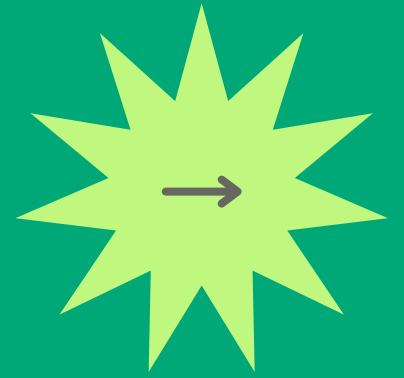


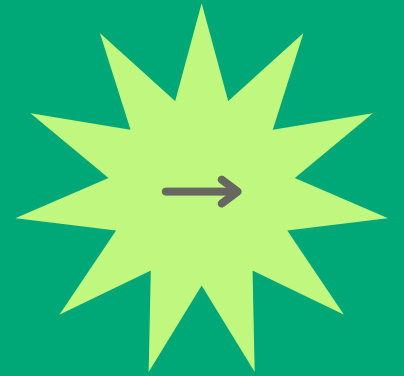
DOULAS COVERED THROUGH MEDICAID



Virginia is the 4th state to include doulas in Medicaid coverage. Swipe to learn about doulas for birthing parents with substance use and how to find one covered by Medicaid.



01



Why find a doula?



Navigating the healthcare system can be scary, especially if you are worried about judgment for substance use. Doulas can support you as you receive care, experience pregnancy and birth, and adapt to the postpartum period.

02

What is a doula?

Trained, community-based, and non-medical professionals offering non-clinical and continuous support. Doulas also provide emotional, physical, and informational support such as childbirth education, lactation support, and referrals to other health or social services.



03

Doulas care!



Doulas strive to empower soon-to-be parents to confidently make important decisions pertaining to their health and the healthy of their baby. They help with...

04

Doula services

Care coordination

Transportation

Behavioral health services

Baby supplies

And more!



05

How douglas improve outcomes

Increased

- Likelihood of vaginal births
- Breast feeding initiation

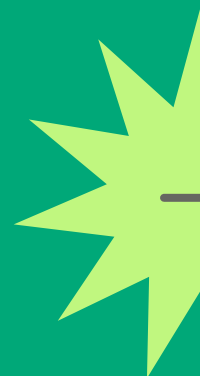


Decreased

- C-section deliveries
- Epidural usage
- Instrument-assisted births

06

How to find a doula



If you're interested in receiving Doula Services please fill out the Doula Recommendation forms:

English

Español

vamedicaid.dmas.virginia.gov/node/3237

vamedicaid.dmas.virginia.gov/node/3238

07

Thanks for reading!

This is the final part of a 5-part series on various topics pertaining to SUD. Thanks for learning about better language choices, different types of providers, harm reduction strategies, and other important topics with us!



This carousel was created using information from *Pregnancy and Substance Use: A Harm Reduction Toolkit* compiled by the National Harm Reduction Coalition and the Academy of Perinatal Harm Reduction

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RESOURCES

If you or someone you know is interested in becoming a doula, please visit:

dmas.virginia.gov/for-providers/maternal-and-child-health/community-doula-program/

For any additional questions about Doula Services please email:

babystepsva@dmas.virginia.gov

**PREPARING FOR YOUR BABY:
Information for Pregnant People
with Substance Use Disorders**

<https://tinyurl.com/23x3s3dn>

SAMHSA's National Helpline

1 (800) 662-HELP

