



# When Support Helps Find Your Passion

Alicia R. - Beaverton, Oregon



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***That’s Medicaid** shares stories of people covered by Medicaid at critical points in their lives, underscoring the importance of stable health insurance coverage in building a Culture of Health.*

**Alicia** found herself looking for a support system while incarcerated and pregnant with her second child. Towards the end of her pregnancy she was assigned a doula through Medicaid who guided her through the rest of her pregnancy and the birth of her son.

She took an interest in the role a doula plays for expectant mothers, eventually becoming a certified doula herself. Alicia learned through her training that Black women are at least three times more likely than white women to die as a result of pregnancy and became passionate about the role doulas can play in reducing disparities for people of color.

As a doula, she provides information and resources on nutrition, and support at checkups for expecting mothers on Medicaid and private insurance.

“Anyone should be able to receive doula services, whether they’re incarcerated or not,” Alicia says. “Having a doula is not a luxury. It’s a need, especially with the high mortality rates of Black mothers and their children.”