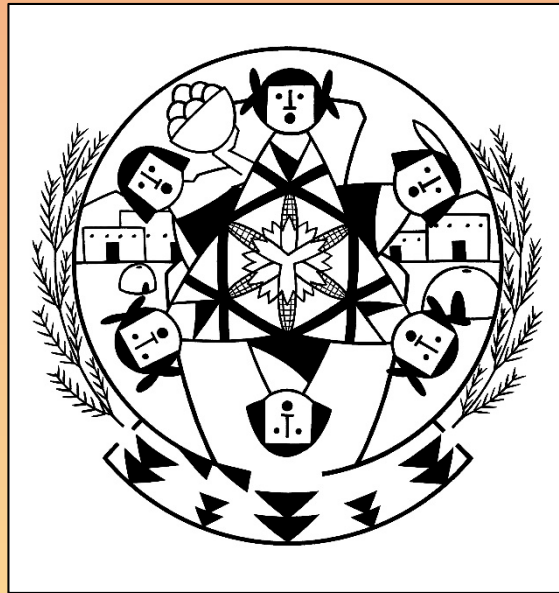


YIYA VI KAGINGDI DOULA PROJECT: Community Based Care for Reproductive Justice



Indigenous Women's Health & Reproductive Justice Program
Tewa Women United

WELCOME



Our Beginnings

Tewa Women United was organized in 1989 by a small group of Native women as a support group for various issues including alcoholism, suicide, and domestic and sexual violence. In the safe space the women created, they transformed and empowered one another through critical analysis and the embracing and re-affirming of their cultural identity.



The name Tewa Women United comes from the Tewa words *wi don gi mu* which translates to “we are one.”

Tewa Women United transitioned from an informal, all-volunteer group to a formal 501(c)3 non-profit organization in 2001.

TWU is a collective, intertribal, women’s organization in the Tewa homelands of Northern New Mexico.

Our Mission

Our mission is to provide safe spaces for Indigenous women to uncover the power, strength and skills they possess to become positive forces for social change in their families and communities.

Our Vision

We believe in building and (re) building Beloved families and communities to end violence against women, girls and Mother Earth. TWU works to reduce harmful environmental impacts, strengthen women, girls and families and uplift a Culture of Peace that diminishes the Culture of Violence.

Our Values

A'Gin - respect for self and others

Wina ta yay – Together we live these values

Seegi ma vay i - Loving, caring for each other

Kwee-wa seng-wa vi tuu – female/ male energy - ancestral knowingness

Nung Ochuu Quiyo - Our Mother, Mother Earth, multi-versity

Bin mah pah di - Letting go

Wowatsi – Our breath, our prayer, commitment to live life with purpose and good intentions

Our Programs

We embody this vision and mission through our four main programs:

- **Environmental Health and Justice**
 - Española Healing Foods Oasis Project, Gathering for Mother Earth, Circle of Grandmothers/Sayain
- **V.O.I.C.E.S.** (Valuing Our Integrity with Courage Empowerment and Support)
- **Indigenous Women's Health and Reproductive Justice**
 - Yiya Vi Kagingdi Community Doula Project
- **Women's Leadership and Economic Freedom**
 - A'Gin Body Sovereignty and Healthy Sexuality Project

All our activities are interrelated and synchronistic, and seek to ensure effectiveness and cultural integrity by working methodically to overcome barriers and engage community partners within the TWU frameworks of The Two World Harmony Butterfly Model (balance between Indigenous cultural ways of knowingness and Western knowledge), and Opide Model, the **Tewa Braiding Way** of Practice to Action, a transformative social justice framework that builds upon a multiple intersectional analysis.

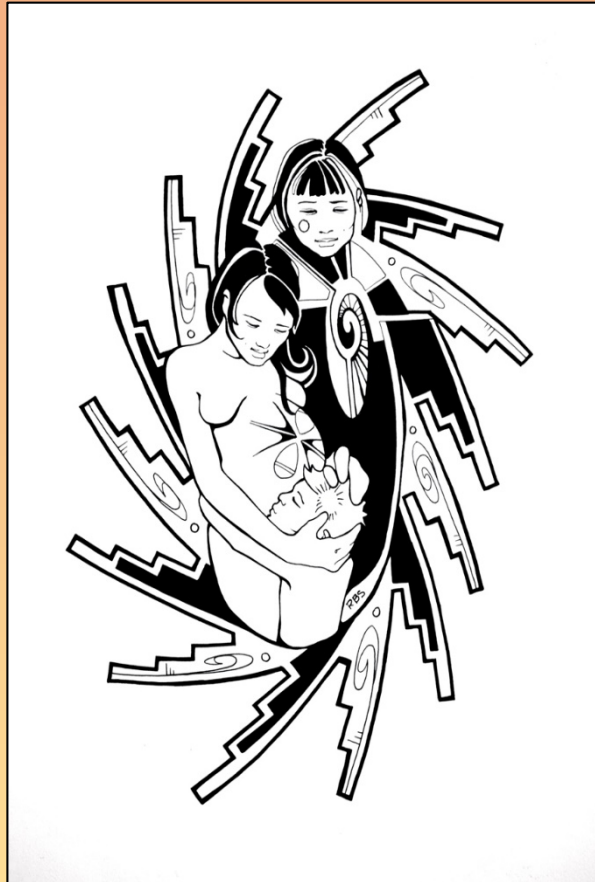
This model is based on the understanding that systematic oppression experienced by our collective communities, resulting in internalized oppression and intergenerational trauma, must be understood and addressed in efforts to promote social change.

Who do we serve?

We serve Indigenous and rural communities of Northern New Mexico.

TWU works in partnership with tribal, local, national, and international groups and movements to create the world we envision to live in. One in which we are all valued and where love guides our actions. Our intention is to ensure that the voices of Native communities, especially women, and girls, are present at these conversations and actions.

Indigenous Women's Health & Reproductive Justice Program



- Doula Services
- Child Birth Education
- Parent Circles
- Breastfeeding Support
- Pregnancy and Infant Loss Support
- Abortion Support
- Care Coalition for Northern Families
- Doula Training

Yiya Vi Kagingdi Doula Project



In 2008, Tewa Women United started the Yiya Vi Kagingdi Doula Project to serve first-time Native American mothers with culturally appropriate birth support.

Since then we have expanded our reach to include services for any family within Rio Arriba County and Tewa Pueblo Homelands.

Our doulas spend numerous hours with the families they serve to build strong trusting relationships and to provide support, community resources, and education.

Reclaiming Birth Wisdom

~In Tewa, *Yiya Vi Kagingdi* means, “Mother’s Helpers.”

For us, birthwork and doula care is a calling, a prayer, and a role we are honored to take. Our doulas provide services for the whole family, across generations, to encourage everyone to gather around the new parents.

We define and apply principles of midwifery in accordance with our Tewa traditions that honor birth as a community process and acknowledge the interconnections between Mother Earth, family and community.



We value a culture of consent and seek to reclaim teachings and practices that honor the Sacredness of birth. We see this as a fundamental strategy in achieving our mission of building Beloved Families and Communities where women, girls and Mother Earth are honored and protected.



Since 2011 our Doula Project has provided low to no cost doula services to 140 families in the Northern New Mexico region.

Of those:

- **100** clients (71%) initiated breastfeeding after birth.
- About half of our clients are first time parents
- **49** families were enrolled in WIC at the time of services (income levels required for WIC enrollment are less than or equal to 185% of the Federal Poverty Guidelines (approx. \$36,131 for three people in a household per year))
- **22** had birth services provided by a midwife
- **4** families (3%) gave birth to preterm babies (preterm = Before 37 weeks, the NM average preterm rate is 9.5%)
 - Source: <https://www.marchofdimes.org/materials/premature-birth-report-card-new-mexico.pdf>
- **21** (15%) gave birth via cesarean section (NM rates 18.1%)
 - Source: <http://www.cesareanrates.com/2015/01/new-mexico-cesarean-rates.html>

Full Spectrum Doula Care

Over the last two years our program has **increased our scope of work to include full spectrum doula services by training doulas in pregnancy and infant loss care.**

We provide individual support to families who need them and now also have healing circles throughout the year for families who are grieving the loss of a pregnancy or baby. We see this as vital work as we support reproductive justice for our communities in New Mexico, and strive to de-stigmatize pregnancy and infant loss.

Yiya Vi Kagingdi Full Spectrum Community Doula Training

We are currently piloting our first Doula Training. It has been created as a comprehensive and family centered experience that is rooted within Tewa Women United teachings, values and beliefs.

Doulas who train with us will be able to work with families by providing culturally relevant care, advocacy and support from preconception through birth to early parenting.

Our training weekends have been designed to provide students with valuable evidence-based information and hands-on experiences so that they feel ready to work with expectant parents. Each weekend is taught by our staff, doulas and local community experts.

What's included in the training?

The training will be taught over a course of seven weekends:

- September 7-9, 2018 Module 1: Grounding in Community Care
- October 5-7, 2018 Module 2: Fertility and Preconception
- November 2-4, 2018 Module 3: Pregnancy
- December 7-9, 2018 Module 4: Childbirth
- January 18-20, 2019 Module 5: Postpartum
- February 22-24, 2018 Module 6: Early Parenting
- March 22-24, 2019 Module 7: Presentations & Celebration

Reproductive Justice

The complete physical, mental, spiritual, political, social, and economic well-being of women and girls, based on the full achievement and protection of women's human rights.

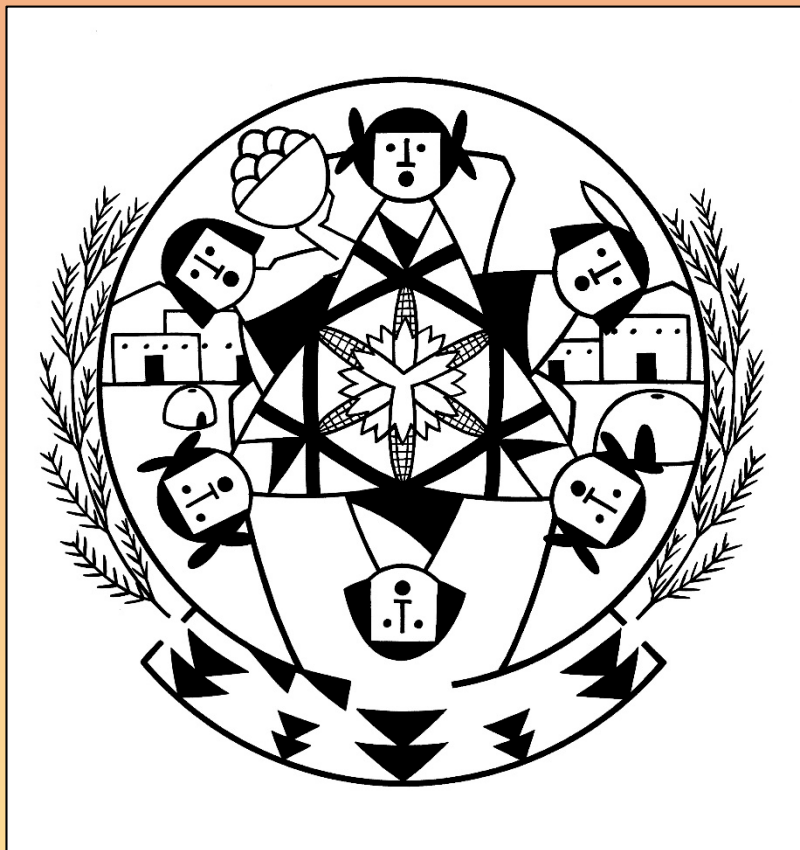
We know that the work of reproductive justice must be fundamentally entwined with our TWU values in order to meet our community needs.

Reproductive Justice Gallery Walk



QUESTIONS?

Thank You



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