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## ABOUT US

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A Message from Our CEO

Abide was a dream planted in my heart. This dream was planted in my heart in 2013 upon learning of the disparities in Black Infant & Maternal Health outcomes. I had no idea what it would evolve into. In fact, I had no clue that I was capable of building what would be the framework of a healthcare system that centers the lives of Black, Indigenous, People of Color (BIPOC). Listening to Jennie Joseph while holding my baby girl all those years ago activated something in me.

A seed was planted.

And much like with any seed, it takes time to grow. Seeds need fertile soil, water, sunlight, and sometimes a little fertilizer. Over the years, I have watched Abide grow into a beautiful plant. Not just a single flower, but a blooming, young tree firmly rooted in healthy soil.

As with any plant facing the elements, Abide has definitely seen storms, calm and turbulent winds, scorching heat and chilly days. The weathering...

But the roots.

The roots keep it healthy, thriving, and capable of withstanding the elements. The roots run deep. They’ve been nurtured with love that is the fertilizer that keeps it strong.

I’m reminded of Billie Holiday and her song of lament of the Strange Fruit hanging from the Poplar Trees. “Blood on the leaves and blood at the root.”

The roots.

We can’t fully change systems whose roots are dipped in ancestral blood. What we can do—what we have done—is build a new system by planting seeds with untainted roots that produce life (fruit), the opposite of death (strange).

I sit in awe of all we have accomplished. Parents walk through our doors with a renewed sense of safety. Clients that feel valued and cared for. A team that sees Black people as worthy of tender care that honors their humanity. What you will see in this report is just that.

The FRUIT of many SEEDS planted and NURTURED.

CESSILYE R. SMITH
Founder & CEO
A Message from Our Board Chair

Extending Gratitude and Thanks

Gracias, Ashante, Nagode, and Thank You!

These words all represent the gratitude and heartfelt support extended to Abide Women’s Health Services. Despite the endless challenges faced within the maternal health industry, our community and donors have poured deeply into the roots and seeds of Abide. While we continue to remain focused on our main objective, improving birth outcomes for those who have the highest rates of mortality, Abide has never been more dedicated to serving its community.

Throughout 2023, we have achieved significant milestones, through the establishment of new partnerships with local community organizations and fellow healthcare providers, in an effort ensure quality prenatal and postpartum services. Because of the generosity of our donors, we were able to serve 127 new clients by focusing on the following critical care components:

- Quality Client Care and Resources
- Strategic Community Partnerships and Alliances
- Fiscal Stewardship and Sustainability

I am proud to announce that in 2024, Abide Women’s Health Services will be able to fully expand its clinical services to five days a week through telehealth services and in-person visits. Additionally, you will begin to see the expansion of services to support mothers seeking home births. Lastly, clients with Medicaid will also be able to seek care from our phenomenal midwifery team of experts.

Together, let us continue to fight for our mommas and babies, maternal justice, and to reduce health disparities within our communities.

Yours in the journey,

DR. TRISSI S. GRAY
Board of Directors Chair
Dear Cherished Friends of Abide,

It is with immense pride and gratitude that we present to you our 2023 Annual Report. Within these pages, you will discover the remarkable strides we have made in strengthening and expanding our maternal healthcare services, ensuring that we continue to meet the ever-present needs of pregnant women in our community with unwavering dedication and compassion.

At Abide, we extend a warm and heartfelt invitation to all mothers and their families, asking them to place their trust in us as we work together to expand their vision of what a healthy future and family looks like. We listen attentively to their needs and provide them with access to healthcare that they might otherwise be unable to obtain. Our core belief is that every woman, regardless of her race, ethnicity, or religious beliefs, deserves access to dignified care—and this is precisely what we strive to deliver at Abide.

Through our comprehensive array of services, including prenatal care, childbirth education, breastfeeding support and more, we empower women to navigate their pregnancies with confidence, deliver healthy babies, lead vibrant lives, and become their own greatest advocates. The team and I beam with pride for every single mother who graces our doors, knowing that they have taken a courageous step towards a brighter future.

We are particularly thrilled to share that our tireless efforts have resulted in an impressive 258% increase in the number of clients served. As a pivotal component of our growth strategy, we have acquired a passenger van and a mobile care unit, which will enable us to extend Abide’s reach to all the under-resourced communities in North Texas in 2024. We firmly believe that access and inclusivity are the cornerstones of building more just and vibrant communities, and our outstanding outcomes in these areas stand as a testament to our commitment and programming.

Because of your unwavering support, Abide stands stronger than ever before. We are deeply grateful for your partnership in fulfilling our mission, and we invite you to join us in celebrating the transformative impact we have made together. Your continued trust and generosity are the driving forces behind our ability to create lasting change in the lives of the women and families we serve.

LENITA RILEY DUNLAP, MPA, MA
Senior Vice President of Operations
Our Charter

Our Guiding Principles

Abide Women’s Health Services exists to improve birth outcomes in communities with the lowest quality of care by offering healthcare and complimentary services that are easily accessible, holistic, evidence-based, and free from judgment.

Our vision is to build an inclusive, culturally affirming healthcare ecosystem centered on partnering with and empowering BIPOC communities through understanding and addressing systemic racism and biases that act as barriers to optimal care, resources, and health outcomes. By fostering compassionate, trusting relationships and promoting community voices, we aim to provide high-quality, holistic, equitable, and accessible care that transforms experiences and improves access to preventive services, addresses social determinants of health, and develops innovative solutions to achieve health justice. Working together, we will advocate for and implement changes to policies, practices, and systems to eliminate inequities in traditional healthcare. We envision a future where all have the opportunity to achieve optimal physical, mental, and social health.
Our Values

**Life Affirming:** At Abide, we affirm the intrinsic worth of every individual, recognizing that each person, regardless of age, race, gender, ability, or socio-economic status, possesses inherent value and dignity. Our commitment is to honor and respect the diversity of human life in all its forms, advocating for the rights, well-being, and equitable treatment of everyone in our community. This value drives us to create a healthcare environment that is inclusive, supportive, and nurturing for all.

**Human Flourishing:** We are dedicated to fostering environments where individuals and communities can thrive. Our approach to healthcare is rooted in the belief that every person deserves the opportunity to live a full, healthy life. We actively work to remove barriers and create conditions that lead to the holistic well-being of the families we serve.

**Reparations:** Recognizing the historical and ongoing injustices that have led to health disparities, Abide champions the cause of reparations. We advocate for systemic changes and the allocation of resources to address and amend past wrongs, especially in women’s health, ensuring that all communities have the opportunity to flourish.

**Redemptive Justice:** Our approach to justice is centered on restoration and conciliation. We believe in addressing and rectifying inequalities and injustices in a manner that heals and unites communities. Redemptive justice is about transforming systems and relationships to foster fairness, respect, and opportunities for all. It involves recognizing past wrongs, taking steps to correct them, and working towards a future where every individual can thrive in a just and equitable society.

**Racial Conciliation:** At the heart of our mission is the pursuit of racial conciliation. We acknowledge the profound impact of race and heritage on individual experiences and relationships.

Our commitment is to embrace diversity, understand differing racial experiences, and actively work towards unity and mutual understanding.

**Anti-Racism:** Abide stands firmly against racism in all its forms. We actively work to dismantle racist structures and beliefs, understanding that true equity cannot be achieved until racism is eradicated. Our approach is proactive, seeking to build systems and cultures that celebrate diversity and promote racial equality.

**Equity and Access:** Equity is our guiding principle in delivering healthcare. We strive to ensure that every individual has access to the care and resources they need, regardless of their background or circumstances. Our goal is to create a healthcare environment where all are treated fairly and impartially, with respect and dignity.

**Client-Centered Care:** Our services are designed around the needs and experiences of our clients. We prioritize compassionate, culturally competent care, ensuring that every individual feels heard, respected, and valued. Our approach is holistic, addressing not just physical health, but emotional, mental, and spiritual well-being.

**Inventive Systems:** We believe in the power of innovation to transform healthcare. Abide is committed to developing and implementing new, effective approaches to care that align with our values and meet the evolving needs of our community.

**Posture of Heart:** The values we uphold are deeply rooted in a posture of heart that reflects compassion, humility, and a commitment to service. Our team embodies these values, striving to apply them in our personal and professional lives, and to influence the broader healthcare landscape.
Easy Access Clinic™

Transforming Maternal Health: Equity, Access, and Empowerment

Our Easy Access Clinic™, deeply rooted in the values of equity, access, and client-centered care, serves as a critical triage point for immediate maternal health needs.

Inspired by the JJ Way®’s patient-centered care model, our clinic addresses the urgent requirements of clients who might otherwise face significant barriers to accessing long-term providers. This approach is especially vital in overcoming the socio-economic barriers that many BIPOC individuals encounter, such as maternity care deserts, economic constraints, transportation difficulties, language and cultural barriers, work and childcare responsibilities, systemic racism and discrimination, mistrust in healthcare systems, and limited health literacy.
At Abide, we’ve realized that our clinic has become much more than a temporary solution; it has evolved into a maternal medical home for many clients. These are people who, due to the barriers mentioned, might not receive care elsewhere. At our clinic, our licensed Black midwives provide more than clinical care; they offer a holistic, culturally-informed approach that includes emotional support, educational guidance, and resource referrals. This comprehensive service reflects our dedication to breaking down barriers and ensuring every client feels respected and valued.

Central to our mission is the reduction of maternal and infant mortality rates, particularly in BIPOC communities. By incorporating the JJ Way®, we ensure personalized and empowering care, fostering community involvement and support throughout the pregnancy journey. Our clinic’s operations are a testament to our dedication to redemptive justice and racial conciliation, as we strive to transform healthcare experiences for marginalized communities, ensuring equitable access to high-quality maternal health services.

Our Easy Access Clinic™ is not just a healthcare facility; it’s a reflection of our dedication to creating a world where every family receives the care and respect they deserve. It’s a space where barriers are broken, trust is built, and holistic well-being is pursued, paving the way for healthier communities and a brighter future for all families.
Easy Access Clinic™

By the Numbers

Starting with just 12 clients in our first year, 2020, our Easy Access Clinic™ has witnessed remarkable growth. By 2021, the number of new, unduplicated clients grew to 60, and by 2022, to 91. In 2023, this number soared to 127. This trajectory not only demonstrates a significant increase in the clinic’s reach but also highlights an annual growth rate that speaks volumes about the trust and reliance placed in Abide by the community.

We attribute our significant growth to the following factors:

- **Community Engagement:** Increased participation in community events has raised awareness about the clinic’s services.
- **Digital Marketing:** Enhanced digital marketing efforts have broadened the clinic’s visibility, reaching a wider audience.
- **Word of Mouth:** Strong word-of-mouth referrals from satisfied clients have played a crucial role in attracting new clients.

Abide’s journey highlights the transformative power of culturally sensitive and community focused healthcare. By embracing the diverse backgrounds and needs of our community, we’ve built trust and dismantled barriers to access, particularly in areas marked by systemic inequities and historical mistrust of medical institutions.

As we look to expand, our focus remains on deepening the impact of our care. The lessons from our journey emphasize the importance of a healthcare system that is inclusive, respectful, and responsive. Moving forward, we aim to reinforce the dignity and worth of each individual, ensuring they feel seen, heard, and valued. This commitment to enhancing care quality, rooted in cultural sensitivity and community engagement, is the cornerstone of our mission and the path to a healthier future for all our clients.

**Clinic Services**

- 430 prenatal appointments
- 58 postpartum appointments
- 24 Supportive Pregnancy Care® appointments

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**What Is Supportive Pregnancy Care®?**

Supportive Pregnancy Care® is a March of Dimes program that gives providers the tools, training, and support they need to deliver group prenatal care in a way that works best for the pregnant people they serve.
“Abide Women’s Clinic provides an inclusive and supportive environment that truly embraces the concept of “it takes a village.” As a non-birthing black partner, I’ve felt valued and included in every aspect of the process. The staff goes above and beyond to ensure that I’m part of the conversations, making me feel cared for and seen. The wealth of knowledge and resources they share is particularly helpful for first-time parents like us. The center’s commitment to a natural birth is refreshing, fostering an open and non-judgmental atmosphere. From the moment you step in until you leave, Abide creates a sense of community where no question is too small, and no concern is too large. I wholeheartedly recommend Abide to anyone considering a natural birth — it’s an experience I’d rate 10/10, and I am incredibly grateful for finding such a supportive place.”
Childbirth Education

Empowering Families Through Knowledge: Bridging Gaps in Maternal Health Education

Our Childbirth Education program is a testament to our values of human flourishing, equity and access, and client-centered care.

Designed to empower expectant mothers, parents, and their support systems, our Childbirth Education program equips participants with essential knowledge and skills for a healthy pregnancy, labor, and postpartum experience. Led by certified childbirth educators, our curriculum employs evidence-based, culturally sensitive teaching methods in a judgment-free environment, ensuring that every participant feels respected, included, and valued.
Our approach is grounded in evidence-based practices. We emphasize the importance of seeking medical care, understanding health services, and recognizing serious child health conditions. By providing this comprehensive education, we aim to increase the agency and self-efficacy of expectant parents and families, contributing to the reduction of health disparities and fostering a community where every family has the knowledge and resources for a thriving start to life.

The importance of this program is amplified by the disproportionately high rates of maternal and infant mortality in BIPOC communities. Our curriculum is not only informative but also lifesaving, focusing on critical areas such as infection prevention, nutrition education, and vital infant care techniques. These lessons are particularly crucial in communities where access to quality healthcare and information is often limited, addressing the systemic barriers to health equity.
The growth of our Childbirth Education program reflects our commitment to empowering expectant parents with the knowledge and skills necessary for a healthy pregnancy, labor, and postpartum experience. Starting with 11 clients in 2020, this program saw a modest increase to 13 clients in 2021. However, a significant leap occurred in 2022, with 228 clients participating, and the growth trajectory continued into 2023, reaching 327 clients. This exponential growth highlights the escalating demand and trust in our childbirth education services within the community.

Part of this growth trajectory is attributed to strategic initiatives and partnerships fueled by United Way of Metropolitan Dallas’s Healthy Outcomes through the Prevention & Early Support Grant, for which Abide is a recipient. This grant enables us to offer free childbirth education, extending our reach beyond our immediate community to other organizations serving expectant parents.

Our childbirth educators have employed proactive strategies that have been pivotal to the program’s expansion. By setting and exceeding ambitious client engagement targets and forging strong connections with community organizations, they have secured a steady flow of participants. Their approach, enhanced by strategic marketing efforts and streamlined online registration, have played a crucial role in the Childbirth Education program’s achievements.
Childbirth Education

Demographic Data

Client Feedback

“Childbirth Education helped with things I didn’t know even being pregnant a third time. It was very helpful also to be around other moms who were due around the same time I was and hear their experiences so far with their pregnancies. The instructors were very informative and helpful when questions were asked. I’m glad I was able to be apart of it and to learn more about pregnancy and postpartum.”
Our Lactation Support Program is a vital initiative in empowering new parents, especially within the Black community, with the knowledge and skills for successful breastfeeding.

This program, led by certified lactation consultants, is anchored in evidence-based practices and offers culturally sensitive, judgment-free support. The historical context of breastfeeding in the Black community is crucial to understanding the need for this focused support. Historically, Black women have faced unique barriers to breastfeeding, including the legacy of slavery where they were forced to serve as wet nurses, depriving them of the opportunity to breastfeed their own children. This traumatic past, coupled with ongoing systemic racism and socio-economic challenges, has contributed to lower breastfeeding rates among Black mothers and parents compared to their non-Hispanic white counterparts.
Breastfeeding is a critical determinant of health for both infants and the breastfeeding parent, providing essential nutrients and antibodies for infants, and reducing the risk of postpartum depression, breast and ovarian cancers, and cardiovascular diseases for the parent. Our program is not only about improving health outcomes but also addresses the disproportionate impact of these issues in BIPOC communities, with a particular focus on the Black community. The presence of Black lactation consultants in our program is a deliberate strategy to address these disparities.

These professionals bring an understanding of the cultural, social, and systemic barriers that Black parents face, offering tailored support and advocacy that resonate with their unique experiences.

In alignment with our core values of anti-racism, redemptive justice, racial conciliation, and reparations, our Lactation Support Program actively works to dismantle the systemic barriers that have historically hindered Black mothers from successful breastfeeding. By providing culturally competent and sensitive care through our team of Black lactation consultants, we not only offer immediate support but also engage in the deeper work of healing and conciliation. This approach is a form of redemptive justice, aiming to restore what has been lost or denied to Black families over generations and to reconcile the disparities in maternal and infant health care.
Abide Women’s Health Services’ Lactation Support Program has experienced fluctuations in client numbers over the past four years. Despite these variations, our commitment to providing essential lactation support to new parents, particularly within the Black community, remains unwavering. This narrative explores the journey of our program, the challenges we’ve faced, and the hopeful path forward under new leadership.

Our Lactation Support Program kicked off with 82 clients in 2020, showcasing a strong demand for our services. The departure of our initial program lead contributed to a decrease in client numbers to 18 in 2021. Efforts to stabilize and grow the program bore fruit in 2022, with client numbers climbing to 40, though we saw a slight reduction to 32 participants in 2023. These trends reflect the program’s journey through challenges and its critical importance to the community.

Several key factors have contributed to the ebb and flow of our program’s client numbers:

- **Leadership Transitions:** The departure of the initial program lead and the search for a suitable successor temporarily impacted our program’s continuity and capacity.

- **Partnership with Mother’s Milk Bank of North Texas:** Our collaboration with this organization has been instrumental in navigating these transitions, ensuring the program remained operational while we sought a new Black lactation professional to lead.

- **Educational Support:** Throughout these transitions, clients continued to receive breastfeeding education and Q/A support during prenatal care and childbirth education classes, maintaining a foundation of lactation support.

While our Lactation Support Program has faced its share of challenges, the path forward is bright. We look forward to a future where every new parent has the support and resources they need for successful breastfeeding, contributing to healthier families and a stronger community.
Postpartum Support

Nurturing New Beginnings: Comprehensive Care in the Critical Weeks

Postpartum Support at Abide Women’s Health Services is centered around providing comprehensive clinical care to our clients during the critical subacute postpartum period (up to 6 weeks after birth).

Our certified licensed midwives provide care tailored to ensure the health and well-being of both the parent and the newborn in the critical weeks following childbirth. During this period, each client is offered at least three postpartum visits, which are crucial for monitoring physical and emotional recovery post-delivery. Our midwives conduct thorough assessments, including checking vitals, examining the abdomen, and evaluating the overall mental state of the parent. These visits are essential for identifying and addressing common postpartum issues such as infection, excessive bleeding, and postpartum depression. Discussions with clients cover important topics like breastfeeding, postpartum bleeding, nutrition, supplements, healing, emotions, sleep, and sexual activity. For clients without a pediatrician, we extend our care to include assessments of the newborn, discussing feeding habits, output, and sleep patterns.
Understanding the importance of this “fourth trimester,” this service is designed to mitigate the risks that contribute to the high rates of maternal morbidity and mortality during the subacute period. We provide resources and referrals for ongoing health needs, including connections to OBGYNs, pediatricians, breastfeeding support, counseling, and essential services like food banks.

In addition to clinical care, we recognize the value of holistic support. Therefore, we refer our clients to free postpartum doula care through our partnership with Delighted to Doula, which complements our clinical services by providing emotional support, infant care education, and assistance with household tasks, ensuring a well-rounded postpartum experience. In 2023, 11 clients received a year of free postpartum doula care thanks to this partnership.

Our 6-week “goodbye” appointment is where we celebrate the journey of our clients and provide a care package as a token of our continued support. This extension of our pregnancy care service embodies our commitment to providing exceptional care during the postpartum period, ensuring that every family we serve has the support and resources they need for a healthy start.

**Client Feedback**

“So blessed to have had Krystle as my postpartum doula. Even though this wasn’t my first pregnancy, she didn’t assume I knew everything there was to know or make me feel unwise for things I may have forgotten over the past 10 years of giving birth to my youngest son. The 6-week postpartum home visits were truly a blessing, especially after having a c-section. She cleaned, made sure I was keeping with my postpartum recovery routine, cared for Kaileigh, and even entertained my older children with a game of Uno. Forever grateful for her support, resources, and energetic personality.”
Postpartum Support

By the Numbers

Year-over-Year Comparison

• **Postpartum Appointments:** Our Postpartum Support program experienced a 241% growth in postpartum appointments, increasing from 17 in 2022 to 58 in 2023. This surge indicates a growing trust in and reliance on our postpartum care.

• **Referrals to Delighted to Doula:** We successfully referred 11 clients to Delighted to Doula for comprehensive postpartum support, emphasizing our commitment to holistic care.

• **Reported Births:** A total of 43 births were reported, with a diverse demographic breakdown, highlighting our reach across various communities.

Health Outcomes

Notably, there were 0 reported low birth-weight births and only 1 reported pre-term birth, with no infant or maternal deaths reported. These outcomes are particularly significant when compared to the broader Texas data from 2022, where preterm birth and low birthweight were the second leading cause of infant death.

Comparison with State Data

2022 data shows Texas reported a 9.9% rate of pre-term births, 5.3 infant deaths per 1000 births, and 28.1 maternal deaths per 100,000 births\(^1\). Our program’s outcomes reflect a significant deviation from these state averages, highlighting the effectiveness of our targeted postpartum support.

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Black</td>
<td>56%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>37%</td>
</tr>
<tr>
<td>White</td>
<td>12%</td>
</tr>
<tr>
<td>Native American/Alaska Native</td>
<td>9%</td>
</tr>
</tbody>
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Analysis of Factors

Several factors have contributed to these positive outcomes:

• **Holistic Support:** Our partnership with Delighted to Doula has ensured that clients receive not only clinical care but also emotional support and assistance with household tasks.

• **Comprehensive Care:** The increase in postpartum appointments reflects our commitment to thorough assessments and personalized care plans, addressing both physical and emotional recovery needs.

• **Community Engagement:** Our efforts to reach diverse communities and provide culturally sensitive care have played a crucial role in our program’s success.

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\(^1\) Most recent data provided by March of Dimes: [www.marchofdimes.org/peristats/reports/texas/report-card](http://www.marchofdimes.org/peristats/reports/texas/report-card)
The Claudia Booker Black Student Midwife Scholarship

Background
One of the main goals at Abide Women’s Health Services is to increase the number of Black midwives and birthworkers of color. This objective has been marked as a priority by Abide’s leadership, driven by the understanding that realizing this goal requires focused and deliberate support mechanisms. The necessity for such targeted support stems from the multifaceted and historical challenges Black women face on their path to entering the midwifery profession.

Historically, the profession of midwifery in the United States, deeply rooted in Black, Indigenous, and immigrant communities, faced deliberate marginalization and criminalization as the medical establishment sought to professionalize prenatal care, sidelining traditional midwives and leading to a stark decline in their numbers by the early 20th century. This historical backdrop, combined with systemic racism within the healthcare system, has perpetuated a legacy of birth injustices and created significant barriers for Black women seeking to enter the profession.

Today, Black midwives face challenges including economic disparities, underrepresentation in the profession, and a lack of support and mentorship, particularly in midwifery education and professional development.

The socio-economic landscape further exacerbates these challenges, as Black women, who are paid the least out of any demographic, confront financial barriers to education and professional development in midwifery. This situation is aggravated by the lack of midwifery programs at historically Black colleges and universities and the financial hurdles to providing out-of-hospital care, such as inadequate Medicaid reimbursement rates.

These systemic obstacles highlight the critical need for scholarships and financial assistance programs specifically designed to support Black women in overcoming these barriers, ensuring they can pursue midwifery education and contribute to improving maternal and infant health outcomes in their communities.

By addressing the underrepresentation of Black midwives and facilitating their access to education and professional opportunities, we can work towards a healthcare system that is more equitable, culturally competent, and capable of addressing the specific needs of Black families.
Abide’s Role in Promoting Equity: Increasing the Number of Black Midwives Through Resources and Support

To support midwifery students and honor the Grand Midwives who came before us, the Claudia Booker Black Student Midwife Scholarship stands as a vital initiative aimed at addressing systemic inequities and fostering diversity within the field of out-of-hospital midwifery. This scholarship program is deeply rooted in the recognition of historical disparities and the pressing need for representation and support for Black individuals embarking on careers as a Certified Professional Midwife.

Established in 2020, the Claudia Booker Black Student Midwife Scholarship is a testament to Abide Women’s Health Services’ commitment to providing equitable opportunities and help shouldering some of the financial burden Black student midwives face when completing their midwifery training. We recognize that disparities not only affect Black women seeking maternal healthcare but also impact Black student midwives as they strive to attain the training and certification necessary to become licensed maternal healthcare providers.

This scholarship, named in honor of the late Claudia Booker, a former judge and lawyer who, driven by concern about birth practices, dedicated herself to becoming both a birth advocate and Certified Professional Midwife. Claudia’s legacy resonates deeply with us at Abide, underscoring the significance of nurturing the midwifery profession, particularly with the population of those who identify as Black here in Texas.
Impact Report

The impact of our scholarship program on Black aspiring midwives has been profound. Here’s a breakdown of the scholarships awarded over the past four years:

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Students</th>
<th>Total Scholarship Amount</th>
</tr>
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<tbody>
<tr>
<td>2020</td>
<td>2</td>
<td>$1,700</td>
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<tr>
<td>2021</td>
<td>5</td>
<td>$10,000</td>
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<tr>
<td>2022</td>
<td>2</td>
<td>$2,000</td>
</tr>
<tr>
<td>2023</td>
<td>1</td>
<td>$2,000</td>
</tr>
</tbody>
</table>

In total, we have awarded 10 scholarships to date to support the education and training of eight dedicated student midwives, two of whom have been recognized with awards across multiple award cycles.

The Claudia Booker Black Student Midwife Scholarship offers more than financial aid; it’s creating tangible change. Among the eight scholarship recipients, four have achieved licensure as midwives in Texas. This achievement aligns closely with one of Abide Women’s Health Services’ main goals: increasing the number of Black midwives. This scholarship initiative goes beyond financial support, aiming to foster a healthcare workforce that reflects the diversity of the communities we serve. Ultimately, this effort is key to improving care for mothers and infants in our communities, ensuring they receive the highest standard of support.

Scholarship Recipient Testimonials

“It wasn’t until I became pregnant with my first daughter that I truly started to understand what natural birth consisted of. As I became older, I started to learn that I was lucky because I did not die during childbirth. I spent a lot of time trying to help change the narrative. I relocated my family to Texas so that I could become a doula and attend midwifery school. I believe that by becoming a midwife, I can help make a difference for Black women who are often overlooked and whose voices are not heard in hospitals.”

“I used the scholarship to pay the fees for NARM (North American Registry of Midwives) testing and to renew my BLS (Basic Life Support) and NRP (Neonatal Resuscitation Program). It was truly a help.”

“Oh my goodness! I am crying and full of gratitude! Abide has been so helpful to me. Thank you so so much!”
Student Recipient Spotlight

Janikka K. White, 2023 Scholarship Recipient

Working with expectant mothers and their families has been nothing short of magical for Janikka. Each family she meets, each story she becomes a part of, adds to a tapestry of experiences that’s both humbling and exhilarating. Her approach is deeply personal, shaped by her own journey as a woman of color. She knows all too well the importance of feeling seen and heard, especially in moments as vulnerable as childbirth. Janikka doesn’t just offer medical advice; she offers her heart, building relationships that last well beyond the delivery room.

Currently, Janikka is halfway through her midwifery program, tackling her fifth module out of nine. Every bit of the scholarship goes towards her tuition, bringing her one step closer to her dream with each passing day.

And what does the future hold?

Janikka’s keeping an open mind, trusting in the path that’s unfolding before her. Currently, she serves as Abide’s Medical Assistant, offering comprehensive support to the midwifery team and clinic clients. She imagines a future at Abide, growing alongside a team that’s become like family.

Maybe, just maybe, she’ll even pursue further education to become a certified nurse midwife.

For now, she’s content in knowing she’s exactly where she’s meant to be, doing exactly what she’s meant to do, guided by faith, driven by passion, and supported by a community that believes in her every step of the way.

Ever since she was in elementary school, Janikka dreamed of a life where she could help bring new lives into the world. Back then, she thought the only way to do that was to become an OB-GYN. It was almost a done deal—medical school was on the horizon—when fate stepped in and introduced her to the world of midwifery.

Suddenly, everything clicked.

Midwifery wasn’t just another career option; it was where Janikka’s heart and soul belonged. It promised a way to connect deeply with mothers and their babies, offering care that went beyond medical procedures to touch the very essence of community and support.

Then came the Claudia Booker Black Student Midwife Scholarship from Abide Women’s Health Services. Winning the scholarship felt like a sign, a nudge from the universe—or perhaps a nod from above—that she was exactly where she needed to be.

Student Recipient Spotlight

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Looking Ahead in 2024: Abide’s Mobile Unit
Bringing Healthcare to the Community’s Doorstep

In response to the increasing need for accessible maternal healthcare, Abide Women’s Health Services introduces our Mobile Unit. This initiative extends our reach beyond our physical locations, aiming to bridge the healthcare gap in underserved areas of the Dallas-Fort Worth Metroplex.

The decision to launch the Mobile Unit was fueled by a compelling insight: more than 40% of inquiries into our prenatal care services in 2023 originated from cities outside of Dallas. This statistic not only underscores the widespread need for our specialized services but also highlights the trust and interest that communities place in our ability to provide compassionate, culturally competent care. It became evident that to truly live up to our mission of fostering equitable healthcare, we needed to find a way to bring our services directly to those who need them most.
Moreover, expanding our services through the Mobile Unit opens up new avenues for community partnerships. By reaching into new areas, we can collaborate with local organizations, healthcare providers, and community leaders to create a more integrated support system for our clients. These partnerships are crucial for amplifying our impact, allowing us to pool resources, share knowledge, and collectively work towards a healthier future for all families.

The Mobile Unit is designed with the flexibility to offer a range of services, from prenatal check-ups to postpartum support, directly in communities where our clients live.

This not only makes healthcare more accessible but also more personal. By eliminating the barriers of distance and transportation, we’re not just providing medical care; we’re delivering hope and building trust within the communities we serve.

Our vision for the Mobile Unit is clear: to ensure that every individual, regardless of where they live or their circumstances, has access to the quality healthcare they deserve. This initiative is a testament to our unwavering dedication to improving healthcare access and outcomes across the Dallas-Fort Worth Metroplex. Through the Mobile Unit, we’re not just extending our reach—we’re deepening our impact, one community at a time.

Donate to the Mobile Unit
Calvisha, a new resident in Dallas and first-time expectant mother, found herself navigating the complexities of pregnancy without insurance and a limited support system. Her story is a profound testament to the impact of culturally sensitive, comprehensive, and accessible maternal care, especially for Black women navigating the journey of pregnancy and motherhood in the United States.

This case study is shared with the explicit permission of Calvisha. All personal details are included with her consent, and this narrative respects her privacy and the confidentiality of her healthcare experience. Abide Women’s Health Services is committed to protecting the privacy of our clients while highlighting the positive impact of our services.
Introduction

When Calvisha moved to Dallas, she faced significant challenges as she began her pregnancy, notably lacking insurance and a familiar support system. Her pursuit of a healthcare provider that aligned with her identity as a Black woman guided her to Abide Women’s Health Services. Abide’s online representation, showcasing its commitment to BIPOC women, along with its positive reviews, drew her attention. Her initial interaction with Miriam from Abide was a key moment filled with warmth, clear communication, and a strong sense of belonging.

Team Approach

The team at Abide collaborated closely, bringing together their diverse skills to create a comprehensive care plan for Calvisha. This team approach, involving regular discussions and updates, was crucial in providing holistic care that addressed all aspects of Calvisha’s health—physical, emotional, and social. It was particularly significant given her newness to Dallas, ensuring she felt supported and integrated in a potentially overwhelming situation.

Based on the JJ Way® model of maternity care, the clinical team at Abide provided Calvisha with a unique and comprehensive prenatal experience. The JJ Way®, developed by Jennie Joseph, emphasizes a team approach, access, connection, freedom of choice, self-reliance, knowledge, empowerment, and the parent/baby at the center of care. Here’s how each aspect was integrated into Calvisha’s care.
Access
Abide’s welcoming of Calvisha into their care, regardless of her insurance status, was a critical step in providing immediate medical attention and support. This open access is essential in reducing health disparities, especially in marginalized communities. For Calvisha, it meant her health needs were promptly addressed, setting a strong foundation for a healthy pregnancy.

Connection
The team established a strong, personal connection with Calvisha through consistent, empathetic communication, and by guiding her through every step of her pregnancy. This connection, built on personalized consultations and active listening, helped Calvisha feel valued and respected, reducing the anxiety of navigating pregnancy in a new city and enhancing her overall health outcomes.

Empowerment
Empowering Calvisha to make her own informed decisions was a key aspect of her care. The team provided comprehensive information and supported her choices, fostering a sense of autonomy and confidence. This empowerment in decision-making ensured that her pregnancy and birth experience were in line with her personal values and needs, enhancing her satisfaction with the care process.

Knowledge
Education, provided through various formats tailored to Calvisha’s needs, empowered her to actively participate in her care and make informed decisions. Understanding her pregnancy helped reduce fear and uncertainty, contributing to a more positive and empowered pregnancy experience.

Centering the Parent and Baby
Placing Calvisha and her baby at the center of care, the team ensured that every decision and action taken was aimed at the best outcomes for both mother and baby. This approach included tailored medical care, emotional support, and continuous monitoring, prioritizing the health and well-being of both, leading to a healthy pregnancy and birth.

By implementing the JJ Way®, Abide Women’s Health Services provided Calvisha with care that transcended traditional medical treatment, encompassing emotional support, education, and empowerment, culminating in a positive and healthy pregnancy experience.

Cultural Competence and Personalization
At Abide Women’s Health Services, the clinic’s environment is intentionally designed to celebrate the diversity of our clients, like Calvisha, with African-American and Indigenous art that honors the journey of motherhood. This setting fosters a sense of belonging and recognition, making each client feel seen and valued beyond just their medical needs. The team’s deep connection with clients is built on empathy and an understanding of the unique challenges faced by women of color, integrating cultural sensitivity into every aspect of care, from medical advice to addressing dietary preferences and family dynamics.

Calvisha’s experience was defined by genuine care and respect, with our team’s empathetic and culturally informed approach allowing her to feel comfortable and supported. This commitment to understanding and validating our clients’ backgrounds and concerns underscores our dedication to providing a holistic and empathetic healthcare experience.
Doula Support

Krystle played a crucial role in Calvisha’s journey, seamlessly transitioning from a childbirth educator to a supportive birth and postpartum doula. Through home visits, she provided Calvisha and her husband with customized prenatal education, ensuring they felt prepared and comfortable for the upcoming birth.

At the time of delivery, Krystle provided unwavering, hands-on support, being actively present throughout the birth process. Her role as a doula in offering guidance, comfort, and advocacy for Calvisha’s birth plan choices played a crucial part in enhancing the birthing experience. This level of personalized and continuous support, which is less common in traditional healthcare settings, contributed significantly to making Calvisha’s birth safe and empowering.

Following the birth, Krystle’s support extended beyond the delivery room, assisting with newborn care and household tasks, thereby easing Calvisha’s transition into the postpartum period. Her role encompassed both practical help and emotional support, addressing the challenges and emotions new motherhood brings.

Throughout this entire process, Krystle’s consistent presence was instrumental in enriching Calvisha’s experience. She evolved from a professional doula to a trusted confidante, ensuring Calvisha felt comprehensively supported, empowered, and cared for as she navigated the early stages of motherhood.

This blend of professional expertise and personal commitment underscores the transformative impact of holistic, supportive care on new mothers’ experiences.
Calvisha’s Testimonial

When I first moved to Dallas, finding out I was pregnant without having insurance or a familiar support system was overwhelming. That’s when I discovered Abide Women’s Health Services, and it completely changed my pregnancy journey.

My first call to Abide was with Miriam. Her kindness and thorough explanation of what Abide offers set the tone for the entire experience. I felt welcomed and cared for right from the start. The prenatal care I received was more than just medical attention, but emotional support, education, and empowerment as a first-time mom. As a pregnant Black woman, I was terrified. I knew about the high maternal mortality rates Black women face. But I always felt well cared for and confident at Abide.

The personalized care at Abide was amazing. The provider hotline was always a call away, and Paige, who usually answered, gave me so much comfort thanks to her knowledge. Krystle’s in-home educational sessions were a highlight because they helped me feel prepared and informed. Their flexibility in scheduling appointments around my needs showed their commitment to truly helping me thrive.

The doula services were a game-changer for me. Krystle was also my doula, so she quickly became like family. She guided me through every step of my pregnancy, labor, and postpartum.

One of my biggest challenges was not having insurance initially. However, the quality of care at Abide was so outstanding that I continued my care there even after getting insured. This decision was influenced by my previous experiences with healthcare providers, which felt impersonal and disconnected.

Because of my experience with Abide, I’m one of the only Black women I know of who doesn’t have any birth trauma.

Thanks to Abide’s inclusive approach, my spouse was included in educational sessions and ultrasounds, which helped him prepare for fatherhood. My experience at Abide has reshaped my views on maternal healthcare. I’ve seen the difference compassionate, minimal intervention care can make, especially for Black women. Because of my experience with Abide, I’m one of the only Black women I know of who doesn’t have any birth trauma.

All in all, my journey with Abide Women’s Health Services was transformative. It was filled with compassionate and personalized care, I felt empowered, and I felt like I found a community. My experience should show everyone the power of culturally competent, holistic maternal healthcare. It’s not just about receiving medical care; it’s about finding a community that uplifts, educates, and supports people like me through one of the biggest phases of our lives.
Celebrating Our Volunteers
In 2023, Abide Women’s Health Services witnessed an incredible display of community support and dedication through the efforts of our volunteers. This section shines a light on the invaluable contributions of our volunteers, who have generously given their time and skills to support our mission.

115
VOLUNTEERS
226
VOLUNTEER HOURS

2023 Volunteer Spotlight Testimonials

“I chose to volunteer with Abide because I am so happy that this organization is helping to improve maternal healthcare for families in communities that need it most.”
—Tayler Martin

“I was divinely connected to Abide and am so honored to experience the heart of everyone serving as volunteers and staff. The dedication, passion, and intentionality I’ve seen here create a beautiful masterpiece of a team. From my first visit, I was amazed by the breadth of services offered and knew immediately that Abide was special. I believe all families should have access to Abide, and I’m committed to supporting this vision in any way I can.”
—Najmeen Mccarther
A Year of Connection, Celebration, and Impact

From Local to Beyond: Spreading the Word and Making an Impact
In 2023, Abide Women’s Health Services embarked on a journey of community engagement and empowerment, leaving a lasting impact on the health and well-being of families in South Dallas.

On April 29th, we rallied alongside the March of Dimes “March for Babies,” uniting the community under the banner of family health. This spirit of solidarity carried us into the Jubilee Health & Prevention Expo, where we extended health screenings and resources, embodying our holistic approach to wellness.

Spring blossomed into a season of active engagement. At the Baylor Scott & White Health and Wellness Center’s Community Advisory Board Meeting, we lent our voice to shape healthcare decisions that resonate with community needs.

The Non-profit Roll Call was a testament to our belief in the power of collaboration, connecting us with fellow Black-led nonprofits to amplify our collective impact.

Juneteenth marked a poignant intersection of cultural heritage and health advocacy. Our Lunch and Learn event unveiled our vision for a new birth center, a mark of progress in transforming Black Maternal Health.
The summer months were bustling with activities that showcased our commitment. A Clinic Tour with Congresswoman Crockett and the Village Giving Circle Tour highlighted the tangible impacts of our work. Our focus on workplace wellness shone through a presentation by doctoral students Kedrica and Andreana, reflecting our commitment to well-being inside and out.

Community fairs and Back to School events filled our summer with opportunities to distribute supplies and share health resources, directly supporting local families.

As fall approached, we embraced advocacy and celebration, from voter registration drives to the MOMS Tour, tackling maternal health disparities. Our Annual Abide Birthday Bash marked five years of community service, a milestone of joy and gratitude.

A highlight of the year was in July when our founder and CEO, Cessilye, was invited to the White House for the Communities In Action: Building a Better Texas forum. There, Cessilye took the opportunity to shine a light on maternal health disparities, sharing insights and advocating for change at a national level. This engagement wasn’t just a recognition of her hard work; it was a powerful platform to further our mission of addressing and reducing maternal health disparities.

The year wrapped up with recognition at the Best of Black Dallas Awards Gala and a festive Abide Staff Christmas Party, celebrating our achievements and the bonds that sustain us.

2023 wasn’t just a series of events; it was a journey of meaningful engagement, advocacy, and celebration. Each moment, from local fairs to the halls of the White House, was a step forward in our mission, leaving an indelible mark on the communities we cherish.
Scenes from Abide’s Annual Birthday Bash, a lively community block party celebrating the first-year milestones of the “Abide babies.” This event strengthens community spirit and underscores our unwavering commitment to one of our key goals: reducing infant mortality rates.
Strategic Alliance Partnerships

Commonsense Childbirth

Commonsense Childbirth inspires change in maternal healthcare systems through providing healthcare services, training for midwives and birth workers, support for new Easy Access Clinics™, and hosting a national perinatal task force. They have been an invaluable resource and support for Abide’s Easy Access Clinic™ and other clinics across the nation. In March of 2023, Commonsense Childbirth and Abide strengthened their partnership by focusing on collective data and program evaluation to better understand the impact of the JJ Way® and clinic model. Abide’s Director of Data and Evaluation has served as a consultant for Commonsense Childbirth by providing ongoing data collection support and insights. This partnership has led to collective data insights on birth outcomes in our communities and has fostered deeper conversations on how to leverage data to best serve those in our care.
Partners in Health: Featured Spotlight on Blue Cross and Blue Shield of Texas

Blue Cross Blue Shield of Texas Joins Forces with Abide Women’s Health Services for the Special Beginnings® Maternal and Infant Health Initiative

BCBSTX Special Beginnings® Maternal and Infant Health initiative continues collaborations to improve health outcomes for Texas women, children

Blue Cross and Blue Shield of Texas is collaborating with Abide Women’s Health Services to enhance maternal and infant health outcomes in Texas through BCBSTX’s Special Beginnings® maternal and infant health initiative. By improving access to care, bridging care gaps, and offering educational resources for mothers, the collaboration aims to reduce preterm and low-birth-weight babies and address obstetric and postpartum emergencies.

BCBSTX is dedicated to improving maternal health through quality-based programs. The expanded Special Beginnings® initiative will enhance access to comprehensive health services, including behavioral health care, during the preconception, prenatal and postpartum periods.

“Rates of maternal and infant deaths remain unacceptably high amidst growing concern around access to care for new moms,” said Dr. Mark Chassay, BCBSTX vice president and chief medical officer. “By collaborating with Abide Women’s Health Services, we can leverage their knowledge, experience and talents on a local level to help mothers and babies not only survive but thrive. Together we look forward to investing in additional resources and education to improve the outcomes for Texas moms and babies.”

Abide Women’s Health Services, with its deep roots in the Dallas community, brings a wealth of experience and understanding to this collaboration.

“Abide becoming a Blue Cross/Blue Shield of Texas Special Beginnings® award grantee has been an absolute game-changer for our organization,” said Paige Y. Jackson, VP of Clinical Services. “With the funds awarded, not only have we been able to plan to expand our capacity, bringing on more talented providers, but we were also able to purchase a passenger van and a mobile unit – a brick-and-mortar on wheels – that will allow us to break down more barriers to maternity care access. Now, we won’t just reach more patients; we’ll do so by meeting them where they are, helping to play our communal role in ensuring that no one is left behind. This grant has not only helped us to transform our clinic but will also help us to continue to transform lives in our community. We’re incredibly grateful for the opportunity to partner and to make such a meaningful difference.”
In its last fiscal year, Abide Women’s Health Services provided over 600 clinic services, including prenatal and postpartum care, and experienced an 80% increase in programmatic growth, highlighting its impact. The service celebrated the birth of 37 babies, with 97% being full-term and 100% at a healthy birth weight. The collaboration with BCBSTX’s Special Beginnings® initiative will enhance outreach and support to more families and continue vital work in optimizing maternal and infant health.

Local moms interested in pregnancy testing, ultrasounds, childbirth education and other services can find more information at www.abidewomen.org.

BCBSTX’s statewide initiative, Special Beginnings®, aims to improve maternal and infant health in key regions across Texas — Austin/Central Texas, Dallas-Ft. Worth, Houston and Rio Grande Valley. Other initiatives and collaborations include:

- **Huston-Tillotson University** to train doulas, midwives, lactation consultants and support maternal health education in Central Texas;
- **Listening sessions through Bracane** to engage mothers of all backgrounds and experiences across the state, including pregnant women, as well as maternal health care providers;
- **BCBSTX-funded March of Dimes Mom & Baby Mobile Health Center** to increase access to maternal and infant care in Houston with the March of Dimes’ sixth unit and first in Texas;
- **Tech-enabled platforms Delfina and InovCares** to support maternal health care providers and mothers with tools to promote healthier pregnancies and birth outcomes;
- **$3.7 million to support, scale community nonprofit programming** that increases access to maternal, infant health care across Texas; and
- **Grants to support up to 20 additional CenteringPregnancy sites across Texas** and expand provider, maternal supports.
- Network and financial support, with Vitamin Angels, to put **10,000+ six-month supplies of prenatal vitamins and minerals** into the hands of Texas women, from preconception to postpartum.

BCBSTX’s Special Beginnings® maternal and infant health initiative expansion aligns with recommendations in the Blue Cross Blue Shield Association’s 2021 and 2022 maternal health equity reports, and focuses on:

- Implementing quality-based maternal health programs reducing preterm/low birth weight babies and obstetric/postpartum emergencies.
- Expanding access to comprehensive health services from preconception to postpartum, including behavioral health care.
- Increasing public awareness and community engagement to reduce maternal morbidities, mortalities, and health disparities, including expanding the maternal health workforce.
Our Donors

At the core of our progress lies the generous support of our donors, whose commitment has been crucial in advancing our mission. These partners have not just funded our initiatives but have deeply invested in the well-being and future of our community. Their contributions have enabled us to expand our reach and achieve significant milestones, making a lasting impact on the lives we touch.

Featured Monthly Donor

“"I give to Abide because, my goodness, the number and the quality of services they order are stunning! I love that they’re accessible and that every person who walks through their doors is treated as an individual and their unique set of needs are met. I give to Abide because I know they have big expansion plans. I LOVE BIG PLANS!

How could I not want to support them? The value I see in Abide is in who they are, what they do, and who they serve. Their value is also in welcoming me and the still-too-tiny drop of water I add to their ocean.”

Tony Tezak
Navy Retiree, Substitute Teacher

Featured New Donor

“I give to Abide because I believe in the beautiful work they do for underserved populations and women of color and I love their passionate team!”

Patti Stenson, MS, LPC
Director of Programs, Newman Ministry
Heartfelt Thanks: Recognizing Each of Our Valued Donors

In the vibrant garden of our mission, the generosity of our donors forms the essential elements that sustain and enrich our growth. Each contribution, unique in its nature, plays a pivotal role in the ecosystem of change we cultivate. From the first light of support to the deep, sustaining foundation of our endeavors, every donor helps nurture hope and dreams into fruition.

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| **Christina Blue** | **Laura Price** |
| **Christina Sparks** | **Lauren Cooper** |
| **Cherilyn Holloway** | **Leah Jordan** |
| **Chelsia Session** | **Leah van Hee** |
| **Chelsea Johnson** | **Leany Oviedo** |
| **Christina Sparks** | **Lenita Dunlap** |
| **Charityvest Inc.** | **Lindsay Laubacher** |
| **Chante Leonard** | **Lisa Hensley** |
| **Allison Drake** | **Lise Cook** |
| **Allison Riffe** | **Los Alamos National Laboratory** |
| **Alysha Leyva** | **Louanne Mason** |
| **Amanda Junkel** | **Luca Moeller** |
| **Amy Rodgers** | **Luke Brandon** |
| **Andrew Kelley** | **Madeleine Snow** |
| **Angel Xin** | **Madelyn Wodoski** |
| **Angela Dimaano** | **Makiah A Knudsen** |
| **Anita Barr** | **Marcia Alvis** |
| **Anna Hendricks** | **Maren Brady** |
| **Anny Morel** | **Margarita Pantoja** |
| **Anthony Tezak** | **Mary Cole** |
| **April Thompson** | **Mary George** |
| **Ashley Mims** | **Mary Hargis** |
| **Asia Rodgers** | **Mary Henriquez** |
| **Ayodeji Odebode** | **Mary Paplham** |
| **Baby Bow Tie, LLC** | **Mary Rosenblooming** |
| **Becky Baird** | **Mary Yost** |
| **Benjamin Thomas** | **Matthew Whelchel** |
| **Bethany Conner** | **Maureen Wack** |
| **Bethany Doyle** | **Melanie Fragegorio** |
| **Bethany Johnson** | **Melissa Campos** |
| **Bonnie Harden** | **Melissa Dow** |
| **Brandie Johnson** | **Melissa Hayes** |
| **Brandon Wallace** | **Mercedes Saylor** |
| **Briahna Wiltz** | **Meredith Thomas** |
| **Bright Funds** | **Merit Energy Associates, L.P.** |
| **Brittany Clingen** | **Michelle Kim** |
| **Bryanna Beasley** | **Morgan Forteith** |
| **Bryn Triana** | **Morgan Mattay** |
| **Caily Wilma Lee** | **Morgan Spann** |
| **Caitlin Moon** | **Natasha Bonner** |
| **Camille Briska** | **Nayeli Rodriguez** |
| **Camly Anderson** | **Neferiti Wade** |
| **Camlyn Hoelscher** | **Nelle Johnson** |
| **Carin Dixon** | **Network for Good** |
| **Caroline Ledford** | **Nina Threets** |
| **Caroline Cole** | **Our Journ3i** |
| **Caroline Parrish** | **Pamela Marshall** |
| **Caroline Rogers** | **Patricia Hall** |
| **Casey Haas** | **Patrick Mumm** |
| **Catrina Dawson** | **Paul Querry** |
| **Cecilia Barahona** | **Paul Demer** |
| **Cessilye Smith** | **Pregnancy Center of Greater Toledo** |
| **Chante Leonard** | **R Michael Martin** |
| **Charityvest Inc.** | **Rachael Koskowich** |
| **Chelsia Johnson** | **Rachel Girgis** |
| **Chelsia Session** | **Rachel Anderson** |

**SUPPORT & APPRECIATION ABIDE WOMEN'S HEALTH SERVICES 2023 ANNUAL REPORT**
SUPPORT & APPRECIATION

Water Donors: $1000 – $4999
Abigail Honnas
Alexandria Pankoke
Amanda Walker
AnnieLaurie Anton
Chris Jackson
Danielle Worley
Elizabeth Bright
Fidelity Charitable
Friendship West Baptist Church
Givinga Foundation
Healthy Futures of Texas
Justin and Lauren Coppedge
Kimberly Robinson
Laura O’Shaw
Lauren Bell
Lisa Simmons
Melody Cornish
Mirandy McNeely
Renaissance Charitable Foundation
Robert W. Law
Sarah Crawford
Stephanie Tomba
Steward Family Foundation
Suzanna Olson
Ted Howard
The Department of Motion Pictures
Trissi Gray
William Ehlert
Wilshire Baptist Church

Soil Donors: $5000 — $9999
Agape Charitable Lead Annuity Trust
Bent Tree Bible Fellowship - Missionary
Karen Rose
National Christian Foundation North Texas
Monty Williams
Richard Cavnar
State Fair of Texas
Texas Women’s Foundation
The Cartage LLC
The Women’s Foundation of the South (WFS)

Seed Donors: $10,000 – $49,999
Andrew and Lauren Geweke
Bent Tree Bible Church
Communities Foundation of Texas
Episcopal Health Foundation
Lyda Hill Philanthropies
McKesson Foundation
Patricia W. Houck
Steve and Lisa Frost Family Foundation
Terry Huett
The Community Foundation

Special Thanks to Our Major Tree Donors:
$50,000+
Blue Cross and Blue Shield of Texas
Boone Family Foundation
Communities Wealth Partner
Kaleta A. Doolin
Texas Capital Bank
The Addy Foundation
The Muse Family Foundation
United Way - Doorways to Health
Roots Donors: Our Monthly Givers

Abigail Honnas
Aelicia Watson
Alexandria Pankoke
Allison Riffe
Annie Laurie Anton
Anthony Tezak
April Thompson
Baby Bow Tie, LLC
Benjamin Thomas
Bethany Conner
Brittany Clingen
Cairy Wolma Lee
Caitlin Moon
Camille Briska
Camlyn Anderson
Carin Dixon
Carolina Ledford
Caroline Cole
Caroline Parrish
Casey Haas
Catrina Dawson
Chris Jackson
Christie Turner
Christina Blue
Christina Sparks
Christopher Eston Hugi
Christopher Keenan
Cindy Helf
Dale Szpisjak
Diamond Ivey
Doug Mendenhall
Edith Rangel
Elizabeth Bright
Elizabeth G Holtrop
Elizabeth Gary
Elizabeth Seago
Ellie Troyer
Emily Dehmer
Emily Doogue
Emily Williams
Erika Rahming
Erin Phillips
Eva Cherry
Gabriella Federico
Galen Gregor
Gina Morreale
Grace Gilles
Hallie Moore
Heidi Upham
Hermiinia Esqueda
Hunter Hampton
Isaac Sommers
Janay McDonald
Jeanne Schmidt
Jenna Carodinsky-Wiebe
Jenna Lasley
Jenna Sullivan
Jennifer Bissex
Jennifer Dorn
Jennifer Mayes
Jessica Kimmet
Jill Curtis
Joel Cassady
John Nielsen
Jonathan Kumar
Justin and Lauren Coppedge
Katelyn Bobbitt
Katelyn Sills
Katharine Tarvainen
Kathryn Duda
Kellian Tonetti
Kerri Koenig
Kiera Brown
Kim Turner-Pittman
Kimberly Robinson
Laura Openshaw
Laura Price
Laurel Metzler
Lauren Bell
Lauren Cooper
Lauren Geweke
Leah Jordan
Leah Jordan
Lisa Hensley
Louanne Mason
Luisa Moeller
Marcia Alvis
Maren Brady
Mary Cole
Mary Hargis
Mary Henriquez
Mary Yost
Matthew Whelchel
Maureen Wack
Melissa Carey
Melissa Sapp
Mercedes Sayler
Michelle Kim
Mirandy McNeely
Morgan Forteith
Morgan Mattay
Pamela Marshall
Paul Demer
Rachael Koskowich
Rachel Bruce
Rebekah Colson
Richard Sullivan
Rochelle Wiedenhoeft
Rose Kovach
Ruth Moffett
Sarah Chauvin
Sarah Crawford
Sarah Steinmann
Savohna Brown
Sharifa Stevens
Shaun Parnell
Sherri Rice
Siena Halsted
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Stephanie Jumper
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Susan Oppelt
Tabula Rasa Psychology PLLC
Tamara Baril
Tashona Johnson
Tessa Rangitsch
Tessa Witcher
Tracey Tebbs
Victoria Aguas
Vonni Gant
Wilshire Baptist Church
Zoe Whitford
Summary of Financial Activities

In 2023, Abide Women’s Health Services marked a prosperous year, often referred to as its Golden Year, with effective budgeting leading to actuals meeting expectations and establishing a robust financial position for 2024. The noteworthy boost in financial growth is attributed, in part, to a significant grant received during the year. This achievement serves as a testament to the organization’s adeptness in diversifying revenue streams and underscores its proactive stance in securing vital financial resources.

The successful effort in obtaining this sizable grant reflects Abide Women’s Health Services’ commitment to exploring various avenues for funding, showcasing a strategic and forward-thinking approach.

Of particular significance is the allocation of funds from the grant toward the renovation of our Easy Access Clinic™. This crucial development will result in a substantial expansion, increasing the number of examination rooms from two to three. The grant not only facilitated the realization of this enhancement but also plays a pivotal role in ensuring the seamless completion of the renovation project in 2024.

This achievement is a tangible manifestation of Abide Women’s Health Services’ dedication to actively seeking diverse funding sources. It highlights the organization’s capacity to secure external support, thereby fortifying its financial resilience and sustainability. The renovated Easy Access Clinic™ will stand as a symbol of progress, exemplifying Abide’s commitment to providing enhanced and accessible healthcare services to the community.

![Financial Activity Summary](chart.png)

- **Program Expenses**: 44% (Clinic), 56% (Administration)
- **General Administration**: 37% (Clinic), 63% (Administration)
- **Liability**: 36% (Clinic), 64% (Administration)
- **Total Expenses**: 41% (Clinic), 59% (Administration)
Meet Our Team: The Faces Behind the Mission
Professionals Committed to Equitable Healthcare

Executive Team

Cessilye R. Smith  
Founder and CEO

Lenita R. Dunlap, MPA, MA  
Senior Vice President of Operations

Paige Y. Jackson  
Vice President of Clinical Operations  
Compliance and Privacy Officer

Chrystal Bernard, CPA  
Vice President of Finance

Executive Board of Directors
Trissi Gray — Chair  
Nina Threets — Vice Chair  
Savohna Brown — Treasurer  
Ashley Brown  
Lauren Geweke  
Talisha Williams — Secretary  
Tiffany Northern
Operations Team

Gabriella Federico  
Director of Marketing

Melissa Moreira  
Director of Administration

Shanta Thomas, MBA  
Director of Finance

Phoebe Walker  
Director of Data and Evaluation

Tiffany Washington  
Director of Development

Ashley Clark, M.Ed  
Executive Project Manager

Tamara Martin, MSPL  
Lead Grant Writer  
Community Relations Specialist

Clinical Team

Kennasha Jones, LM, CPM  
Director of Client Services  
Lead Midwife

Krystle Thomas  
M.Ed, CD, CCE, CCHW  
Director of Client Resources and Education

Kelli Bankes, LM  
Auxiliary Midwife

LaQuita Brazile, BSN, RN  
Licensed Midwife

Miriam Garcia  
Remote Clinical Operations Manager

Althea C. Hurd  
B.A., Dip CBEd  
Client Resource Specialist  
Childbirth Educator

Tamika Sanders, CHW  
Office Manager  
Bilingual Parent Educator

Janikka White  
Medical Assistant
Join the Movement:
Support Maternal Health Today

Your Monthly Gift Makes a Difference

Joining our community of monthly donors at Abide Women’s Health Services is like planting a seed of hope in the fight for birth justice. Your monthly contribution not only nurtures this seed, but it also ensures that it sprouts into life-giving services that empower Black, Indigenous, and People of Color in South Dallas and beyond. With your consistent support, we can cultivate the growth of essential programs that address systemic disparities in maternal and infant health outcomes. Together, let’s watch as each donation blossoms into tangible results, creating a future where every pregnancy is met with compassionate care and every birth is celebrated with dignity. Join us in sowing the seeds of change and nurturing their sprouts into vibrant, thriving communities.

Mailing Address:
3055 Al Lipscomb Way #152243 Dallas, TX 75215

Director of Development:
Tiffany Washington, tiffany@abidewomen.org
Connect with Us

Follow Us on Social Media

Marketing
Gabriella Federico
gabriella@abidewomen.org

Fundraising
Tiffany Washington
tiffany@abidewomen.org

Client Resources
Krystle Thomas
krystle@abidewomen.org

Community Events
Tamara Martin
tamara@abidewomen.org

Easy Access Clinic™ Location
2612 MLK Jr. Blvd
Dallas, TX 75215

Mailing Address
3055 Al Lipscomb Way #152243
Dallas, TX 75215