



# 2022 Annual Report

*Delighted to doula*   
educate. support. nurture.

# OUR COMMITMENT

*We pledge to serve expectant mothers of the greater Dallas community as they recover from childbirth and begin to care for their newborns. We are committed to supporting, nurturing, and educating these mothers during that critical one-year period after giving birth.*

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# A message to our supporters

And we know that all things work together for good to them that love God, to them who are called according to his purpose. *Romans 8:28*

I read this Bible verse daily. As I reflect on 2022, God has revealed to me that this work is my purpose. I remember as a child how my mother cared not only for her ailing mother but also for the many elderly people that were ailing in the nursing home where she worked. I would go to work with her and watch how she interacted with the patients; dancing with them, singing songs, and witness her beautiful spirit fill the room. I remember my desire was to be just like her, to care for those who couldn't care for themselves. She lived her life giving to others, spreading joy to everyone. She moved with Grace and Love, and I wanted to be just like her. Everybody loved her.

It's not hard to believe that I am a caregiver. At 14 years old, I began working at the same nursing home where my mother worked. When my mother became ill, I was her caregiver until she passed. I continued on this journey, supporting many elderly families during a time when their loved one was dying. I knew caregiving was my calling.

As I began my career as a postpartum doula, the passion I had for caregiving carried right over into supporting mothers after birth. Delighted to Doula Birth Services was born out of the lack of support I've witnessed in marginalized communities. I was drawn to serve mothers of the community as I learned more about maternal mortality and the women it affects. Women like my friend who passed away three days after birth. That experience led me to research and find out why this was happening. I needed to know what I could do to make a difference in birth outcomes.

Since beginning in 2019, my vision for Delighted to Doula has always been to ensure every mother and baby survives 366 days after birth. We are more determined than ever in our mission as the rate of black mothers dying from a childbirth-related experience continues to increase. Maternal Mortality is an epidemic. Our messaging surrounding postpartum support must be clear and concise. The systems that bind our communities must be broken in order to hear the cries of our mothers. Our goal at Delighted to Doula is not only to serve and support our mothers, but to allow their voices to be heard in those systems that consistently fight against them. We are saving lives, we are making change, and we are making a difference in the outcomes of birthing people!

I would like to thank all our donors and funders in 2022. You have made a huge impact in the work we provide to our families. We will continue to serve our community with honesty, compassion, and grace. We are humbled by the recognition we have received thus far and our plan is to grow beyond measure, continuing our fight to reduce maternal mortality. I ask for your continued support and that you walk with us on this journey

*Prinscilla Moore, Founder, and CEO  
Delighted to Doula Birth Service*



# Mission

Delighted to Doula Birth Services exists to eliminate maternal mortality in communities that have the lowest quality of care by offering anti-bias-based, judgment-free education and postpartum support to mothers.

# Vision

To be the industry leader and trailblazer for after-pregnancy support in Texas. To have a proven track record of creating meaningful outcomes and communities without maternal mortalities.



# Values

- 1** **Honesty** - Be open and honest with our families and respect their choices as parents
- 2** **Compassion** - Show compassion and care with our families and listen to their concerns
- 3** **Grace** - Extend Grace to others and meet them where they are

# Direct Services



Delighted to Doula Birth Services implements a family-centered, comprehensive wellness approach in our **Community Based Postpartum Doula Program** that includes a full year of postpartum support. Our program centers black mothers, however no one is turned away from care. In this critical time, our postpartum doulas primary focus is on mother's recovery and recognizing symptoms that could lead to a morbidity or maternal mortality. We also provide education, transportation, household support, and health support including: blood pressure monitoring, postpartum depression evaluation, and increasing attendance to postnatal follow-up appointments - all strategies in our mission to eliminate maternal mortality.

Our flourishing partnership with **Abide Women's Health Services** guarantees that mothers in Abide's program are able to receive a full circle of care with access to quality prenatal and postpartum support.

**Amerigroup Medicaid Insurance** has made it possible for Delighted to Doula to become a trusted healthcare provider to women who otherwise would be unable to receive full postpartum services under current Medicaid legislature in Texas.

Our "Preparing for the 4th Trimester" postpartum class with **Nexus Recovery Center's SUD program** has been a success! This weekly class has been offered since January 2021 as part of the Pregnant and Parenting Women and Children program (PPWC). These mothers receive important information regarding infant care education, infant safety, postpartum challenges, recovery, and tips on how to plan for the postpartum period.

*We're making it easier for birthing people to find access to quality postpartum care*

# Direct Services continued



When mothers need access to counseling, breastfeeding support, or a circle of empathetic ears, they'll be found at our Motherhood Huddle Café support group!

We are continuing to thrive in 2023 with the opening of The Vineyard, our Postpartum Wellness Center. From this facility we will be able to provide and host wellness classes, nutrition education, support groups, wellness checks, mothers self-care, and more!



# Program Data and Success



**100%**

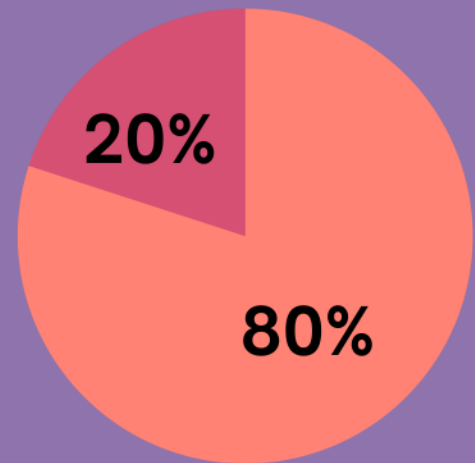
Mothers who experience less stress when supported by our postpartum doulas

Mothers who said they felt supported and were able to transition easily after birth

Survival Rate for mothers and infants

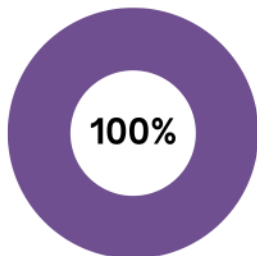
20% of our mothers experience no postpartum depression

80% of our mothers have decreased postpartum depression



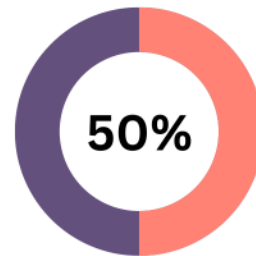
**20%**

**80%**



**100%**

100% of our mothers attend their first postpartum doctor visit.



**50%**

Mothers who exclusively breastfeed

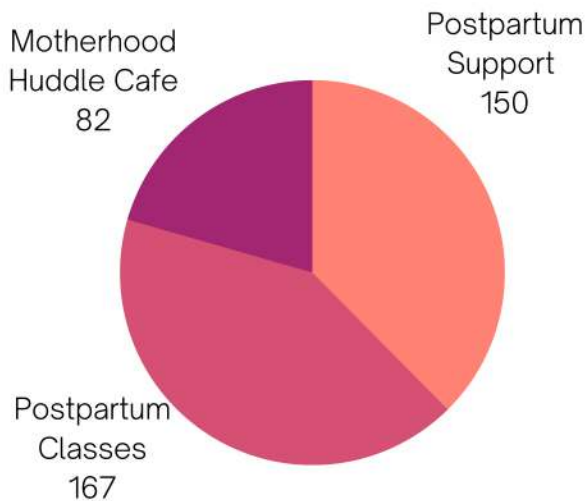


# Highlights & Accomplishments

- In 2022, We provided over 150 mothers with over 3000 hours of Postpartum Support.
- Over 167 moms completed our preparing for the 4th trimester postpartum class.
- 82 moms attended our Motherhood Huddle Cafe support group.
- We received \$213,500 in grants from Corporate, Government, and Family Foundations.



## Clients Supported



# Voices From the Community

My Postpartum Doula was very helpful and kind. She was also informed and very careful. I had many problems with organization, so she shifted her focus and started helping me with meal prepping, and grocery shopping. I was depressed about how my home looked, and Elle helped me organize everything. **She was gentle and listened** to me. She supported me and I support Delighted to Doula Birth Services.  
~Kissmic

I'm convinced that receiving services through Delighted to Doula for my family planning and postpartum **protected my sanity and preserved my life**. I can't put into words what your services means to my mental, physical, and emotional health. ~Monisha

Delighted to Doula and my postpartum doula Sabra was a blessing to our family. Not only having an extra helping hand, she helped me get my thoughts together, my mental and my spiritual. I wouldn't have done that without her help. There is nothing like a women's companionship, someone I can talk to and relate to, she was definitely that and more. We had beautiful conversation, she helped me get on the right path. **She helped me balance my newly married life and having a new baby**. She also supported me with self care. I gained a best friend, I have someone I can trust, with open communication and love. ~Diamonique



# Training, Education & Events

Delighted to Doula has successfully trained 7 postpartum doulas, 4 of whom through a scholarship program offered by Abide Women's Health Services. These women were trained and completed a mentorship under the guidance of Prinscilla Moore. They all currently serve mothers of South Dallas and Dallas County.



**We participated in events** throughout South Dallas and held a birthday party for mothers and babies that reached day 366 and has successfully completed our program.



# *What to expect in 2023*

- Opening of our new location in March 2023: The Vineyard, Postpartum Wellness Center. A 2700-square-foot space that will provide postpartum support to families, including nutrition, fitness, and health classes as well as chiropractic and massage care.
- We will launch our fatherhood program for fathers to understand the postpartum period and how they can support and be supported.
- The Motherhood Huddle Club



# Staff, Volunteers, and Board

## Staff

**Sabra Barker-Brown** - Operations Manager

**Synia Rogers** - Office Assistant and  
Human Resource Manager

**Sasha Kehoe** - Grant specialist

**Tjan Hall** - Social Media Manager

## Volunteers

Sreya Peddi

Shaleigh Rae

## Postpartum Doulas

Rochelle Johnson

Jasmine Mulkey

Devonique Murphy

Asia Jones

Arielle Ezechukwu

Emily Poe

Krystal Thomas

Mallory Williams

Tiana Bratcher

Laquinta Miller

## Board Members

Leslie Sherman

Chanel Hogue

Angela Johnson

Amarie Collins

Teyler Wallace

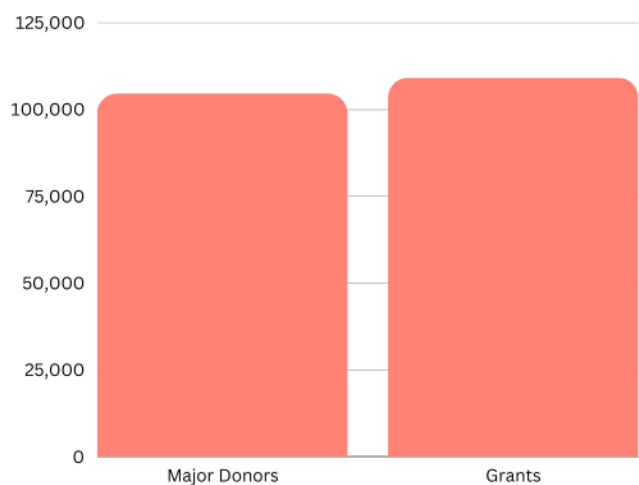
Delighted to Doula is successful due to our  
committed staff, postpartum doulas,  
volunteers and Board members, thank you  
all for your hard work and dedication!

# Major Donors and Grants



Thank you to our Major Donors for making a huge impact in the work we do!

- The Boone Family Foundation
- The Kaleta A. Doolin Foundation
- The Muse Family Foundation
- Be The Light Youth Association
- DuBose Family Foundation
- Faus Family Foundation



We are honored for receiving the following grants in 2022

- Amerigroup Medicaid Insurance
- HHS Postpartum Challenge Grant
- Communities Foundation of Texas
- Resist
- Walmart

# *We love our Donors*



Adrienne Gehan  
Lindsay Reese  
Ruth Mays  
Kimberly Bepler  
Alan Peskowitz  
Karina Siu  
Caroline Gehan

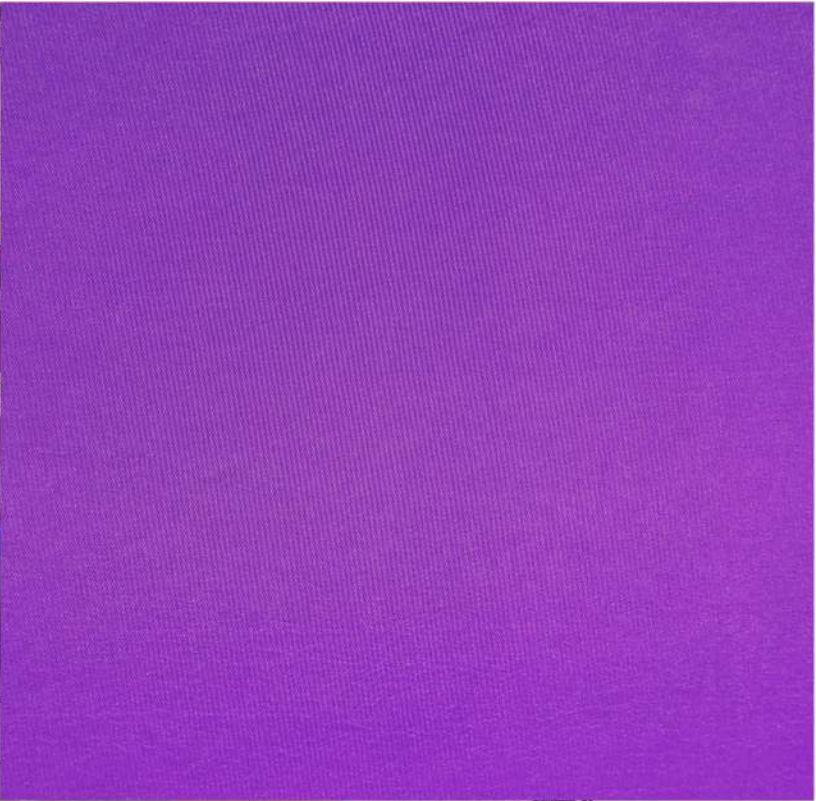
Brianna Curtis  
Patricia Houck  
MeShawn Davis  
Tonya Clark  
Nina Johnson  
Ginna Van Schoick  
Dominique Harmon



**A huge thank you to all our donors and supporters throughout 2022!**

The greatness of a community is most accurately measured by the  
compassionate actions of its members.

– Coretta Scott King



<http://Delightedtodoula.org>



469-828-1820

[Admin@delightedtodoula.org](mailto:Admin@delightedtodoula.org)



5600 Ross Ave,  
Dallas TX 75206