

Expression of Care

Eliminating Barriers to
Breastfeeding for
Incarcerated Women

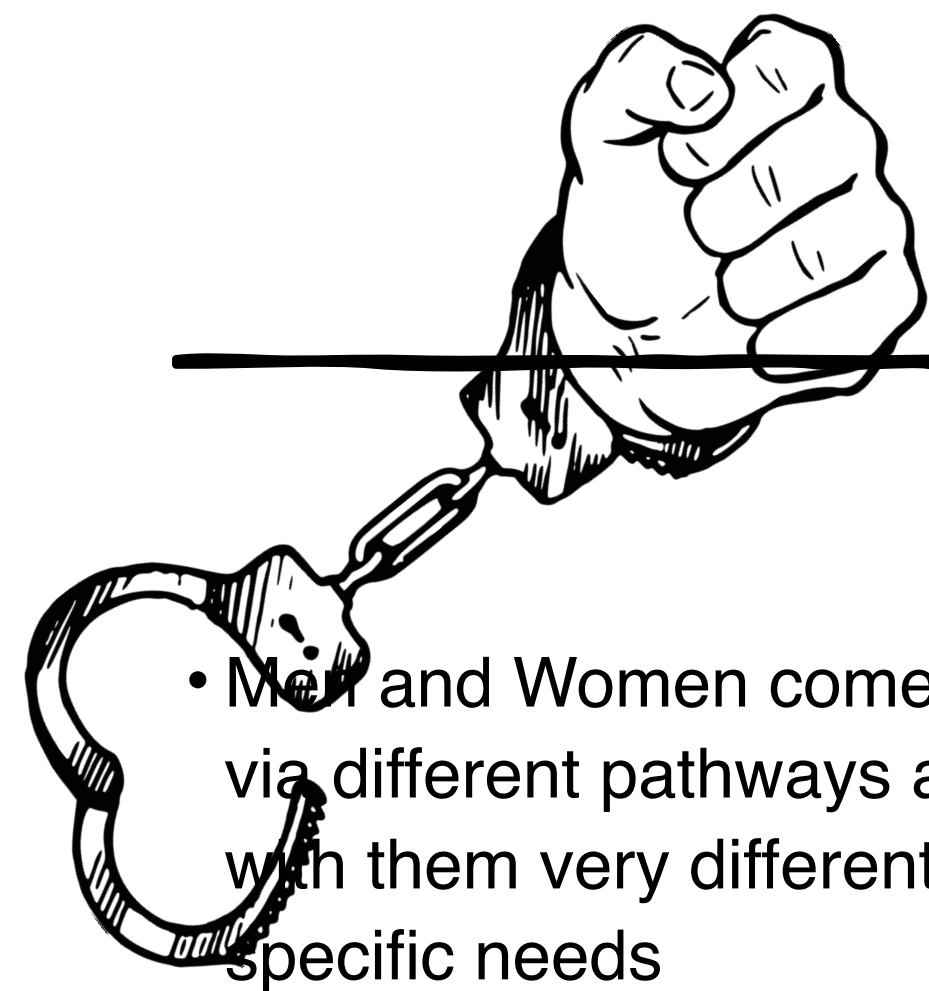


Beyond Parenting Classes

Incarcerated Women

Becoming Rooted in the Identity of Motherhood





- Men and Women come to prison via different pathways and bring with them very different and very specific needs
- Most women-in addition to having committed crimes- are also themselves victims of crime

- We recognize a woman's pathway to prison is disproportionately paved by gender-specific abuse and trauma, and we challenge policies and practices to be gender-responsive and trauma-informed and trauma-responsive

FOR SOME MOTHERS

their imprisonment marks their first time being separated from their children

FOR OTHERS MOTHERS

they spent little time in the role of a primary caregiver

THOUGH THEY REPRESENT A BROAD CONTINUUM OF PARENTING

incarcerated mothers share the experience of being overwhelmed and often stuck in guilt and shame, as they confront the impact of their absence on their children's well-being

85% of women incarcerated at the only women's prison in Oregon-Coffee Creek Correctional Facility-are mothers

Speaker Series

Supporting children's mental health
Navigating the child-welfare system
Re-entry support
Civic engagement
Post-secondary education fair
Second-chance employment fair
Mentoring from directly impacted women
Networking for opportunities- life after prison

WOMEN are often an
afterthought- a
reflection of policy and
society in general.



Resource Support

Communication support with caregivers/
domestic relations

Communication with children

Connection to youth correctional facilities

Support with visitation issues

DHS involved mothers support groups/
individual consultation

Parenting support groups

Grief and loss group

Parenting teens groups

Healthy relationships groups

Journaling to children groups



REALITY

\$5.60 - 20 min phone call

\$2.20- paper, pen, envelope and stamp

\$7.30- monthly stipend for entry level job

Intensive Family Reunification



PRISONS were conceived of with men in mind and do not acknowledge or address the very specific pathways and needs of the unprecedented number of women now behind bars

- Bio-psycho-social assessments/narrative histories
- Family meetings
- Therapeutic visitation
- Caregiver support
- Funding for transportation to visits
- Funding for enrichment activities/summer camps for children
- Facilitation of parent-teacher conferences
- Support and advocacy with child-welfare system
- Funding for mail and phone calls to children and caregivers
- Individualized transition support and planning
- Bi-weekly groups
- Financial education
- Tenant education
- Employability support
- Creative arts groups
- Nutrition/wellness education

Authentic Experience



Acceptance
Among Peers



PSU partnership

- Senior Capstone course ‘Current Issues in Pregnancy and Birth: Prenatal through Postpartum Support While Incarcerated’ **Partnership with Family Preservation Project**
- Needs identified by mothers at Coffee Creek Correctional Institute
 - Labor/Postpartum support
 - Trauma Informed gender responsive policies and rules
 - Infant access to breastmilk → **Outreach to Northwest Mothers Milk Bank**
- Oregon Bill of Rights for Children of Incarcerated Parents
 - “To be cared for in the absence of the child’s parent in a way that prioritizes the child’s physical, mental, and emotional needs.” (ORS 423.160)
 - “To have a lifelong relationship with the incarcerated parent” (ORS 423.160)
 - “To be considered when decisions are made about the child’s parent” (ORS 423.160)

It's our mission

- Our mission is to improve the health and survival of the Pacific Northwest's most vulnerable infants.
- Our vision is a Pacific Northwest region where all babies have access to the human milk they need to grow and thrive.
- Strategic Plan Target : Support, Promote and Protect Breastfeeding
 - Goal 1: Northwest Mothers Milk Bank will support work that is being done to increase breastfeeding rates in NW communities, with a specific focus on underserved and culturally diverse populations.



Collaboration

Collaboration is the process of two or more people, entities or organizations working together to complete a task or achieve a goal.

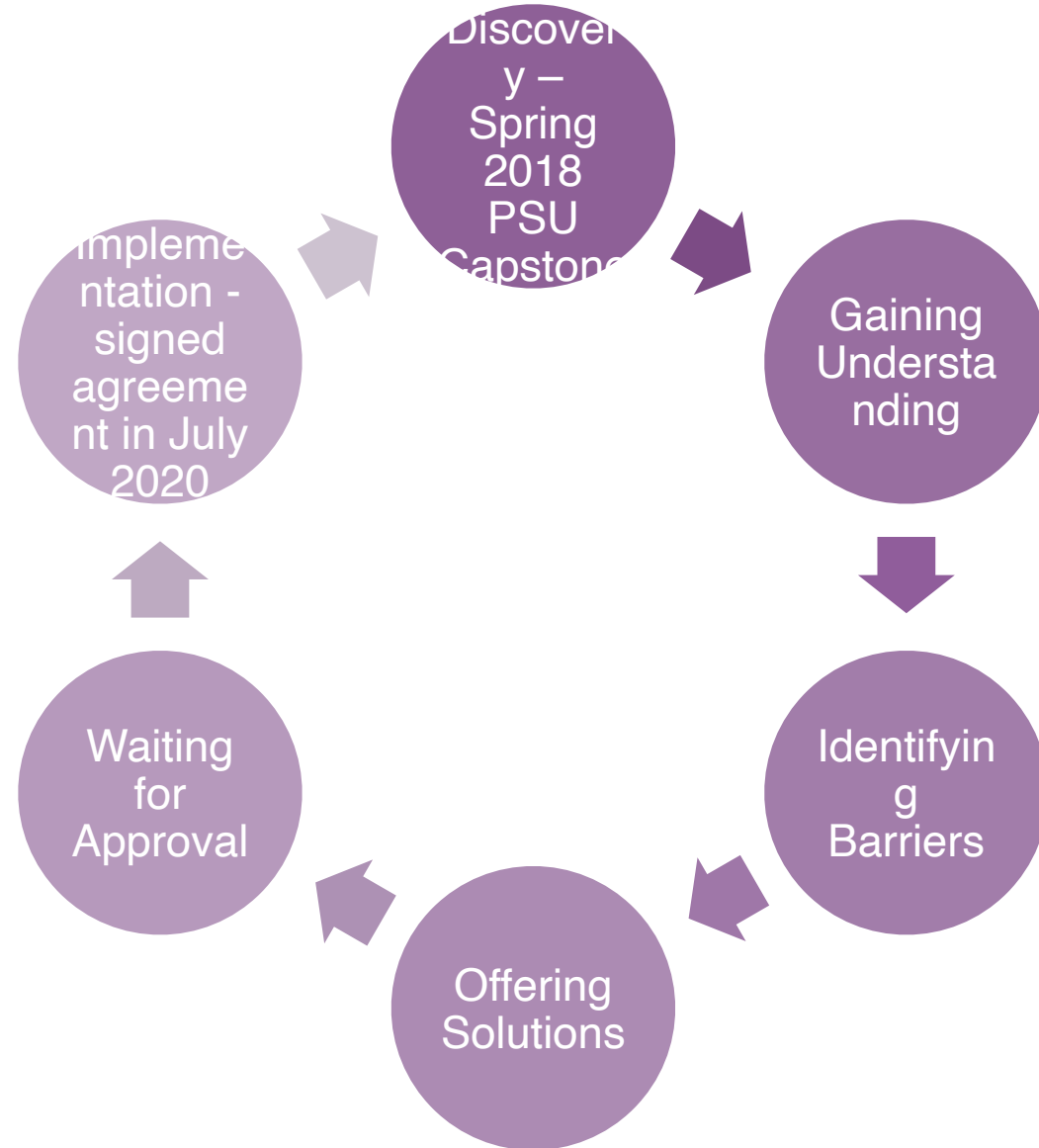
Family
Preservation
Project
Experience,
Understanding,
Relationship

PSU Capstone
Students
Readiness,
Fact Gathering,
Interest

Northwest
Mothers Milk
Bank
Tools,
Connection,
Adaptable
process

The Process

“Given the benefits of breastfeeding to both the mother and the infant, incarcerated mothers wishing to breastfeed should be allowed to either breastfeed their infants or express milk for delivery to the infant. If the mother is to express her milk,





**OREGON DEPARTMENT OF CORRECTIONS
Correctional Services Division
Health Services Section Policy and Procedure #P-F-05.2**

SUBJECT: Breastfeeding Program

Policy: Participation in the Breast Feeding/Pumping Program at Co Creek Correctional Facility is voluntary. Health Service Staff provide information to women about making the decision to breastfeed their child, if that is an option, upon request of an inmate mother.

Reference: **HS Policy and Procedure, P-F-05, Counseling and care of Pregnant Inmate**
HS Policy and Procedure P-D-01.3, Storage of Medication
Proper Storage and Handling of Human Milk, CDC
ABM Clinical Protocol #8: Human Milk Storage
Information for Home Use for Full-Term Infants, Academy of Breastfeeding Medicine

Breastfeeding Program

“Infants born to incarcerated women should have the same access to breastmilk as infant born to women in the community.”

- Association of Women's Health, Obstetric and Neonatal Nurses

Understanding the Breastfeeding Program

- Mothers voluntarily enter the breastfeeding program and sign a contract. They may stay in the program if they follow the guidelines.
- Milk is expressed with a pump provided by Washington County WIC. WIC must be notified of the delivery to issue the pump.
- Immediate postpartum women are moved to the Medium Facility Infirmary. Once discharged they return to the Medium or Minimum side. The pump becomes part of her personal property and may be stored in her locker.
- If in the infirmary (immediate postpartum) milk is labeled and stored in the freezer. If an AIC is housed on the minimum side of the prison, pumping may happen in living quarters and milk can be stored in a cooler bag, retrieved by a nurse to place in the freezer.

Happy Little Lactation Hearts

- Policy cited solid references
- Mothers have access to pumps and have access to their own assigned pump
- Dedicated freezer space with process for maintaining temps
- Procedure for labeling of storage containers
- Mothers able to breastfeed their child during visiting hours or if enrolled in Early Head Start
- Watches are provided as alarm clocks for pumping
- Authorization to pump every 2-3 hours as needed to maintain milk supply with recommendation to pump at least once per night to maintain milk supply and prevent engorgement

Breaking the Barriers

- Mother's family will provide all breast milk storage bags and 2 coolers for transport of the frozen breast milk.
- A woman pumping exclusively for her baby conservatively needs access to approximately 60 collection containers per week.
- \$8.99/50 bags x 5 = \$50.00/month
- If she runs out of bags, they are not provided, and she will have to pump and dump. The commissary does not offer milk collection bags.
- The mother will arrange for a responsible party (i.e., child caregiver, guardian, volunteer) to pick up the breast milk supply every week from the correctional facility.
- Picking up milk weekly presents a barrier for many women. Women housed at Coffee Creek are from all over the state. Weekly visits may not be possible. Transporting and keeping milk frozen can also be challenging.

Breaking the Barriers

- The mother is responsible for communicating with the approved responsible party to ensure that adequate supply of breast milk storage bags and weekly pickups of the stored breast milk are maintained throughout her participation in the program.
- Communication to family or caregivers can be challenging. Phone calls and texts are monitored. Sometimes there are breakdowns in the system.
- The mother is responsible for sharing with health care providers that she is supplying breast milk to her child so as to avoid medications that are not indicated for lactating women.
- Raised the question about whether providers had access to updated resources.
- The mother will be responsible for cleaning all breast pump equipment.
- Liquid soap is not allowed, only bar soap is available.

Quoted Barriers

Another barrier from conversations with women at Coffee Creek.

- Infant caregivers, whether family or arranged through the state, may have a lack of understanding about why breastmilk is important or how it should be handled. Department of Health and Human Resources (DHS) have no tools or information for families.

A barrier from conversation with our allies in the social work community

- Women in jails throughout Oregon may not have access to a pump or pumping supplies. There is often an immediate need for milk transport.

Eliminating the Barriers

- Building a relationship and building trust
- Staying open and flexible
- Leveraging our partnerships
 - Milk Collection Bag companies
 - Shipping supply companies
 - FedEx
- Continuing to listen to the women who are breastfeeding who are in the criminal justice system
- Seek funding and donations
 - \$5000.00 Immediate Impact grant from Women's Foundation of Oregon



WOMEN'S
FOUNDATION
of OREGON



<https://womensfoundationoforegon.org/research-resources/count-her-in>

The How



- We provide milk collection bags or containers on a weekly basis.
- We provide micro-steam bags for pump cleaning.
- We provide insulated coolers for milk transport.
- We have a registered number within the Corrections system for lactation advice and trouble- shooting.
- We provide a weekly pickup of frozen milk from Coffee Creek. Milk is counted and labeling is verified.
- We store the milk in a designated freezer until it is ready for shipment or delivery.
- We communicate with the infant caregiver prior to shipment or delivery.
- We ship frozen milk overnight to infant caregivers or deliver locally.
- We have provided resource books to healthcare providers.
- We have contributed books to the inmate lending library.
- We have created materials for mothers and caregivers.

For the pumping mother



PREP
Wash your hands before pumping breasts, and then massage both breasts.



BEGIN
Pump both breasts of the same time, starting with low suction. Then increase to a comfortable suction.



EXPRESS
If you can feel up one of your hands, by compressing your breasts together softly and then let go, over and over) to get more milk out. Continue until your milk flow slows to a trickle.




COLLECT
Finish by hand expressing your milk into the pump's bottle shield or pumping one breast at a time. Do whatever way you are able to express the most milk.




LABEL
Combine expressed milk from pumping into Milk Collection Bags. Clearly label the containers with the date the milk was pumped, your full name and your SD #.




Every drop counts!




DISASSEMBLE
All breast pump parts that come in contact with breast milk, such as bottles, valves and breast shields, should be cleaned after each use.




CLEANING
You can wash away germs and bacteria with your bar soap and warm water.




TUBING
If it is not necessary to clean breast pump tubing unless it comes in contact with breast milk. If you wash your tubing, make sure you hang it to air dry before attaching it to your breast pump. If small water drops (condensation) appear in the tubing after you have pumped, run the pump on for a few minutes until the tubing is dry.



SANITIZING
After each pump part is rinsed with water place each of them in your Quick Clean Micro-Steam Bag with the recommended amount of water. Close the bag and place in the microwave for 2 minutes. Steam bags may be reused 20 times.



DRYING & STORING
Once your pump parts are assembled, the bag also functions as a way to keep your pump parts. Just place parts on a clean towel to dry before placing parts in bag for storing.



It's important to clean your pump parts after each use.

SAFE HANDLING OF

frozen expressed milk



1 DEFROST OLDEST DATED BAG FIRST

Defrost milk in refrigerator or bowl of warm water, never at room temperature. Additionally, never place milk storage bags in boiling water or the microwave to defrost.



2 REMEMBER THE RULE OF 4

Milk can remain at room temperature for up to 4 hours between feeds.



3 WARMING OF MILK

Fat rises when expressed milk is cold; gently massage the milk in bag while holding under warm, running water.



4 TRANSFER OF MILK

Carefully open sealed bag and pour milk into the baby's desired bottle. Always feed baby at their pace and while in your arms.



5 NEVER REFREEZE MILK

It's important to not thaw more milk than what will be consumed within 24 hours.



For the
care giver



Expression of Care
503.469.0955

LACTATION SUPPORT

Available to you via kiosk phones
at no cost to you.
503.469.0955

TROUBLESHOOTING PUMP ISSUES

Breast pumps, like all machines, can malfunction. Thankfully, they can also be fixed with a little advice.

MILK SUPPLY

An International Board Certified Lactation Consultant (IBCLC) can give you the best advice that can lead to more milk production for your baby. Additionally, if you are wishing to discontinue your milk production help is available.

MILK COLLECTION AND STORAGE

The partnership between Coffee Creek's Expression of Care program and Northwest Mothers Milk Bank will help you collect your milk and get it to your baby at no cost to you.

BREAST OR NIPPLE PAIN

Pumping should not hurt. Advice on sizing and use of your pump is on the other end of the phone.

SUPPORT AND ENCOURAGEMENT

Every drop counts, is not only the most nutritional food for your baby, it is also a way for you to possibly help create healthier outcome for both you and your baby.

Expression of Care program made possible due to an Inmate's Support Grant from Women's Foundation of Oregon
www.womenfoundationoforegon.org www.donorsmilkbank.org



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AVAILABLE TO YOU VIA KIOSK PHONES
AT NO COST TO YOU.

Lactating Mom is not alone

The success

- 3500 milk collection bags provided
- 80% to Coffee Creek
- 20% to jailed
- All bags came donation
- 37 shipments of expressed milk to caregivers
- \$1572.50 in 2020
- 7 women, 4 within CC and 3 in county jails

How can I help?



northwest MOTHERS MILK BANK

About Programs Donate Order Resources Community Log In

Q Search Donate Milk

MAKE A DONATION

Expression of Care

by Northwest Mothers Milk Bank

\$250	Supports the ongoing operational cost of the program.
\$100	Pays the shipping cost for an incarcerated mother to send milk to her infant.
\$50	Contributes to fuel costs for milk pickups from the correctional facility.
\$25	Buys milk collection bags for an incarcerated mother to safely store expressed milk.
\$ <input type="text"/>	Your gift of any amount helps.

Monthly One Time

CONTINUE

[f](#) [t](#) [m](#) [e](#) [l](#)

[I Want To Fundraise For This](#)

or log into your fundraising page >

More ways to help



- Donation of collection bags and sterilization bags
- Help distribute information about the EOC program
- Support the book drive!

https://www.amazon.com/hz/wishlist/ls/1D6A7IXII6NBI?ref=wl_share

- Advocate for SB 720 and HB 4131

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