



# open arms

## PERINATAL SERVICES



# Family Support Services (FSS) Team

**Isabel  
Vicente  
Dominguez**



Intake Coordinator

**Karina  
Arroyo**



Family Connector  
(serving the  
Spanish-speaking  
Community)

**Lanetra  
Barron**



Family Connector  
(serving the  
AA/Black  
Community)

**Jami Bess**



Director

**Olga Prado  
Leon**



Intake Coordinator

**Stacey Silver**



Administrator

# Who we are

## Our Vision

Thriving  
children. Healthy  
families.  
Powerful  
communities.



## Our Mission

Open Arms provides  
community-based  
support during  
pregnancy, birth, and  
early parenting to  
nurture strong  
foundations that last  
a lifetime.

## Our Values

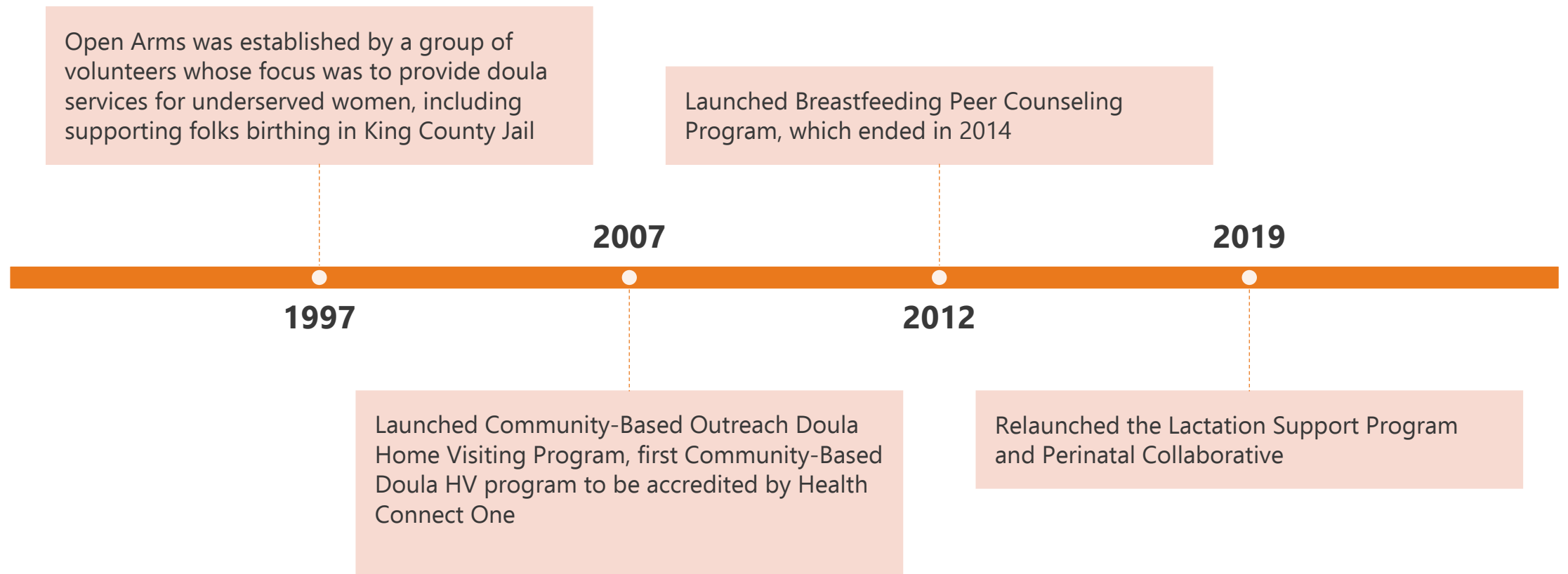
**Respect:** Holding complexity for people and cultures.

**Family:** Relationships are at the heart of what we do.

**Justice:** Boldly disrupting oppression.

# History

## Open Arms Perinatal Services





# Our Programs

Birth Doula Services

Family Support Services

Lactation Support Program

Lactation Lounges

Outreach Doula Services

Perinatal Collaborative



# Birth Doula Services

The BDS program offers matching with a doula based on client-identified community and preferences, such as cultural, ethnic and/or religious communities, if those identities are important to the client.



**Three prenatal visits**

**Additional support** (phone, text, email)

**On-call labor support** (available 24/7)

**Consistent labor support**

**Three postnatal visits**

**Check-in calls** (resources, referrals, etc.)



# Family Support Services

- Our Family Connectors provide vital connections to families in the African American and Latinx/Spanish-speaking communities with resource navigation and connections
- They will also provide support to other families in our programs and connections with partner organizations
- Family Connectors:
  - **Connect** – Build referral and resource connections to support our families. **Host Resource Roundtables** and **Community Connection Nights** to share referrals and resources with providers and families in our community
  - **Support – Facilitate Warm Connections**, assisting providers and families directly with systems navigation



# Lactation Support Program & Lactation Lounges

## Lactation Support Program

- Lactation Support Peer Counselors are culturally matched with birthing persons and provide no cost, virtual and community-based lactation support to families. They prepare them for their feeding journey by providing education during pregnancy and continue lactation support until one year after delivery

## Lactation Lounges

- Provides support for lactating families from trained lactation specialists in a group setting. Due to COVID, all Lactation Lounges are being conducted via Zoom. Parents and caregivers can drop-in during any stage of their lactating journey to ask questions and discuss challenges surrounding feeding.

**Join Us! VIRTUAL LACTATION LOUNGES**

**All pregnant & lactating people welcome**

**FOR ZOOM LINKS & MORE INFO:**  
f openarmspslactation  
[www.openarmsps.org/lactationlounges](http://www.openarmsps.org/lactationlounges)

**Tuesdays 2pm - 4pm**  
ELIZABETH MONTEZ & EMI YAMASAKI MCLAUGHLIN

**Wednesdays 12pm - 2pm**  
SHEVONNE TSEGAYE & FAISA FAROLE

**Thursdays 2pm - 4pm**  
BINTA NIANG

**Fridays 11:30am - 1:30pm**  
MARY CONCEPCION, LAURA MCPHERSON & CECI DUNCAN

**Logos at the bottom:**  
King County Best Starts for KIDS, open arms PERINATAL SERVICES (In Partnership with Camie Goldhammer), JOURNEY Midwife Services, RAINIER VALLEY MIDWIVES, GLOBAL MIDWIFERY SERVICES

# Outreach Doula Services

- Provides services to birthing people and their families in their own community who need more intensive support during pregnancy and early parenting. Services begin in the 2nd trimester of pregnancy and continue up to two years after delivery
- We pair Somali, Latinx, African American, and American Indian Alaska Native clients with doulas who are culturally and/or linguistically matched
- We are nationally accredited by HealthConnect One and use the evidenced-based *Promoting First Relationships* Curriculum



Community-Based Outreach Doula Team



**Case Management**

**Additional support** (phone, text, email)

**Home Visits**

**On-call labor support** (available 24/7)

**Breastfeeding Support**

**Parent Bonding/Education**

# Perinatal Collaborative

Open Arms has partnered with Midwifery Practices and other community-based organizations to provide wraparound services for our families in King County. The Perinatal Collaborative offers:

- Group Prenatal Care
- Pregnancy, Childbirth, and Parenting Education
- Perinatal Video Library
- Referrals for Pregnancy, Lactation, and Parenting related services



GLOBAL  
MATERNITY  
SERVICES



JOURNEY  
Midwife Services



# How to Refer

## Online Referral Form

Visit our website [www.openarmsps.org](http://www.openarmsps.org) to fill out our online referral form:

[Open Arms Perinatal Services Referral Form](#)

Would you like to receive a monthly email about our Caseload Availability? Put your email in the chat or send us an email at [referrals@openarmsps.org](mailto:referrals@openarmsps.org)!

## Call our Intake Line

206-866-0729

Se habla Español

## Email us

[Referrals@openarmsps.org](mailto:Referrals@openarmsps.org)



# Thank you!

Any future questions or want to connect? Email us at [fssadmin@openarmsps.org](mailto:fssadmin@openarmsps.org)

