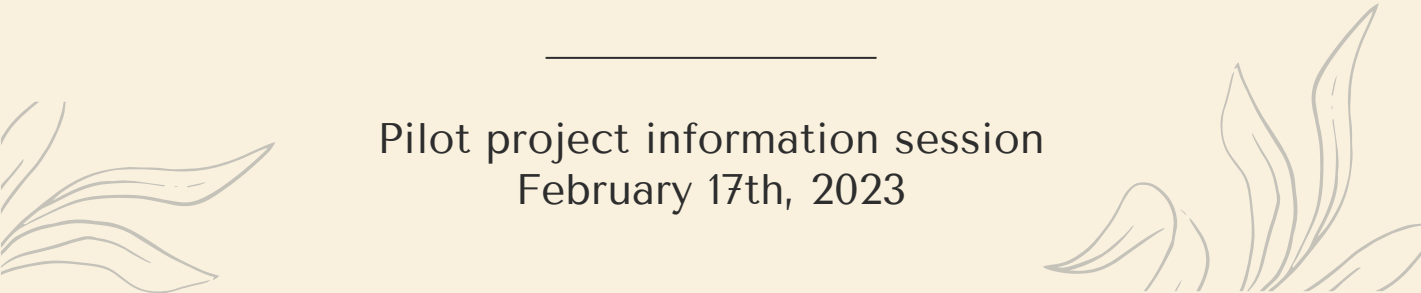




Radical Mental Health Doula (RMHD)

Pilot project information session
February 17th, 2023



Land Acknowledgement

We would like to acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to Métis Nation of Alberta, Region 3.





Today's session:

- Project background
RMHD training & pilot project
- Participation & Expectations
- Questions



**RADICAL
MENTAL
HEALTH
DOULAS**

SUPPORT, COMFORT,
EDUCATE, ADVOCATE



Who We Are



L-R
Dr. Joanna Rankin
Principal Investigator



Dr. Tiffany Boulton
Co-Principal Investigator



Dr. Xiao Yang Fang (Yangyang)
Project Manager



Amanda Denis, BCR
Research Assistant



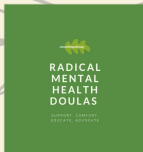
Kali Hoogenboom
Student Researcher



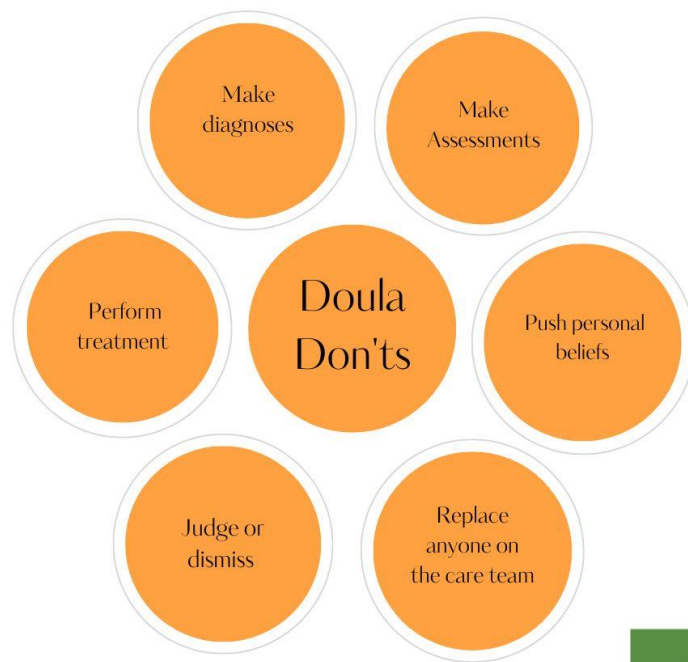
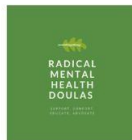
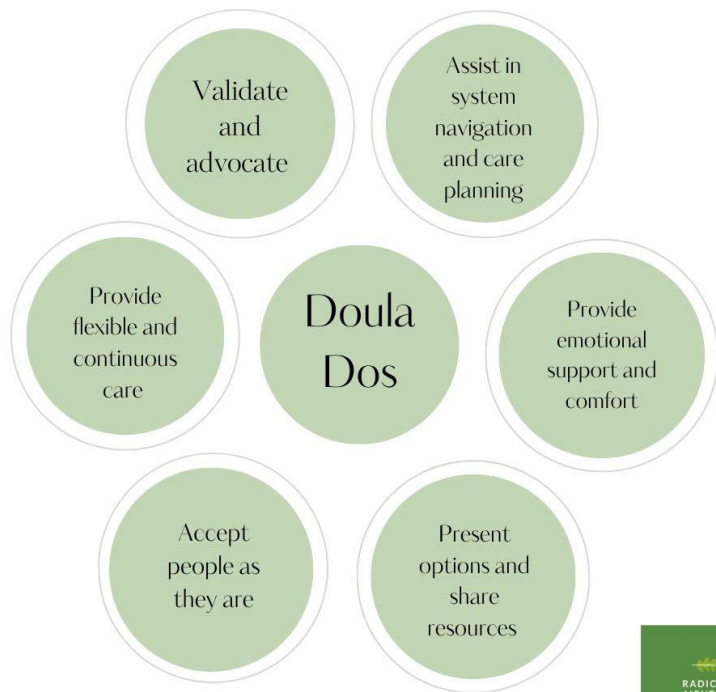
Eleni Moumos
Student Researcher



Project funders



What is a Radical Mental Health Doula?



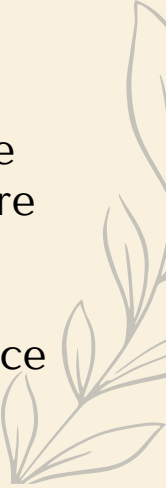
A Participatory Approach

- Focus on access, equity, participation and social justice.
- Grassroots and community-based
- Consultation meetings and focus groups with co-researchers
- 3 rounds of curriculum development sessions



Vision: We envision a community-based Mental Health support that is inclusive and accessible to all and that ensures the dignity and rights of the individual are upheld.

Mission: To develop and provide a Radical Mental Health Doula (RMHD) service that is rooted in the values of comfort, support, education, and advocacy. By partnering with community members and people with lived experiences, this grassroots approach will prioritize marginalized voices that are traditionally unheard.



What is the RMHD Pilot Project?

First time implementing the RMHD model of care in community!

1. Train first cohort of doulas
2. Match doulas with for a period of 6 months
3. Track doula and client experiences
4. Evaluation of the pilot project



RMHD Training

Commitment: 5 full days (9am — 4:30pm)

Dates: April 28-30 & May 6-7

Location: TBC

Fees: None. Parking, lunch, and snacks provided

Training will cover skills and knowledge in core doula competencies

Training is mandatory for those who want to participate in the pilot project as a doula.

You will receive a certificate of completion.



RMHD Pilot

6 months

- * Each trained doula will provide mental health support to 2 clients for a period of 6 months. How this support looks like is mutually decided upon by the doula and client.

Data collection

- * Doulas and clients will track their experiences on Zamplo
- * Each doula will engage in two 1:1 interviews with the research team (3mo, 6mo).



Pilot Project Participants

Doulas (x10)

- 18+ in age
- Lived experience of mental health struggles and/or of accessing mental health supports (no diagnoses necessary)
- Able to complete 5-day training
- Willing to provide mental health support in the role of a doula for 6 months

Doula clients (x20)

- 18+ in age
- Has a self-identified need for mental health support (no diagnoses necessary)



Compensation

Doulas

\$575/month

Doula Clients

\$50/month



Doula Interviews

\$25/per interview

Zamplo

Free 1-yr subscription to Zamplo Premium (usually \$50/yr)



Things to Think About as a Doula

Time

- Are you able to commit to 5 days of training?
- Are you able to work with 2 clients for 6 months and be available to them through a mutually decided schedule?
- Are you willing to share ongoing experiences through Zamplo

Resources and supports

- While this role will be fulfilling, it may also be challenging emotionally. What supports do you or will you need access to?



Things to Think About as a Client

Time

- Are you willing to communicate and meet with your doula on a regular, mutually-decided schedule for 6 months?
- Are you willing to share ongoing experiences through Zamplo

Resources and supports


- Your doula will support you, but is not there to replace anyone on your care team. Given that the "RMHD" is a new role, it may also take some time for doulas to figure out the best way to support you.





What Happens Next?





We are recruiting 10 doulas and 20 clients for the pilot project.

If you, or anyone you know, is interested in participating in the RMHD pilot project, please send us an email at rmhd@ucalgary.ca

Please include your full name, which role (doula or client) that you are interested in, and a brief explanation for why you are interested.


Thank you!





Questions





Contact us at
RMHD@ucalgary.ca

