

LOS ANGELES COUNTY'S CARE, ADVOCACY, RESILIENCE, EMPATHY (C.A.R.E.) DOULA PROGRAM FAQ



WHAT IS THE C.A.R.E. DOULA PROGRAM?

Los Angeles County's Care First Community Investment (CFCI) advances a "Care First" approach to better serve justice-involved people in Los Angeles County. CFCI aims to reduce the disproportionate impacts of racial injustice through direct community investment and alternatives to incarceration.

One of the many programs funded by CFCI is a doula program, operated by the LA County Department of Public Health (DPH). The goals of the C.A.R.E. Doula Program are to improve birth outcomes and reduce stress for justice-impacted people and ensure that every birthing person has compassionate support during labor and delivery.

Doula services and wraparound support are offered to:

- Pregnant people in custody at or recently released from LA County's women's jail, Century Regional Detention Facility (CRDF)
- Justice-impacted pregnant people countywide

WHAT SERVICES DOES THE C.A.R.E. DOULA PROGRAM PROVIDE?

The C.A.R.E. Doula Program provides trauma-informed care and support to reduce isolation, promote healing, and strengthen resilience for pregnant and parenting justice-impacted people.

Services include:



Weekly doula visits during pregnancy and postpartum

Prenatal education and support



Postpartum care for up to one year (regardless of pregnancy outcome)

Lactation support

Referrals for mental health



Advocacy and tools to navigate healthcare systems

Gift bundles for infants' guardians



**AFRICAN AMERICAN INFANT
AND MATERNAL MORTALITY
PREVENTION INITIATIVE**

C.A.R.E. DOULA PROGRAM

WHAT MAKES C.A.R.E. DOULA SERVICES UNIQUE?

C.A.R.E. doulas often work inside the jail, adapting to challenges such as lockdowns, patdowns, and limited client access, while still providing consistent and compassionate care.

C.A.R.E. doulas receive specialized training to support the distinct needs of their clients. Training topics include systems navigation, child separation, pregnancy loss, perinatal mental health, and language access.

WHY IS THE C.A.R.E. DOULA PROGRAM NECESSARY?

Each year in California, hundreds of pregnant people, disproportionately Black, Indigenous, and people of color, experience pregnancy while incarcerated. Incarceration can increase stress, limit autonomy, and disrupt family bonds, contributing to poor maternal and infant outcomes. Incarceration underscores inequities in the health system as some individuals gain more consistent access to prenatal care, nutrition, and perinatal services while incarcerated than they had in the community. The C.A.R.E. Doula Program recognizes both the difficulty and the opportunity within these circumstances, working to reduce harm, shift narratives, and ensure that all pregnant people can birth and parent with safety, dignity, and support, regardless of incarceration status.



HOW DO I REGISTER FOR THE C.A.R.E. DOULA PROGRAM FOR MYSELF, A FRIEND, OR A FAMILY MEMBER WHO IS CURRENTLY INCARCERATED OR OTHERWISE JUSTICE-IMPACTED?

To register or submit an inquiry about eligibility, please email DPH-CAREdoula@ph.lacounty.gov and include the following information:

- ✓ Name, phone number and zip code
- ✓ Estimated due date
- ✓ Currently or previously incarcerated (Yes/No)
- ✓ Other information about your circumstances

A team member will review your situation confidentially and contact you regarding the types of support available to you. Your information will only be used to communicate with you directly.