

APRIL 2021 | VOL. 1

THE MIDWIFERY TIMES

THE UCSF MIDWIFERY MENTORING & BELONGING PROGRAM'S
QUARTERLY NEWSLETTER

LAUNCHING IN THREE - TWO -ONE!

We are excited to share the launch of the Midwifery Mentoring & Belonging Program which offers students in the School of Nursing's Nurse-Midwifery Education program structured support along each student's education journey through mentorship and community building. We are committed to amplifying the voices of BIPOC students and mentors to ensure accountability for changes identified as having potential for positively impacting students' success.

This program was developed in collaboration with current students, alumni, faculty experts, and community members. Unlike other mentoring programs, we are able to compensate mentors for their time and participation. Eighteen California-based BIPOC midwives showed interest in becoming mentors and six current BIPOC midwifery students in the class of 2022 have applied for mentorship.

We thank each and every one of you for playing an integral part in the development of this program. We look forward to building community with you all and invite you to join us along our journey to support BIPOC midwifery students' educational success and entry into the workforce.

For more information about the program, please visit our website at:
[midwifementoring.ucsf.edu!](http://midwifementoring.ucsf.edu)

FOLLOW US ON SOCIAL MEDIA

Find us on Instagram and
Facebook at:

IG: [@ucsfmidwifementoring](https://www.instagram.com/ucsfmidwifementoring),

FB: [UCSF Midwifery Mentoring
& Belonging Program](https://www.facebook.com/UCSFMidwiferyMentoring&BelongingProgram)

What content are you
interested in seeing on our
social media channels?

Email us your ideas and
suggestions at

[midwifementoring@ucsf.edu!](mailto:midwifementoring@ucsf.edu)

PHOTOBOMB!

We'd love to feature you!

Email us photos sharing your
work and experiences in the
field and in the community!

BIPOC mentoring – what does it mean?

There are immense challenges for BIPOC learners in a midwifery program. With less than ten percent of the nurse-midwifery workforce being BIPOC, an investment needs to be made in order for the sustainable support of BIPOC learners and mentors to be achieved.

In the spirit of our program values, we felt it was important to create space for our brilliant alumni and current learners to share what they wanted in a mentorship program, specifically for BIPOC folks. We facilitated four, hour long focus groups via Zoom to learn what mentorship meant for BIPOC students. Here's what some said!

“Mentoring is a foundational piece of midwifery. [This field] is borne out of community—this is the only way midwifery is sustainable—it’s through mentoring—it’s through learning from the [BIPOC] midwives that have come before us.”

“A mentor is someone who still has the ability to tap into the feeling of what it’s like to be a student. A mentor says “I remember exactly how you feel right now. Whatever it is that’s scaring you, we will address it, and we will work through it together.”

“A mentor believes in you—they believe you can do “this” and frequently remind you of this: “I will be there for you.”

Many folks also hope their mentor-mentee match lasts long after the program finishes. We are hopeful that lifelong friendships will develop and continue to fuel the field of midwifery.



Match, Set, Go!

Congratulations to our learners and mentors on being matched! Six students from the midwifery class of 2022 have been matched with a practicing midwife in California. We prioritized each student's goals and interests and matched them to midwives that shared similar goals and interests, as well as similar cultural backgrounds.

Mentees will be meeting with their mentors at least once a month throughout the duration of their midwifery education and are encouraged to establish lifelong relationships as they move into their careers.

For a look at this year's M&B midwifery students and mentors, visit our [website!](#)

Request for Submissions

Interested in being an author for our quarterly newsletter, want to share exciting news, or share a community post? Email us with your ideas, content, and/or events and opportunities and we'll include in our next newsletter!

LEARNING FROM THE EXPERTS

Collaboration is at the heart of the Mentoring & Belonging Program. With so much existing knowledge around mentorship, we thought, why reinvent the wheel? So we sought out the expertise of members of our Bay Area community that have run successful mentorship programs. Here are some of the pearls of wisdom we received from our partners.

What does successful mentoring look like?

- Establishing clear expectations, timely communication, and shared goals
- Having an understanding of the different types and phases of a mentorship relationship
- Becoming aware of and utilizing resources to support navigating the mentorship relationship

What are important elements to possess in the mentor role?

- Strong listening skills and maintaining confidentiality
- Having an understanding of our own growth zones and limitations
- Being professional but also human and accessible
- Creating a safe and accepting environment for people to bring their unique skills, gifts and talents forward

What are important elements to possess in the mentee role?

- Sharing an appreciation that everyone has a unique path
- Being vocal about what one wants from the mentorship
- Being open and seeking more various perspectives on decisions around education and career aspirations

STAFF HIGHLIGHT

Maritza Franqui joined the team in 2020 while beginning her journey to midwifery as a Master's Entry Program in Nursing (MEPN) student. Maritza transitioned to the Bay Area from Brooklyn, New York after receiving a consulting position with the Centering Healthcare Institute, training obstetric providers and clinical staff, throughout the country, on the implementation and facilitation of the CenteringPregnancy group-care models.

Maritza's background is in public health with a focus on maternal and child health. She is a certified doula and lactation counselor. Maritza is passionate about bridging the gap between prenatal care and pediatric care beyond the postpartum period, and integrating early child development and social-emotional learning along the continuum of care from pre-conception to post-birth. She sees midwifery as a revolutionary practice that will support entire families' social-emotional development and well-being across the lifespan.



Maritza Franqui, MPH
Engagement & Content Specialist

In the Community

Zuckerberg San Francisco General Hospital launches Black Centering group in April!

Black Centering offers Black-identifying pregnant people free prenatal care in a group setting. It has been adapted from the CenteringPregnancy model which has shown to decrease the rate of preterm birth and low birthweight babies, increase breastfeeding rates, and increase birth spacing. Black centering is for Black people by Black people and focuses on the care and experiences of Black people during pregnancy.

Black identifying people with due dates from 9/1/2021 – 10/31/2021 are encouraged to enroll!

Start Date: April 29, 2021

When: Thursdays, 10am - 12pm

Where: Virtually - details to be provided upon enrollment

Call (415) 745-9047 for questions or referrals!

One Love Black Community

One Love Black Community is a grassroots organization showing up for Black communities weekly. They are committed to uplifting and supporting Black families by providing cash, food, clothes, and other essential resources – no strings attached!

One Love welcomes donations, which can be made through GoFundMe by visiting <https://gofund.me/7a344bc5>.

For more information on how to support or for volunteer opportunities visit their Instagram [@oneloveblackcommunity](https://www.instagram.com/oneloveblackcommunity) or email them at oneloveblackmamas@gmail.com

Nourish!

Nourish! is a 100% volunteer-run community organization providing postpartum meals every week for six weeks to new mothers enrolled in projects partnering with the Mothers-for-mothers Postpartum Justice Project.

Every \$500 raised will help support a new mother for six weeks. Donations can be made at m2mpostpartum.org/donation.

Nourish! Village presents: HERstory of Black Midwives

...as part of the Mothers-for-mothers Postpartum Justice Project

An informational and inspirational conversation with three dynamic midwives: Kimberly Durdin, Lisa Davis and Michelle Drew. This event, moderated by Linda Jones, Doula and Executive Committee Member of Mothers-for-mothers Postpartum Justice Project discusses the herstory of black midwifery.

Watch the recorded event at <https://linktr.ee/mothersformotherspostpartum>.

Mothers-for-mothers Postpartum Justice Project hosts monthly events! For more information visit their website at m2mpostpartum.org.

You can also find them on Instagram at [@postpartumjustice](https://www.instagram.com/postpartumjustice).