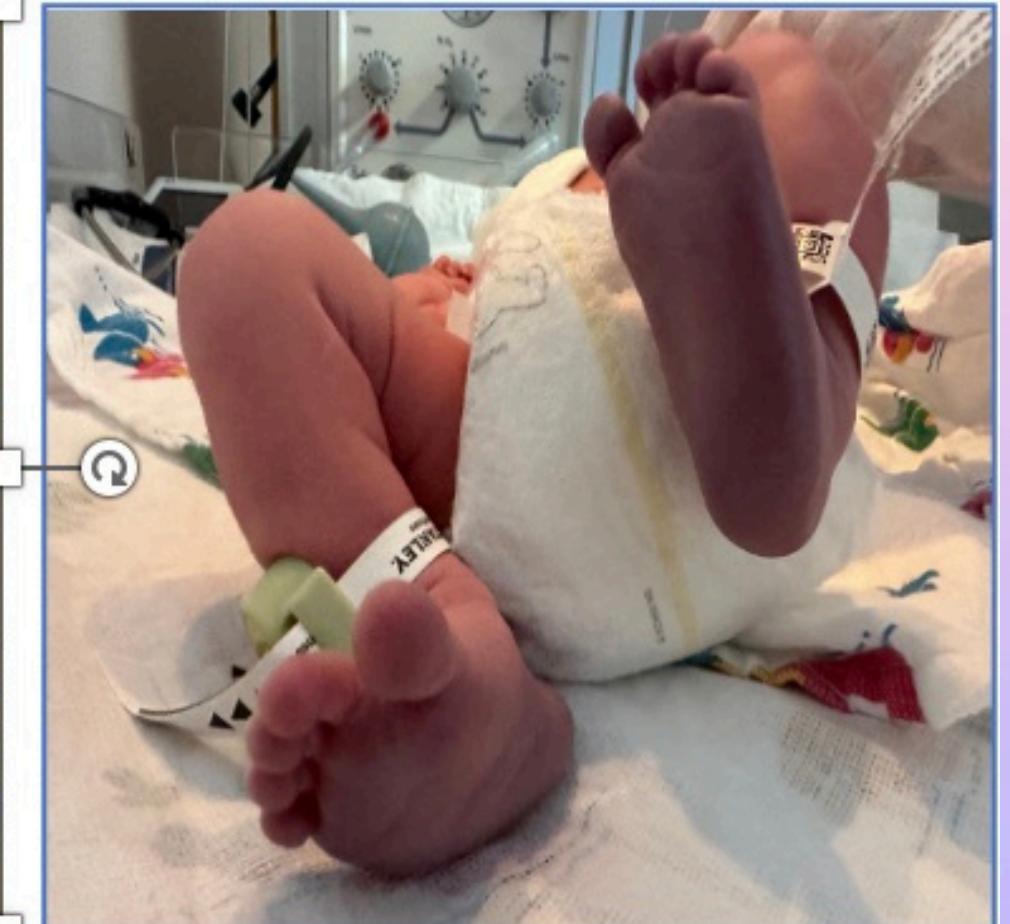
Lucy Baney/Amethyst



- Weekly Groups
- Doula Services
- Family Care Plan
- Hospital Advocacy
- DCF Advocacy

Our main goal in our services is to help parents understand how much their child needs them (even in separation) and to increase attachment.

We do activities around helping parents stay involved with their child: flash cards, books, learning about child development and safety to share information with caregivers.



Prenatal Attachment:

- Reading to baby, letter to baby, Education on NAS (make sure they know their rights!)
- How can they enjoy their baby right now?
- Birth Plan
- Family Care Plan
- Planning for separation if inevitable: what can be controlled - who and how?
- Immediate postpartum plan: How will baby be fed? Who will cut the cord? Do you want skin to skin?

Postpartum Attachment:

- Pumping
- Supporting development (with and without child in their care)
- Talking to child about what's going on
- Circle of Security
- Affirmation Cards
- Group projects
- Talk about guilt and shame - normalize



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Questions