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THE MIDWIFERY TIMES

THE UCSF MIDWIFERY MENTORING & BELONGING PROGRAM'S
QUARTERLY NEWSLETTER

CONGRATULATIONS TO THE NEW GRADS!

Congratulations to the UCSF Nurse-Midwifery Class of 2021 on graduating with their Masters degree! After much hard work and training during a world-wide pandemic, new grads are ready to jump in and provide sexual and reproductive health and midwifery care to birthing people and their families. We are so proud of you all and know you will be incredible assets to midwifery and your communities!

Also, a huge congratulations to the Master's Entry Program in Nursing (MEPN) students who will now move on to the two-year Midwifery specialty this Fall! MEPN is an accelerated 12-month program that provides nursing training to individuals who currently hold a bachelor's degree in an area other than nursing.

Our incoming UCSF Nurse-Midwifery Class of 2023 is the largest cohort of BIPOC students to be accepted into the UCSF Nurse-Midwifery Education Program to-date, with over 90% identifying as BIPOC!

Congratulations to all our students who continue to be avid learners, reproductive justice advocates, and who will continue to shape the ways in which we show up for BIPOC families.

FOLLOW US ON SOCIAL MEDIA

Find us on Instagram at:
IG: [@ucsfmidwifementoring](https://www.instagram.com/ucsfmidwifementoring)

What content are you interested in seeing on our Instagram?! Email us your ideas and suggestions at 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!

For more information about the program, please visit our website at: midwifementoring.ucsf.edu!

Mentoring & Belonging *Mentee* Highlight

Jordan Olivia Smith, RN, CLE, CD is currently pursuing her post-masters education in midwifery and women's health care through the UCSF Nurse-Midwifery Education Program. Jordan received her Bachelor of Arts in Economics from Chapman University in Orange, CA and then went on to pursue a post baccalaureate at the University of Southern California with dreams of becoming an OB/GYN. However, Jordan's plans took a pause as she entered parenthood, having two children of her own. It was during her experience transitioning into parenthood that Jordan discovered midwifery care.

Her journey started in 2015 after becoming a prenatal yoga instructor and a birth doula. After practicing as a doula for a couple of years, Jordan realized she wanted to pursue midwifery. She went on to complete an accelerated RN to MSN program at Western University of Health Sciences in Pomona where she got her Masters of Science in Administrative Nursing. While in school Jordan worked as a charge nurse on a medical-surgical unit at Southern California Hospital in Culver City and worked as a full-spectrum doula with the *African American Infant and Maternal Mortality Community Action Team (AAIMM CAT)* in Los Angeles. Through AAIMM CAT Jordan was able to obtain certification as a Lactation Educator and completed abortion doula training.

Upon graduation, Jordan plans to open a freestanding wellness and birth center to provide a safe space for all birthing people while promoting accessibility to increased birthing options for BIPOC. Jordan envisions her center being a space that cultivates and promotes wellness while providing birth and gynecological services to people within her community. She would also like to give back by becoming an educator to encourage the next generation of black midwives and change the current statistics of Black midwives.

While completing her post masters education at UCSF, Jordan became an entrepreneur and began creating dilation wheels. This fun and exciting venture has allowed her to use her creativity to add a fresh, unique spin on traditional wooden dilation wheels. Each wheel is hand made with epoxy resin and can be customized with various colors and flower designs. You can purchase one of her designs by visiting her website at sincerelyjordanolivia.com. She also offers full spectrum doula services, yoni steams, placenta encapsulation, and occasionally yoga lessons.

Follow Jordan's journey on Instagram ([@jordanolivias](https://www.instagram.com/jordanolivias)) where you can catch her sharing inspirational content, dancing, education, her children, and all things that bring her joy!



"Birth has always been the goal. As a Black woman providing care for Black birthing people, I find honor and privilege to do this work. As I grow within my journey the goal becomes even more clear. The lack of Black midwives is alarming, the maternal mortality among Black birthing people and infants is alarming, and the system that shapes the medical care Black people receives is alarming. These things continue to develop my drive and reinforce my motivation to pursue a career as a Black health professional and midwife."

– Jordan Olivia Smith, MMB Mentee, Certified Nurse-Midwifery Candidate, Class of 2022

Welcome Our Newest Team Member!



Marshawna Sparks, Community Doula and Certified Nurse-Midwifery Candidate, Class of 2023 will be our team's Communications Specialist! Marshawna will lead project communications via various tools such as our monthly newsletters, various social media channels, and project website, while contributing her unique perspectives to the project.

Marshawna hails from the Bay Area, with a background in Sociology from UC Santa Barbara. Prior to starting at UCSF, Marshawna worked as a counselor for unhoused populations and system-informed transitional aged youth. She also works with the San Francisco Department of Public Health as a case manager.

Supporting Mentors Support Students

It is our mission to develop meaningful mentorship opportunities for BIPOC midwifery students. We believe continual, intentional mentorship support and targeted professional skill development are important for the success of our mentors to nourish and sustain their relationship with their mentees. Each year, and in collaboration with Naledi Saul, Director of the UCSF Office of Career and Professional Development (OCPD), we offer our mentors four professional skill development workshops that help mentors dig deep into their roles as mentors.

Workshops provide mentors with practical strategies to understand the five stages of the mentoring life cycle and how to navigate the mentor-mentee relationship. Strategies help mentors reflect on their own goals, needs, and preferences as well as how to establish clear boundaries and work style preferences with their mentee.

Skill development workshops support mentors in learning how to effectively assess the functionality of their relationship with their mentee including expectation setting, how the relationship is progressing and next steps for sustaining the relationship. Learning how to navigate conflict when the mentoring relationship is not optimal is key; mentors learn how to have difficult but necessary conversations to best support their mentees. At the same time, mentors reflect on how to express and actively display appreciation in the mentorship relationship.

Reflection is another key aspect of the mentor role. Throughout the workshops, mentors reflect upon why they chose the field of midwifery, using their own experience, wisdom, and drive to shape and support the next generation of BIPOC midwives.



Naledi Saul, MPM

Director, Office of Career and Professional Development

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Mentoring & Belonging *Mentor* Highlight

Tia Thompson, CNM, MS, RN, BA, CD, hails from Berkeley, California, a mecca of revolution, where her fiery passion for protest and birth was born. Initially, Tia was introduced to midwifery during her undergraduate education at the University of California at Berkeley. As a certified Doula she unexpectedly caught her first baby! Ironically on her path to Midwifery, Tia learned that her great great grandmother was also a midwife. With over 15 years of nonprofit experience, she has designed a community-based doula training, *Black Women's Birth Circle*, volunteered at a women's refugee clinic, and campaigned for racial and reproductive justice. Earning a Masters of Midwifery from Thomas Jefferson University, Tia joined the Kaiser South Sacramento midwifery service in 2017.

Tia is a mother of four children with powerful birth stories all through midwifery care. She enjoys West African dance, cooking, music, and being near the ocean for healing therapy.



"I didn't choose midwifery, it called me. Everyday I show up standing on the shoulders of my ancestors and mentors who guide me on how to provide patient, caring, empowering, culturally sensitive, traditional midwifery care. This is my mission."

– Tia Thompson, Certified Nurse-Midwife, MMB Mentor

Self-Care: An Act of Resistance

This past year has proven to be one of the most difficult years for many of us. Collectively we have endured a global pandemic, marched on the streets for Black, Brown, and Asian lives, and witnessed countless deaths at the hands of racism. As we move into a new normal in 2021, it is critical that we replenish our souls and recalibrate through self-care.

Self-care and centering oneself is an act of resistance, allowing us to set boundaries for ourselves in ways that make us reflect, find inner peace, and recharge so that we can continue to show up for our communities and fight against racial and social injustices. Small deliberate acts such as carving out time to prepare for next day or week ahead, meditation or even cooking your favorite meal can help you to maintain your health and well-being. Self-care should be done routinely and throughout the day, not solely as an emergency response plan when stress is overwhelming. Before we can show up for others, we must show up for ourselves, thus carving out some time each day or week can help us achieve our goals more effectively.

Below are three resources to help you prioritize the self-care you deserve, especially as you engage in equity work:

- [Council for Relationships: What Is Racial Trauma and How to Practice Radical Self-Care](#)
- [National Museum of African American History & Culture: Self-Care](#)
- [National Council for Mental Well-Being: 3 Self-care Tips to Cope with a Culture of Violence](#)

What are your favorite books, podcasts, or activities for self-care/centering yourself throughout your midwifery practice or training journey? Let us know on Instagram at [@ucsfmidwifementoring](#) or by emailing us at midwifementoring@ucsf.edu!

In the Community

Recruiting BIPOC Midwifery Mentors in California!

We are looking for midwives that identify as Black, Indigenous, or a Person of Color (BIPOC) to mentor BIPOC nurse-midwifery students attending the UCSF Nurse-Midwifery Education Program and Cal State- Fullerton (CSUF) Nurse-Midwifery Education Program. We welcome applications from UCSF and CSUF BIPOC midwifery alumni anywhere, or any BIPOC midwife based in California (LM and CNM).

Mentors must commit to a one-year mentoring relationship from October 2021 - September 2022. All midwives regardless of midwifery pathway (e.g., certified nurse-midwife, licensed midwife, professional midwife) are encouraged to apply!

Applications are available now and are being accepted on a rolling basis until all students have been matched. If interested check out our [website](#) for more information about the mentorship commitment or click [here](#) to apply!

Email midwifementoring@ucsf.edu 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](#) or email them at oneloveblackmamas@gmail.com

Mothers-for-Mothers Postpartum Justice Project

The Nourish! Village Council hosts a monthly seminar the third Friday of every month. Past discussions have included BEloved Birth Black Centering, Postpartum Justice through expanding Postpartum Medicaid, Journey to Fatherhood, Conversation with Black Doulas, and HERstory of Black Midwifery.

Visit <https://linktr.ee/mothersformotherspostpartum> to watch previously recorded events!

You can also find them on Instagram at [@postpartumjustice](#).

Nourish! Village presents: The Pursuit of Midwifery: Becoming a BIPOC Midwife

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

Join a panel discussion of individuals sharing their decision and journey to becoming a midwife.

See the webinar recording [here](#) or by clicking the linktr.ee link above,