



The Children's Home Society

O F N E W J E R S E Y®

**FINAL REPORT TO Turrell Fund
ON FIELD SCAN**

**CHSofNJ Passaic County Field Scan: Doula and Postpartum Services
July 2020 to September 2020**

** Field Scan Supported by Turrell Fund
Subsequent MCH & Doula Planning Efforts Supported by
The Henry and Marilyn Taub Foundation
and Turrell Fund**

BROAD NEEDS IN PATERSON & PASSAIC COUNTY

Poverty & Effects of COVID-19 on Impoverished Communities

- Intense poverty
- Deep food insecurity, worsening in pandemic
- Lack of reliable transportation and low car ownership – can't get to birthing hospitals outside of Paterson
- Uninsured and Underinsuredⁱ
- Families feel disrespected by some providers because they have NJ Family Care

Education, Family Needs & COVID-19

- Kids regressing developmentally in the pandemic
Families whose children have Individualized Education Plan (IEP) getting left behind in early pandemic
- Low-income kids and kids of color who aren't in pre-K, will suffer later academically
- Need small group family activities outside in parks
- Need more access to child care
- Digital divide in Paterson
- Low literacy city

City of Immigrants

- First stop city for new immigrants, dating at least since 1924ⁱⁱ
- Families, including mothers, don't know their rights as patients, especially immigrant parents, need navigation help
- In Hispanic communities, there is a sense that the doctor knows best and shouldn't question providers
- In Hispanic communities, important to explain how a doula or breastfeeding peer counselor is not taking the place of the father.

Housing & COVID

- Multigenerational homes/crowded homes increased the spread of COVID
- Housing is very expensive

BROAD MATERNAL/CHILD HEALTH NEEDS IN PATERSON & PASSAIC COUNTY

- Maternal isolation, family isolation due to COVID
- Undocumented immigrant status
- St. Joe's indicates high rates of diabetes, obesity, BMI greater than 30; and that mothers are overwhelmed and exhausted.
- St. Joe's teen pregnancy program has many patients with sexual assault and trauma in their background
- Late-onset for prenatal care (second or third trimester) due to substance use, homelessness, trauma, family influence, less trust of hospitals especially among the Black community
- Women frustrated because full range of family planning options hard to access for women in Paterson, due to prevalence of Catholic/religious organizations providing service.ⁱⁱⁱ
- Moms with charity care, experience a "revolving door" of care with several different providers, no continuity of care
- Focus Group moms feel likelihood of C-section increases with male doctors
- In immigrant communities, including Bangladeshi, grandmothers and husbands not comfortable with the pregnant woman having a male provider because of norms of modesty.
- SPAN Sister-to-Sister Doula Program has a waiting list for community doula services and cannot accommodate moms from Passaic County who ask for doula services. SPAN does not serve Passaic County.
- No free community doula program serves Passaic County. The Partnership has one community doula.

	<ul style="list-style-type: none"> • Lack of postpartum support in the community <p><u>Breastfeeding Needs</u></p> <ul style="list-style-type: none"> • One focus group mom who went to suburban hospital to deliver didn't feel she got enough breastfeeding support; very upsetting experience for her • In Bangladeshi community, Focus Group mom said there is a stigma if a mother is challenged to breastfeed – mothers are thought to be failing if can't breastfeed. Considered shameful to use formula. However, because of conservative culture of modesty because many women are Muslim, no precedent for a Lactation Consultant to assist a mother with positioning and physical issues with the breasts (cracks, bleeding, lumps, infections). Nothing like La Leche League for the Bangladeshi community. <p><u>Mental Health Needs</u></p> <ul style="list-style-type: none"> • Focus Group mom said there is a stigma around postpartum depression, especially in Bangladeshi community, where women suffer in silence rather than seek help because if they seek help they are considered “as bringing shame to their families.” Discussed Bangladeshi women who threw her baby out of her apartment window in New York because of postpartum depression. Within the community, the women was considered “possessed by an evil spirit,” not as having a mental health issue requiring help. • Bangladeshi community will not easily accept mental health support from outside, non-Bangladeshi people. Service provider needs to employ Bangladeshi people. • In Hispanic community, “men don't want their women discussing problems with people outside the family.” • For some immigrant Hispanic families, the grandmothers are in the home country and are not nearby to help so mom does not have support. • Moms are overwhelmed with no childcare, mothers do not have support.
<p><i>Languages Spoken, Racial & Ethnic Groups in Paterson, Surrounding Passaic County Towns</i></p>	<p><u>Languages & Racial/Ethnic Groups in Paterson and Passaic County</u></p> <ul style="list-style-type: none"> • Arabic, Bengali, and Sylheti speaking. Both Bengali and Arabic speaking mosques in Paterson and Clifton. • Paterson's Muslim population has been estimated at 25,000 to 30,000.^[1] • Large English speaking Black community in Paterson • Census.gov for 2019 indicates Paterson^{iv} is: <ul style="list-style-type: none"> - 26.5% Black; - 60.9% Hispanic;

	<ul style="list-style-type: none"> - 29.3% White • Spanish and Spanish dialect speaking people who are Caribbean, Dominican, Peruvian, Mexican, and Puerto Rican, according to Passaic County child care providers. <p><u>Languages & Racial/Ethnic Groups in Passaic County</u></p> <ul style="list-style-type: none"> • Languages in Clifton: Spanish, Arabic, and Polish • Immigrant communities, including undocumented from multiple countries • Islamic community including an active Palestinian American community • Other towns with need in Passaic County: Passaic, Butler, Wanaque, Wayne, and Totowa. • Census.gov for 2019 indicates Passaic County: <ul style="list-style-type: none"> - 14.9% Black - 42.9% Hispanic - 40.3% White (includes people who are Middle Eastern/North African, who don't have a separate census category)
<i>Possible Solutions</i>	<p><u>Based on Learning Conversations & Focus Group with Moms</u></p> <ul style="list-style-type: none"> • Work with trusted community organizations • Hispanic moms love the New Destiny Family Success Center (FSC) suggesting greater collaboration with New Destiny FSC • Suggest partnering with WIC and Nurse/Family Partnership • The Partnership is very helpful with home visits • Need Lamaze classes • Need trauma-informed prenatal health education, at night and on weekends for moms who work or are in school • Need more familiarity with Centering Pregnancy – moms not familiar • Need virtual individual or group counseling for postpartum emotional needs, social support • Need consistent acceptance across hospitals of standardized doula credentials -- Focus Group mom drove 40 minutes from home in Passaic County for birth at beginning of pandemic to reach a suburban hospital with better outcomes but doula had to leave because did not have DONA certification. • Northern NJ so densely populated, within 15 miles there are 5-6 birthing hospitals – any program solution would need to consider this landscape • Community doulas embedded into social service agency or Clinic

	<p><u>Characteristics of a Doula from Focus Group & Interview</u></p> <ul style="list-style-type: none"> • Be trauma-informed • Use WhatsApp for Latinx moms; WhatsApp or VIBER for Bangladeshi • Be friendly & patient • Not pushy, not judgmental, not condescending • Be a trusted messenger • As early as possible in pregnancy & help with postpartum needs
<p><i>Field Scan Methodology</i></p>	<p><u>Learning Conversations with Professionals</u></p> <p>CHSofNJ virtually sought feedback from professionals and clients in Paterson and Passaic County. As of 9/29/20, CHSofNJ had conducted 17 virtual Learning Conversations with professionals in Paterson, Passaic County and other portions of North Jersey from mid-July to end of September 2020.</p>

Note: The Pew Research Center (2021) explains distinctions between terms “Hispanic” vs “Latino.” “Hispanics are [people from Spain](#) or from Spanish-speaking countries in Latin America (this excludes Brazil, where Portuguese is the official language), while Latinos are people from Latin America regardless of language (this includes Brazil but excludes Spain and Portugal). Despite this debate, the “Hispanic” and “Latino” labels are not universally embraced by the population that has been labeled, even as they are widely used.

ⁱ Clifton, Passaic County has pockets of high uninsured rates -- up to 34% uninsured versus 7% uninsured on average due to the immigrant population, according to the Clifton Coalition.

ⁱⁱ *Los Angeles Times*. “Immigrants are reviving Paterson, NJ, from its difficult past. September 26, 2019.

ⁱⁱⁱ One of the largest religious groups in Paterson are people who are Catholic (46.2%).

^{iv} *National Public Radio*. “Census Bureau: No Middle Eastern or North African Check Box.” March 10, 2020. The Census does not have a category for people of North African/Middle Eastern descent -- many times this community will categorize themselves as White or Other on the census.