



Postnatal & Prenatal Visits

Revolutionizing healthcare for Black mothers and Infants: our program is a beacon of advocacy, challenging racism, and championing quality care.

St. John's
Community Health

CBWH 
Committed to Black Wellness & Health Program

WWW.SJCH.ORG    SJHEALTHCA

Welcome To CBWH

Welcome to the “Committed to Black Wellness & Health Program” (CBWH)! We are thrilled to have you as a new participant and want to extend a warm welcome to you and your family.

Our program provides comprehensive support to Black women and their families, focusing on their wellness and health needs. We understand the unique challenges and experiences that Black women face, and we are committed to ensuring that you receive the best care and support throughout your journey.

As part of the CBWH program, you will have access to a wide range of services and resources. Our program is designed to be a one-stop shop, offering prenatal and postnatal healthcare, dieticians, dental care, mental health services, baby supplies, and assistance in developing and setting long-term personal and professional goals with the help of a dedicated case manager.

Upon enrollment, you will be assigned a primary physician who will provide personalized care and support throughout the duration of your pregnancy. Our aim is to ensure that you receive the necessary prenatal and postnatal care to promote the health and well-being of both you and your baby.

In addition to medical care, we also offer dental care services at any of our clinics. We believe that oral health is an integral part of overall well-being and want to ensure that you have access to.

As part of our program, we organize group sessions for young moms who enroll, meeting once a week for a total of 16 weeks. These sessions include 8 weeks of prenatal courses and 8 weeks of postnatal support. Our group sessions are not only educational but also fun and provide a social way to receive care, make connections, share advice, and more. We believe in creating a supportive community where you can learn, grow, and connect with others who are going through similar experiences.

We are here to support you every step of the way. If you have any questions, concerns, or need assistance, please don't hesitate to reach out to our dedicated team. We are here to listen, guide, and provide the support you need to thrive.

Once again, welcome to the “Committed to Black Wellness & Health Program.” We are honored to have you as part of our program and look forward to accompanying you on your journey towards wellness and health.

Best regards,

CBWH Team

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Explanation of Prenatal Visits

Prenatal visits are every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, then weekly until delivery

- **Initial Ob visit:** History and Physical by Ob/Gyn provider, Labs, possible early diabetes screen, possible pap, Ultrasound referral, Prenatal vitamin prescription
- **After 10wks:** cfDNA blood test checks for down's syndrome
- **15-21 wks:** MSAFP blood test checks for spinal defects
- **18-22 wks:** Anatomy ultrasound with Maternal Fetal Medicine specialist (MFM). Performed at specialist office, not at St John's.
- **24-28 wks:** Labs and Diabetes screen. Tdap vaccine recommended and offered for protection of the newborn until they get vaccines with the pediatrician.
- **36 wks:** Labs and GBS culture screen to screen for an overgrowth of bacteria that is normally present that potentially harm the fetus if overgrowth is present and not treated in labor.
- **39wks:** Planned scheduled R/C/S, if needed. After
- **40wks:** Fetal testing until delivery (fetal heart monitoring and ultrasound).
- **After 41wks:** Induction of labor if no spontaneous labor

First Visit

This visit will be the first time you meet your OB Provider and will also depend on how far along you are in your pregnancy. This will be the longest visit as there may be procedures and bloodwork that need to occur.

- **OB Initial lab work is a blood draw.**
1-hour Glucola: This is a test that helps screen for Gestational Diabetes in Pregnancy. You will need to drink a sugary drink and stay for at least 1 hour to complete the blood work.
- **cfDNA blood test:** This tests for the 3 most common chromosome abnormalities in pregnancy as well as gender.
- **The results of this test take approximately 4 weeks. You must be more than 10 weeks to complete this test and can be done through late pregnancy.**
- **AFP blood test:** This tests for neural tube defects like Spina Bifida. The results of this test take approximately 4 weeks. This test is done between 15 weeks to 21 weeks.
- **Bedside Ultrasound:** This is based on Provider and Clinic and is not a guaranteed procedure. This may be a vaginal or abdominal ultrasound based on how many weeks you are and will be determined by your Provider.
- **Pap Smear:** If you are due for a routine pap smear, this test will be completed up to 16 weeks of pregnancy.

Questions For or Notes from Doctor

Please bring any questions you may have to each visit so they can be addressed. Please bring medication list you are taking

Scheduled OB Visits:

- Each visit you will be required to leave a urine sample.
- Your Provider will listen to your baby's heartbeat at each visit.
- You will be seen every 4 weeks up until 28 weeks.
- You will be seen every 2 weeks from 28 weeks to 36 weeks.
- You will be seen every 1 week from 36 weeks until delivery.

Bloodwork and Procedures:

Ultrasounds: You will have an initial u/s in clinic or scheduled outside of St. John's at a partnering facility. You will have an anatomy u/s between 18-22 weeks scheduled outside of St. John's at a partnering facility.

Vaccines and Injections:

Flu: Safe in pregnancy, given throughout pregnancy.

Tdap: Safe in pregnancy, given at 28 weeks and beyond.

Rhogam: Given at 28 weeks.

Pregnancy Visit Calendar (St. John Patients):

You will have a growth u/s at approximately 32 weeks scheduled outside of St. John's at a partnering facility. You may have more frequent u/s's if indicated.

Bloodwork: CFDNA: 10 weeks and on

AFP: 15-21 weeks

2nd trimester labs: Between 24-28 weeks

3rd trimester labs: At 36 weeks.

This also includes a vaginal culture for GBS.

Miscellaneous: You may have other bloodwork depending on the course or monitoring of your pregnancy.

Postpartum Visits (PPV)

- Each 1-week Blood Pressure check (if had high BP before, during, or after delivery): check BP and evaluate need for medication or readmission.
- 1-week post-op check (if had C-section): check C/S wound. You may have some pain in your lower belly and need pain medicine for 1-2 weeks. You can expect some vaginal bleeding for several weeks. You will probably need about 6 weeks to fully recover. It's important to take it easy while the incision heals.
- 2-week TP PPV: Phone call for delivery follow-up
- 6-week in clinic PPV: Delivery follow-up, depression screen, fingerstick for hemoglobin and blood glucose, discuss birth control options, discuss follow-up pap or colpo if needed, discuss 2hr GTT diabetes screen, if needed, if had gestational diabetes (GDM) during pregnancy.

Questions or Notes from Doctor's Visits

St. John OB locations, Hospitals & Accepted Insurance

EOB Clinics and Providers Per location:

LEAVEY:

8628 E. imperial highway suite 301, Lynwood, CA 90262

Stephanie LaCroix NP (M-F) Dr. Cindy Nakhla, MD (EOM)

COMPTON:

2115 N Wilmington Ave, Compton, CA 90222

Lorena Bantug FNP (M, T, TH, F, S)

Dr. Prakash MD (T, EOS)

Sitjar Maricris FNP (Friday's only)

Dr. Pedro Cepeda (T, EOS) (Covering for Dr. Prakash)

FRAYSER:

5701 S Hoover St, Los Angeles, CA 90037

Dr. Cindy Nakhla, MD (T, W, EOTH, EOS)

Sitjar Maricris FNP (M, T, Thu, S)

Dr. Prakash MD (W, EOS)

CRENSHAW:

4251 Crenshaw Blvd, Los Angeles, CA 90008

Deanne Williams, N.P (M, T, THU, S)

MAGNOLIA:

1910 Magnolia Ave #101, Los Angeles, CA 90007

Deanne Williams, N.P. (Friday's only)

CONTRACTED HOSPITALS:

- (MOU) Francis Medical Center Referred Hospitals
- Hollywood Presbyterian

Not Contracted but suggested: We have more

- Long Beach Memorial Good Samaritan Hospital
- MLK Hospital

Eligible Insurance for CPSP Only:

1. Emergency Medi-Cal
2. Presumptive Eligibility
3. LA Care Health Plan
4. Health Net Medical
5. Blue Shield Promise of California
6. Full scoop medical
7. Molina Medical
8. Blue Cross Medical OB Insurance

1. Emergency Medi-Cal
2. Presumptive Eligibility
3. LA Care Health Plan
4. Health Net Medical
5. Blue Shield Promise of California
6. Full scoop medical
7. Molina Medical
8. Blue Cross Medical
9. PPO - Only in network

CBWH Contact Information



Heather Alexander
Director
HAlexander@Sjch.org



Lydia Callins
Outreach Coordinator
Lcallins@sjch.org



Rachel Bishop
Case Manager
Rbishop@sjch.org



Bevonnie Bailey
Case Manager
bbailey@sjch.org

Resources

Foodbanks

California: <https://www.cafoodbanks.org/our-members/>

CalFresh SNAP application: Apply for California Food Stamps Online |
(www.GetCalFresh.org)

Episcopal Church Food Banks of LA: Food Banks & Pantries - Episcopal Diocese of Los Angeles (www.diocesela.org)

Free Transportation

GoPass Free Fare Pass (only for students) - GoPass (www.taptogo.net)

AccessLA Free Fare Program - Paratransit Eligibility - Access Services : ASI

(www.accessla.org) Metro LIFE Program - LA Metro Low-Income Fare is Easy (LIFE) Program - IILA (www.iilosangeles.org)

Emergency Shelters and Housing Services

Los Angeles Housing Hotline - (213) 225-6581

Union Rescue mission Emergency Shelters - (213) 347-6300

HUD Emergency Shelter Locator - Find Shelter Search Results | www.HUD.gov

U.S. Department of Housing and Urban Development (HUD)

Midnight Mission Shelter - 601 South San Pedro Street

Los Angeles, CA 90014

DPSS – Department of Social Services

Phone Number: 866-613-3777

CalWorks

Application: <https://benefitscal.com/> Together, we benefit.

Medical Ignorance/Neglect Resources Steps to Take If a Medical Provider Insults You

(www.verywellhealth.com) L&C District Offices (www.ca.gov) Complaint Process |

(www.HHS.gov)

Hotlines

WIC breastfeeding helpline - Monday through Friday from 9:00 am – 5:30 pm

Pacific time at (888) 278-6455

Suicide and Crisis Lifeline - Dial 988

Contact DCFS to report child abuse - (800) 540-4000

National Domestic Violence Hotline - Call 1.800.799.SAFE (7233)

Poison Control - 800-222-1222

National Maternal Mental Health Hotline 1-833-852-6262

Human Trafficking Hotline - Text 233733

National Runaway Safeline - (800) 786-2929

Child Care:

Connections for Children – 310-452-3325

Child Care Alliance of Los Angeles – 323-274-1380

CalWorks - 1-800-KIDS-793

Crystal Stairs – 323-299-8998

Pathways LA – 213-427-2700

Allies For Every child – 310-846-4100

Doula Info:

Black Infants and Families - <https://www.blackinfantsandfamilies.org/doulas>

Los Angeles Birth Doula- <https://www.losangelesbirthingdoulas.com>

Marquita Jones (Doula) - Sisterbyyourside@yahoo.com

Jametra Allen (Doula) – soamazingdoula@gmail.com

Talitha Cumi (Doula) – Losangelesbirthingdoulas@gmail.com

California Doula directory (medical)

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx> -

<https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf>

Pregnancy Classes and Support Groups

WIC live zoom classes

<https://www.phfewic.org/en/virtual-group-classes/>

Breastfeeding Support Groups on Zoom

<https://www.phfewic.org/en/breastfeeding-support-groups/>

Black Infants and Families LA Support Groups

<https://www.blackinfantsandfamilies.org/realtalk>

Lactation advocacy toolkit

<https://www.breastfeedla.org/know-your-rights/>

Committed To Black Wellness and Health

<https://sjch.org/committed-to-black-wellness-and-health/>

St. John’s Services

Medical Services

<https://sjch.org/medical-services/>

Women’s Health

<https://sjch.org/womens-health/>

Pediatrics

<https://sjch.org/pediatric-services/>

Dental Services

<https://www.wellchild.org/dental-services/>

Mental Health & Substance Use

<https://sjch.org/mental-health/>

Homeless Health Services

<https://sjch.org/homeless-health-services/>

Prime

<https://sjch.org/hiv-aids/>

Transgender Health Program

<https://sjch.org/transgender-health-program/>

Stress Outlets

Podcasts

- “Dem Black Mamas” podcast
- “The Suga” podcast

Free Apps/Downloads

- Calm App
- Sanvello
- Headspace · Yoga for Beginners Mind + Body app
- The Underbelly
- Shine
- Irth APP (A “Yelp-Like” review and rating app for Black & Brown women & birthing people to find and leave reviews of maternity and pediatric physicians and birthing hospitals)

Movement/Nutrition Resources

- Black Women for Wellness “Sisters in Motion” program – offers yoga classes, spiritual mindfulness lessons, food and mood classes-
<https://bwwla.org/programs/sistersinmotion/>
<https://bwwla.org/programs/sistersinmotion/diabetes-prevention-program/>
- Black Women for Wellness “Kitchen Divas” program – offers recipes targeting Black wellness and culture through food and nutrition
<https://bwwla.org/programs/sistersinmotion/kitchen-divas/>
- LA Public Library Adult Events – offers weekly yoga classes and tai
<https://visit.lacountylibrary.org/event/10575285>
- Project Joy USA (GAAINS grantee) – Family Resiliency
<https://www.projectjoyusa.com/family-resiliency/>

BLACK INFANT AND FAMILY RESOURCES

- Black Infant Health (<http://www.publichealth.lacounty.gov/mch/BIH/bih.htm>)
- Breast Feed LA (<http://breastfeedla.org/>)
- Black Women for Wellness (<https://www.bwwla.org/>)
- California Black Women’s Health Project (<https://www.cabwhp.org/>)
- Cinnamoms (<https://www.cinnamoms.org/>)
- Essential Health Access (www.essentialaccess.org)
- First 5 LA (<https://www.first5la.org/>)
- Healthy African American Families (<https://www.haafi.org/>)
- iDREAM for Racial Health Equity (www.idreamnow.org)
- Los Angeles County Health Agency (<http://healthagency.lacounty.gov/>)
- March of Dimes (www.marchofdimes.org)
- Maternal Mental Health Now (<https://www.maternalmentalhealthnow.org/>)
- LA County Department of Public Health 5-Year Plan to Address African American Infant

Mortality

<http://publichealth.lacounty.gov/CenterForHealthEquity/PDF/AAIM-ActionPlan.pdf>

Home Visitation Programs

<https://edirectory.homevisitingla.or>

Grievance Form

Please complete this form to report a grievance related to your experience with the maternity ward for your child's birth. Your feedback is important to us, and we are committed to addressing your concerns promptly and appropriately.

Patient Information

- Full Name:
- Phone:
- Date of Incident:

Hospital Information

- Name of the Hospital or Clinic where the incident occurred:

Summary of What Happened:

(Provide a detailed description of the incident, including relevant dates, times, individuals involved, and any actions taken.)

Confirmation: Please check the box below to confirm whether a grievance form was previously filed with the hospital or clinic regarding the same incident:

- Yes, a grievance form was previously filed with the hospital or clinic.
- No, a grievance form was not previously filed with the hospital or clinic.

Submit Your Grievance: Please submit this form to Rachel Bishop, CBWH case manager : Rbishop@sjch.org , to report your grievance. St. John's Community Health takes all grievances seriously and will investigate and address your concerns promptly. Your feedback helps us improve our services and ensures that your experience with us is the best it can be.

Note: Your privacy is important to us. All information provided in this form will be kept confidential and used only for the purpose of addressing your grievance. St. John's Community Health is committed to protecting your personal information in accordance with applicable laws and regulations.

Birth Plan

Your name:

Name of your ob-gyn and Phone:

Name of your baby's doctor:

Type of childbirth preparation:

ENVIRONMENT

Choose as many as you wish:

- Dim Lighting
- Soft Music

I PREFER:

- The room is as quiet as possible
- as few interruptions as possible
- No males in room (other than partner)
- Hospital staff limited to my own doctors, and nurses (NO students, residents, or interns present)
- My partner to be present the whole time
- _____ to be present the whole time.

LABOR

Choose as many as you wish:

- I would like to be able to move around as I wish during labor.
- I would like to be able to drink fluids during labor.

I prefer:

- An intravenous (IV) line for fluids and medications
- A heparin or saline lock (this device provides access to a vein but is not hooked up to a fluid bag)
- I don't have a preference

I would like the following people with me during labor (check hospital or birth center policy on the number of people who can be in the room):

I would like to try the following options if they are available (choose as many as you wish):

- A birthing ball
- A birthing stool
- A birthing chair
- A squat bar
- A warm shower or bath during labor. I understand that a bath would be used only for the first stage of labor, not during delivery.

ANESTHESIA OPTIONS

Choose one:

- I do not want anesthesia offered to me during labor unless I specifically request it.
- I would like anesthesia. Please discuss the options with me.
- I do not know whether I want anesthesia. Please discuss the options with me.

Pain Relief

(choose as many as you wish):

- Epidural
- Natural Methods (breathing exercises, massage)
- Hot Therapy
- Massage
- Nitrous Oxide
-
-

DELIVERY

I would like the following people with me during delivery (check hospital or birth center policy):

- I prefer to avoid an episiotomy unless it is necessary.
- I have made prior arrangements for storing umbilical cord blood.
- I prefer to Keep umbilical cord/placenta connected to baby.

For a vaginal birth, I would like (choose as many as you wish):

- To use a mirror to see the baby's birth
- For my labor partner to help support me during the pushing stage

-
- For the room to be as quiet as possible
 - For one of my support people to cut the umbilical cord
 - For the lights to be dimmed
 - To be able to have one of my support people take a video or pictures of the birth. (Note: Some hospitals have policies that prohibit videotaping or taking pictures. Also, if it is allowed, the photographer needs to be positioned in a way that does not interfere with medical care.)
 - For my baby to be put directly onto my chest immediately after delivery
 - To begin breastfeeding my baby as soon as possible after birth

In the event of a cesarean delivery, I would like the following person to be present with me:

- I would like to see my baby before my baby is given eye drops.
- I would like one of my support people to hold the baby after delivery if I am not able to.
- I would like one of my support people to go with my baby to the nursery.
- I would like my support person to know what shots my newborn will receive.

BABY CARE PLAN

Please Do Not Give Baby:

(choose as many as you wish):

- Hepatitis B Vaccine Erythromycin Vitamin K shot
- Antibiotic eye treatment : Povidone-Iodine, Silver Nitrate

FEEDING THE BABY

I would like to (check one):

- Breastfeed exclusively
- Bottle-feed
- Combine breastfeeding and bottle-feeding

It's OK to offer my baby (check as many as you wish):

- A pacifier
- Sugar water
- Formula
- None of the above

NURSERY AND ROOMING-IN

If available at my hospital or birth center, I would like my baby to stay (check one):

- In my room with me at all times
- In my room with me except when I am asleep
- In the nursery but be brought to me for feedings
- I don't know yet. I will decide after the birth.

CIRCUMCISION

If my baby is a boy, I would like him circumcised at the hospital or birth center.

If baby is not well, I'd like:

Birth Plan Essential Items Checklist

- | | |
|--|-----------------------|
| <input type="radio"/> Car Seat | <input type="radio"/> |
| <input type="radio"/> Onesie | <input type="radio"/> |
| <input type="radio"/> Coming Home Outfit | <input type="radio"/> |
| <input type="radio"/> Mittens | <input type="radio"/> |
| <input type="radio"/> Washcloth | <input type="radio"/> |
| <input type="radio"/> baby bath supplies | <input type="radio"/> |
| <input type="radio"/> Lotion | <input type="radio"/> |
| <input type="radio"/> Receiving blanket | <input type="radio"/> |
| <input type="radio"/> A birthing ball | <input type="radio"/> |
| <input type="radio"/> first Aid Kit | <input type="radio"/> |
| <input type="radio"/> Baby Bottle/breast pump/breast pads | |
| <input type="radio"/> Diapers | |
| <input type="radio"/> Baby wipes | |
| <input type="radio"/> Laptop/tablet/music/chargers | |
| <input type="radio"/> Receiving blanket | |
| <input type="radio"/> postpartum kit, toothpaste, toothbrushes,
extra cloths, shower supplies | |
| <input type="radio"/> Snacks: | |