

"Healing our community, one family at a time."



2020 Annual Report

Letter from our Executive Director



Aloha!

2020 was a year to remember for all of us at Rainier Valley Midwives, and the whole world. I look back in awe of how strong our community is, how powerful our RVM team has become, and how resilient our next generation of little people will grow to be.

This year, our team at Rainier Valley Midwives rallied together to make pivotal changes in our care model in response to a world-wide COVID-19 pandemic, while also navigating racial upheaval in our country.

We eased the fears of pregnant families by creating innovative pathways for them to birth safely. We supported families with porch drop-offs of food vouchers, locally grown fruits and vegetables, and much needed baby supplies. We extended our services to include mental healthcare and postpartum support, and hosted groups on Zoom in response to the extraordinary isolation so many families face. We kept all of our staff employed and paid through the ongoing pandemic. And, we served on state, county, and city pandemic response teams to ensure the needs of pregnant families of color are being elevated and responded to.

While we transition into the new year, our commitments remain strong:

1. To engage in anti-racism work within our organization.
2. To grow and expand our clinic and programs.
3. To continue planning and building the Rainier Valley Birth and Health Center (RVBHC) .
4. To strengthen our organizational capacity, especially our fundraising efforts.
5. To expand our Initiative for Midwives, Providers and Community Together (IMPACT).

As we move forward into 2021, we will grieve and rebuild our new normal. We are so grateful for the support of our funders, friends, families, and clients who trust us with their care. I've never been more proud to lead and grow such an amazing organization.

With all my aloha,

Tara Lawal, MS, RN
Executive Director, Co-Founder
Rainier Valley Midwives



About Us

RAINIER VALLEY MIDWIVES (RVM)

Founded in 2015 as a 501(c)(3) nonprofit organization in King County, our licensed community-based midwifery clinic is sponsored by the South Seattle Women's Health Foundation. We are dedicated to providing comprehensive perinatal care in collaboration with a multidisciplinary team. Our clinic provides wrap-around midwifery services, mental healthcare, childbirth education, birth and postpartum doula support, lactation support, and other perinatal services, to the greater Seattle area.



Vision

We envision a world where all pregnant people and families have equitable access to high quality, compassionate, and culturally relevant healthcare.

Mission

We improve parent and infant health outcomes through midwifery-led, community-based, reproductive and pregnancy care for BIPOC families in the Greater Seattle Area. We also train and mentor the next generation of providers of color to heal our communities from within.



OUR SERVICES

Pregnancy Care: Our Birth Bundle program brings together dedicated providers and services for every client with customized education, access, and support to meet the needs of those we serve. Our midwifery-led care is all-inclusive and provides lactation support, birth and postpartum doula support, access to physician care if needed or wanted, and mental health and well-being check-ins and support. Clients can also choose their venue of birth: home, birth center, or hospital.

Breastfeeding and Chest-feeding Medicine: We help clients feed their babies however they chose to and want everyone to feel supported, safe, and reassured along the way. We can address discomfort and pain, latching challenges, provide tongue or lip-tie resolution, back-to-work planning, and management of pumping and cluster feeding.

Lactation Lounge: We host a weekly drop-in program, staffed with lactation specialists who can help clients with anything breastfeeding and chest-feeding related.

Group Prenatal Care: Our supportive pregnancy care gives parents a space to connect with their providers and engage with each other to build a sense of community. Groups are facilitated by a trained educator and midwife who work as a team to make sure each participant receives all they need. We discuss everything from common pregnancy discomforts, stress management, exercise, and nutrition, to labor and delivery, breastfeeding, and infant care.

Family Planning: We offer a variety of options of contraceptive care, as well as natural family planning and preconception care.

Annual and Problem Visits: Preventative care is important for everyone. At Rainier Valley Midwives, we are committed to inclusive reproductive healthcare that meets the cultural and personal needs of each individual.



Our Clinic

Rainier Valley Midwives focused on three areas in 2020:

1. Ensuring each client received the full power of our Birth Bundle prenatal services during the pandemic.
2. Building out a model of care, with robust community partnerships, that actually impacts health outcomes.
3. Responding and adapting to the complexities of our clients' experiences at the intersection of pregnancy, racism, and the pandemic.

Our model includes the individualized services we provide to each client and is powered by the table at which we come together as providers and staff to collaborate. We work together to learn with, from, and about each other—all to the benefit of our work and client outcomes.

We recognize historical harms caused by systemic racism and the immoral acts of medical professionals against communities and people of color. We continue our commitment to be community-led, and engage in shared-decision making and intentional informed consent in all of our care.



Health and Birth Outcomes



6%

Only 6% of our clients had a cesarean this year, compared to the 32% rate nationwide.



11

Prevented primary cesarean sections.



0

Emergency Transfers.



0

Days of quarantine that our providers experienced due to COVID-19.

We welcomed
50
babies in 2020!



Clinical and Community Partnerships:

- Open Arms Perinatal Services
- Seattle University School of Nursing
- Swedish Cherry Hill Family Medicine
- King County Pandemic and Racism Advisory Committee
- The Maternal Coalition
- University of Washington School of Business
- University of Washington School of Nursing and Health Studies
- University of Washington School of Public Policy
- Upstream USA



Our Programs

Our Care Is Shaped To Fit



Photo by Spencer's Mom

“My care was thoughtful and I felt comfortable. It was community oriented. They are great listeners and caring and nurturing. When you're pregnant that's the dream and it made it feel like community.” -*Client*

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“This is a place where you will be the center of decision making in your care and be connected to any care you desire or require without giving up that care network.” -*Provider*

We take a wrap-around approach to provide comprehensive support at all of the critical moments new families experience: during pregnancy, birth, and postpartum. In addition to the clinical care our midwives provide, our programs include free access to:

- Prenatal support groups
- Birth and postpartum doulas
- One-on-one lactation support and weekly drop in lactation lounges
- Social work support for gaining access to resources and counseling
- New baby supplies, including diapers and car seats

We are also proud to share that during 2020, we did not cut any programs due to the COVID-19 pandemic, and successfully pivoted to providing all of our programs virtually.

“I felt more empowered - my thoughts and wishes were respected by RVM and some of the docs at Swedish. It was a shock when my doc said I always had the final say about any interventions that were offered.” -*Client*

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“Having a doula made a huge difference. I found the docs would say things and the doula would get more info, more time, or more alternatives.” -*Client*

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“I thought I knew everything about breastfeeding, but with my baby in the NICU I was struggling. The Lactation Consultant brought a pillow and helped me get my milk supply going.”

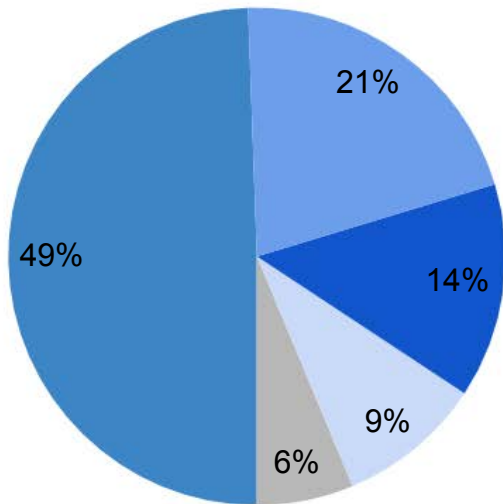
-*Client*



# Finances

## 2020 Funding

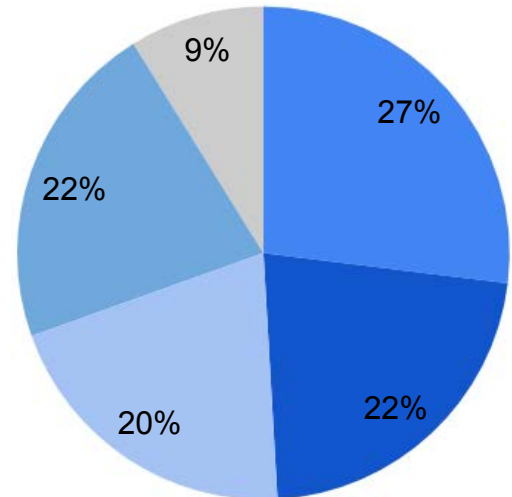
Total \$796,000



|                                                  |           |
|--------------------------------------------------|-----------|
| King County Best Starts for Kids Grants          | \$393,000 |
| City of Seattle Equitable Development Initiative | \$166,000 |
| Midwifery Clinic Revenue                         | \$111,000 |
| Foundation Gifts                                 | \$75,000  |
| Individual Donations                             | \$50,000  |

## 2020 Expenses

Total \$768,000



|                                            |           |
|--------------------------------------------|-----------|
| Birth Bundle Program                       | \$207,000 |
| Supportive Pregnancy & Lactation Services  | \$170,000 |
| RVBHC Pre-Development                      | \$166,000 |
| Midwifery Practice, incl. Student Midwives | \$157,000 |
| Organizational Capacity Expenses           | \$68,000  |

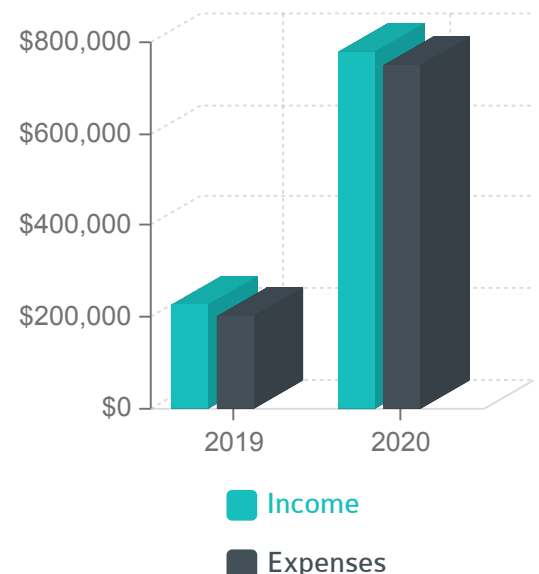
**Rainier Valley Midwives grew significantly in 2020.** Our community of support grew to meet the real challenges our patients and care providers are facing.

Here are some financial highlights:

- Our King County Best Starts for Kids grants were renewed for 2020 and 2021. These grants support prenatal education services, pregnancy wrap-around services that empower our parents to have positive births and healthy babies, and postpartum lactation support to improve the option of breastfeeding/ chest-feeding to our clients.
- The City of Seattle Equitable Development Initiative is laying the groundwork for the future Rainier Valley Birth & Health Center, intentionally for BIPOC families. They have contributed significant pre-development and land acquisition funds.
- We received contributions of all sizes from a growing number of individuals, companies, and private foundations. The funds help us provide care to uninsured and under-insured clients, and help us continue our anti-racism and anti-poverty work in our amazing communities.

## Financial Growth

2019 - 2020





# To Our Supporters, Thank You!

## Individual & Corporate Donors:

Sabrina Ahmed  
Alaskan Copper & Brass Co.  
Molly Altman  
Jillian Andvik  
Arneidra Austin Lloyd  
Samantha Avramovic  
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Hannah Litzenberger  
Ashley Lu  
Candace Mabbitt  
Joy MacTavish  
Marge Mansfield  
Laura MacPherson  
Alyssa Montine  
Catherine Morrison  
Devin Mudaliar  
Kiona Nessenbaum  
Maya Newman  
Kimmy Nguyen  
Hong Nguyen  
Kelsey Noonan  
Northwest Film Forum  
Odibo Omamode  
Jodilyn Owen  
Andrea Pardo

Guilia Pascuito  
Lucy de Peralta  
Sahra Perretz-Rosales  
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Clarissa Phillips  
Andrea Rabinowitz  
Vel Rajagopal  
Srilata Remala  
Olen Ronnings  
Barbara Rosen  
Mary Rudd  
Mary Ann Russell  
Scott and Dani Ruthfield  
Toni Sarge  
Brooks Siegal  
Ashley Sirls  
Lika Smith  
Alex Sosa  
Marquita Straus  
Robin Supplee  
Mariko Toyoji  
Jamie Voigt  
Amber Vora  
Alison Webb  
Jordan Woods

## Government Agencies & Foundations:

Birth Center Equity Fund  
City of Seattle  
King County  
New Tudor Foundation  
Pacific Hospital PDA  
Seattle Foundation  
Shen-Yen Lu Foundation





**WestSide Baby**  
*basics for children in need*



**King County**

**Best Starts for  
KIDS**

*open arms*  
PERINATAL SERVICES



**KAISER  
PERMANENTE®**



**SWEDISH**



PERINATAL SUPPORT  
WASHINGTON



**The Maternal Coalition**



*Photo credit Samatha Lara*



**To Our  
Community  
Partners,  
Thank you!**



# Our Staff, Contractors, and Board of Directors

## Board of Directors

Nelly Rabinowitz, President

Alex Sosa, Vice President

Ali Friedman, Treasurer

Clarissa Phillips, Secretary

Aarti Khanna, Member

Rocio Carranza Jacinto, Member

## Clinical Contractors, Student Interns

Jenn Linstad, Midwife

Laura MacPherson, Midwife

Latonia Westerfield, Lead Student Midwife

Ceci Duncan, Student Midwife

Jazmin Williams, Doula

Suzanne Ledbetter, Doula

Emelyn Bluhm, Doula

Mercedes Snyder, Birth Assistant

Mary Rudd, Birth Assistant, Doula

Elizabeth "Eli" Seibel, Doula

Stephanie Lewis, Doula

Shevonne Tsegaye, Lactation Specialist

Marquita Straus, MSW Intern - Columbia University

Kyle Kilmer, BSN Student - Seattle U.

Maya Lazo-Fanning, BSN Student - Seattle U.

Mio Tang, BSN Student - Seattle U.

Maggie Delaney, MPH Intern - University of Washington

Ellen French, DNP Student - Seattle U.

Jinnae Bezemer, BSN Student - Seattle U.

Macarena Godoy, BSN Student - Seattle U.

## Staff

Tara Lawal, Executive Director, Co-Founder

Jodilyn Owen, Clinical Director, Co-Founder

Libby Brockman, Director of Programs & Development

Amelia Carmona, Medical Assistant/Office Manager

Deborah Stanley, Health Educator

Heather Hart, Program Coordinator

Kiona Nessenbaum, Community Engagement Coordinator

CP Harrough, Executive Assistant

## Contractors

Rachael Hannah, Interim CFO

Pandora Saunders, Accountant, CPA

Paul Haas, Development Consultant

Rani Hall, Biller/Bookkeeper

Grace Leong, Architect

Kimberly Deriana, Designer

We grew our  
team of staff  
& providers  
by 17!



Photo by Tara Lawal

*"Healing our community, one family at a time."*



Thank you to the community members, individuals, and families who support us.

Follow us online and on social media to see how we shape our 2021 together!

[www.myrvcc.org](http://www.myrvcc.org)



@MyRVCC\_RVM



@RainierValleyCommunityClinic



@rainiervalleymidwives

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