



# Tonique Griffin

## **Tonique Griffin, Full-Spectrum Community Doula, starting 1/2019 to present day**

- Received Uzazi Village Community Doula training and certification by way of Sister to Sister Community Doulas (a subsidiary of Statewide Parent Advocacy Network -SPAN) Course completed 10/18 and first birth was 1/2019; with a total of 32 BPs (birthing persons) supported, (last birth was 7/11/22)
- As of 1/4/2021, fully credentialed Doula Provider with NJ Medicaid and then (varying dates of credentialing) with the MCO's. Regularly receive requests from care coordinators and members for Doula support.
- Presently (started 8/21), hired as full time Community Doula with NCHC (Newark Community Health Centers, an FQHC) to support birthing persons
- Have supported over 100+ birthing persons (and nearly 70 births) and each experience was different and important

## **Highlights of my Doula career/passion**

- "First-timers" are usually my favorite, but "2nd timers" who didn't enjoy their 1st experience giving birth are my other favorite
- Emphasis on parenting prenatally (health/self care for birthing person (BP), reading out loud, talking to baby and preparing for baby's arrival)
- The BPs I support – I assist in helping BPs recognize their maternal strengths before, during, and after the birth process
- Informing birthing persons about the benefits of breastfeeding for both baby and BP; and overall supporting breastfeeding efforts
- I prefer to be a Community Doula and always seeking to increase my knowledge/skills within community-oriented spaces

## **Concerns for my clients:**

- Access to quality providers and facilities (especially at local Birth Centers)
- Little knowledge/understanding of insurance policy variations (benefits/prescriptions/providers)
- Access to resources (maternal-infant wellness and support, sustainable housing conditions)

## **Concerns for maternal health environment**

- Facilitation of better relationships between Doulas, Perinatal Health Workers, Midwives and Providers
- Advocating for safe, healthy and intentionally empathetic birthing environments for BPs
- Sharing and delivering maternal health information in communities and populations where adequate birthing practices face greater challenges

## **Maternal Health Workgroup Affiliations/Projects**

- New Jersey Centering Birth Alliance as of 11/22 founding Board member
- Advocates of Children of NJ - Maternal Infant Health Workgroup (since 1/21)
- Frequent contributor to Rutgers's Project Echo Series = innovative maternal child health, evidence-based educational presentation of topics for growing CHW and perinatal worker communities (since 11/19)
- Participant of NJ Doula Dialogues project with Montclair University- an oral archive of listening and learning from doulas of NJ supporting birthing persons during Covid-19 pandemic (3/22)
- Care Forest development team - Member of the beta team to develop a communication platform for doulas, nationally. Participated in presentation to NJ Birth Equity Alliance for funding for the Care Forest (4/22)
- Closing plenary panelist - Pritzker National PN-3 System Building Meeting - Baltimore, MD(9/22)
- Community Steward for Care Forest (selected 10/22); responsible for facilitating requests for doula and/or client supports via online communication platform
- Operational leadership member of Coalition of Change NJ (3/23)- recently formed coalition charged with creating a resource guide for birthing persons and birth workers.