

open arms
PERINATAL SERVICES



SEE HOW WE'VE GROWN





There is no denying that these are challenging days. This makes us doubly proud to share our story of hope and resilience with you. It's your story too. Whether you have been with Open Arms since our birth, or you joined along our journey, you know there is something fundamental in the way that loving, culturally responsive, community-based perinatal support changes the trajectory of human lives.

This growth chart provides evidence that this magic--this love--is transformative. Open Arms has witnessed the birth of over 3,600 children. Our babies have grown into young people who are voting and making positive change in the world. They are successful kindergartners and leaders. Some former clients have joined our 30-person staff, with support from an additional 26 birth doulas. We are public health experts, mental health specialists, midwives, lactation specialists, social workers, data jedis, administrative maestros, and community elders. We are mothers and aunties who juggle Zoom calls with babies on our laps or peeking from behind our shoulders.

Our message of hope does not minimize the storm raging outside. One of the greatest public health crises in our lifetimes is far from containment. Our communities and nation are reckoning with generations of racism, violence, and trauma. Our democratic processes are under threat. Our children are trying to learn through touchscreens and Zoom calls. The COVID-19 pandemic has further laid bare every possible disparity in our nation, and what Open Arms has always known: Black and Brown birthing people and babies cannot continue to die or be harmed as they are in this country. In addition to our work with client families, we are active behind the scenes to expand doula access through Medicaid so there are Doulas For All.

THE BIRTH OF A BABY IS THE BIRTH OF A FAMILY; THE BIRTH OF PARENTS; THE REBIRTH OF POSSIBILITY.

Yes, there is a storm outside, but at Open Arms, we continue to provide high-risk essential services to families at high- risk, because, come what may, babies are being born. Our work continues.

In our 23rd year, we are coming out of our adolescence, perhaps outgrowing our clothes and spaces, but with a more mature, intentional awareness of our evolution as an organization, as a family. We remain community-driven, primarily staffed by Black, Indigenous and other People of Color serving our communities as only we can. And our outcomes reveal the evidence behind the magic. We will continue to help raise future generations who also refuse to accept the world as it is.

Thank you for helping us grow. Together we have so many more milestones to reach.

Dila K Perera, MSW MPH, Executive Director

OUR COMMUNITIES DEPEND ON US

The support that Open Arms provides changes lives. New parents receive social support along with individualized help with infant care, nursing, and parent-infant bonding. **Open Arms surrounds each client with resources and referrals for more support so that each family can blossom and grow.**

We were born to support, educate, and empower pregnant people and their families during the transformative time of pregnancy, birth and early parenting. We are the first organization of our kind in Washington, and are a birth equity leader locally and nationally. **Since 1997, we have served over 3,600 families with community-based support, completely free of charge.**



DOULA /,dōōlə/ noun

A community health worker and birth professional who provides physical, emotional, and informational support to pregnant people before, during, and after childbirth.

Our community-based, ethnically-diverse, multilingual doulas are highly trained and respected community leaders.

Open Arms clients come from communities that face disproportionate levels of trauma, structural racism, and gaps in access to quality health care. They are at greater risk for negative health outcomes, including preterm birth, low birth weight, mortality, and child maltreatment.

THE SUPPORT THAT OPEN ARMS PROVIDES MITIGATES THESE EFFECTS. Four programs provide culturally-responsive, wraparound support for up to two years after birth.

OUR CLIENTS ARE BEATING THE ODDS

THEY'RE ACHIEVING SOME OF THE BEST MATERNAL AND HEALTH OUTCOMES IN THE STATE AND THE COUNTRY

95%

FULL-TERM BIRTH RATE (King County overall: 91%)

96%

HEALTHY BIRTH WEIGHT (King County overall: 93%)

82%

AVOIDED UNPLANNED CESAREAN DELIVERIES

87%

CHEST / BREASTFEEDING (King County overall: 39%)
WHEN BABY IS 6 MONTHS OLD

We offer two types of doula services. Our nationally-accredited Community-Based Outreach Doulas build relationships with families of up to two years or longer. Our Birth Doula Services offer 5 months of care leading up to, during, and after a baby arrives.

In 2019, Open Arms Perinatal Services launched two programs: Lactation Peer Counseling and the Perinatal Collaborative. Our Lactation Peer Counselors provide support to lactating individuals from the African American, American Indian/Alaskan Native and Pacific Islander communities through one-on-one consultations, lactation lounges, and supportive pregnancy groups for all who are interested. The Perinatal Collaborative is a group of midwives and community organizations who provide perinatal care and education.

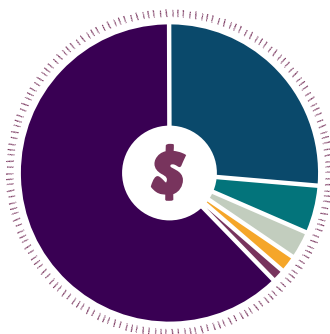
2019 309 FAMILIES 235 BIRTHS 6301 HOURS OF SERVICES

Since 1997, we've provided **50,874 hours of services**, including **26,127 home visits**, and **14,926 hours supporting childbirth** to more than **3,600 clients** from **over 81 countries**, who speak over **46 languages**.

"I'm more likely to be born healthy and on time, with fewer interventions!"

OPEN ARMS IS GRATEFUL TO OUR 1425 SUPPORTERS

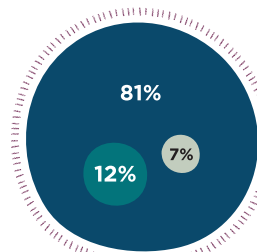
who help us meet the needs of our clients and their families.



Revenue: \$3,887,478*

- Government: 63%
- Corporations/Foundation: 26%
- Events: 5%
- Individuals: 3%
- Donated Doula Services: 2%
- Earned income: 1%

**Revenue includes multi-year grant awards to be spent across fiscal years, as well as an investment in a reserve fund.*



Expenses: \$2,519,920

- Programs
- Fundraising
- Operational Costs

WHO WE ARE

OUR TEAM

Angela Agoos
Peggy Allen Jackson
Tanya Anderson
Lanetra Barron
Malinda Besett
Jami Bess
Margarita Celis
Mary Concepcion
Taylor Crotty
Hawa Egal
Suad Farole
Loida Ginocchio
Silva
Memorie Gladstone
Betty Hernandez

Rokea Jones
Molly Krost
Ashleigh Ligon
Deandra Ludovice
Lisa Ly Packard
Elizabeth Montez
Dila Perera
Olga Prado Leon
Vonda Prioleau
Elena Quezada
Farrah Rivera
Kristin Travis
Shevonne Tsegaye
Cynthia Turrietta
Isabel Vicente
Dominguez
Sharyka Webster

Kate Wilhite Brickell
Yuka Takamiya

INDEPENDENT BIRTH DOULAS

Andrea Balina
Natasha Battles
Toni Boothe
Vanessa Bussell
Jannie Choi
Breana Davis
Sequoia Day O'Connell
Caellyn Everson
Maya Ewings
Jamilah Fields
Cynthia Garcia
Jacqueline Hamilton
Jen Hamilton

Szu-Ting Hao
Betty Hernandez
Loretta Huland
Christina Jones-Norris
Tai Jordan
Stephanie Lewis
Vanessa Lovejoy Guron
Nitira McCoy
Tiye Murry
Christy Navarez
Natasha Osborn
Cashew Pendergrass
Luisa Perez Wolter
Selina Petschek
Olga Prado Leon
Vonda Prioleau
Elena Quezada

Rebekah Schmidt
Davinah Simmons
Jasmine Stuverud
Joanna Taleno
Andrea Torres
Natalie Truong
Shevonne Tsegaye
Amaryah Wolf

2020 BOARD OF DIRECTORS

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Tony West, 360 Osteopathy

PERINATAL COLLABORATIVE

API Chaya, Center for Indigenous Midwifery, Generations Midwifery, Global Maternity Services, Camie Goldhammer, Journey Midwifery Services, Pacific Islander Health Board, Rainier Valley Midwives



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PERINATAL SERVICES

Thriving children. Healthy families. Powerful communities.