

CONTRA COSTA
HEALTH



cchealth.org

[Family, Maternal & Child Health \(FMCH\) | Contra Costa Health](#)

BLACK INFANT HEALTH & PERINATAL EQUITY INITIATIVE

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Monday, April 13th, 2026

Objectives

- Overview of FMCH Programs
- Maternal and Infant Health Indicators Data
- Black Infant Health (BIH) Program overview
- PEI Initiative and Key interventions
- PEI/BIH Community Advisory Board
- #Deliver Birth Justice Campaign
- Calls to Action
- Referral pathways
- Questions & Comments



Black Maternal Health Week April 11th-17th 2026

- What is Black Maternal Health Week?
- #BMHW26 celebrates the leadership and expertise of Black community-based organizations as the foundation for advancing equity and ensuring transformative, sustainable improvements in Black Maternal Health. Advancing collective action highlights the essential role of collaboration between Black-led organizations, advocates, and communities to lead advocacy efforts, shape policies, and amplify solutions.

Policy Page - Black Mamas Matter Alliance



2026 BLACK MATERNAL HEALTH WEEK *TOOLKIT*

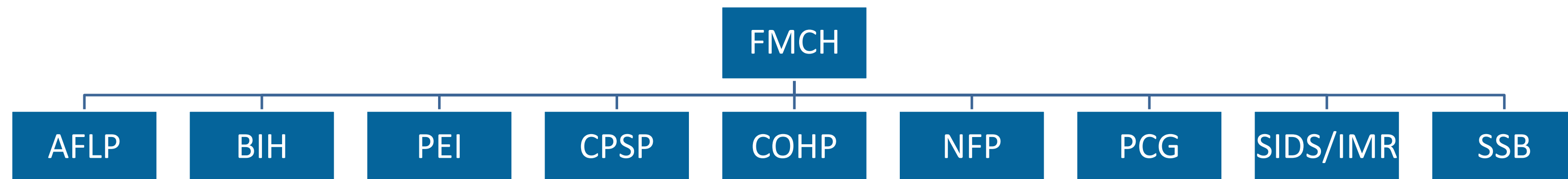
This official toolkit contains key messaging, social shareables, and other materials related to **BMHW26**.



VISIT BLKMATERNALHEALTHWEEK.COM FOR MORE INFO

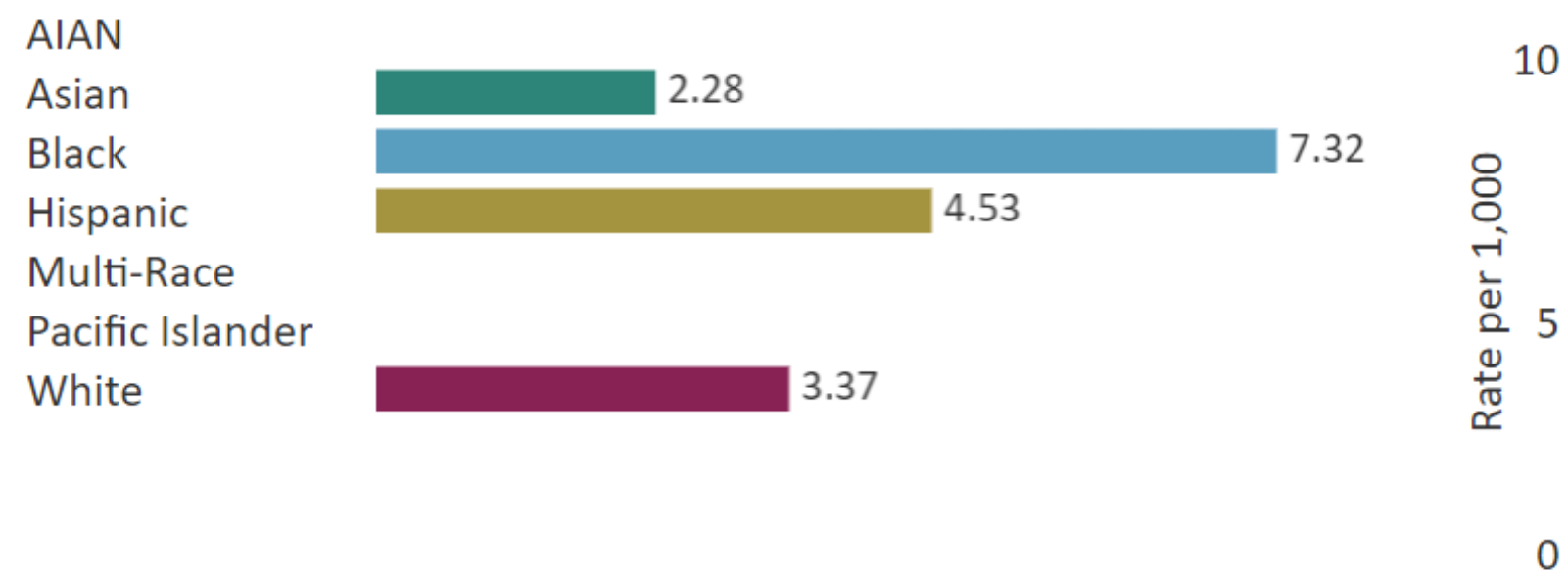
Contra Costa Health Family, Maternal, and Child Health Programs

- The FMCH Program provides premiere prevention and intervention services for Contra Costa families in supportive, culturally driven, strength-based, affirming and innovative ways!
- **Vision:** A community where all individuals reach their optimal level of health and well-being.
- **Mission:** Family, Maternal and Child Health Programs, in partnership with community members, county programs, and community organizations, provide support, resources and services to eliminate health inequities and improve the quality of life for all children, youth and families.



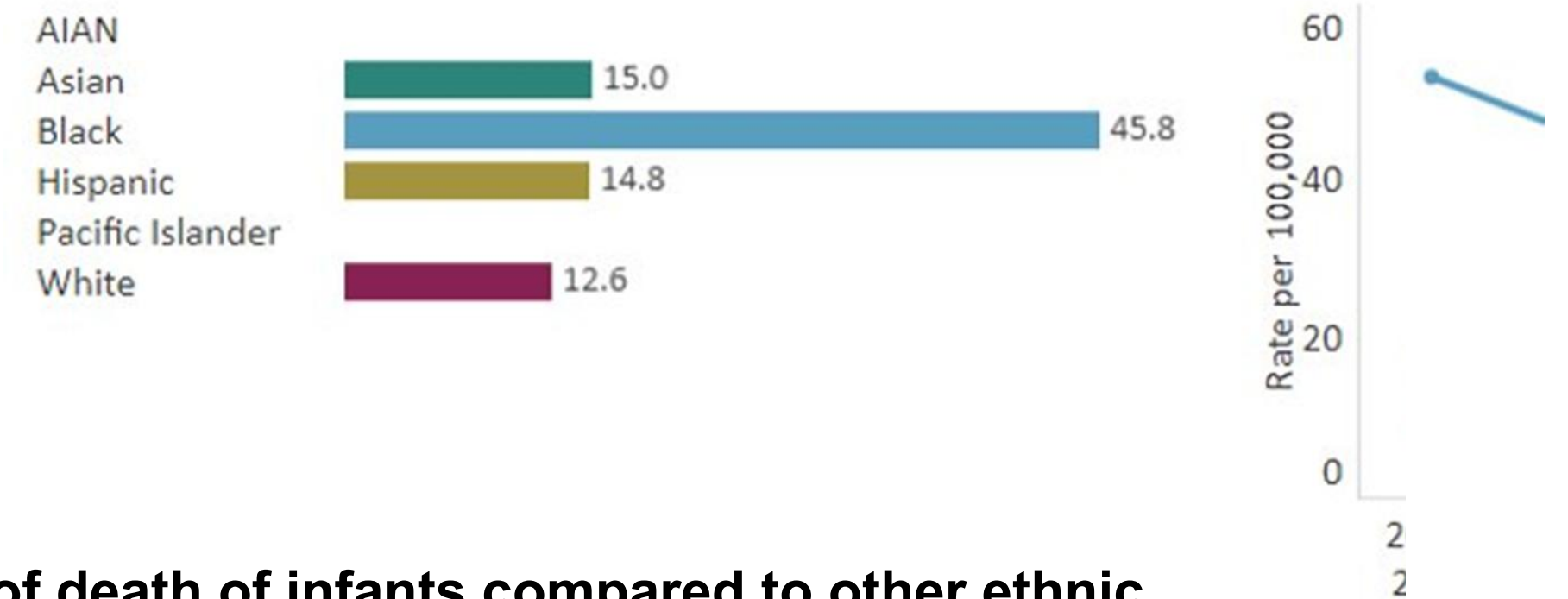
Local Contra Costa County Maternal and Infant Indicators (Cont.)

Infant Mortality by Race/Ethnicity, Contra Costa County, 2019-2021



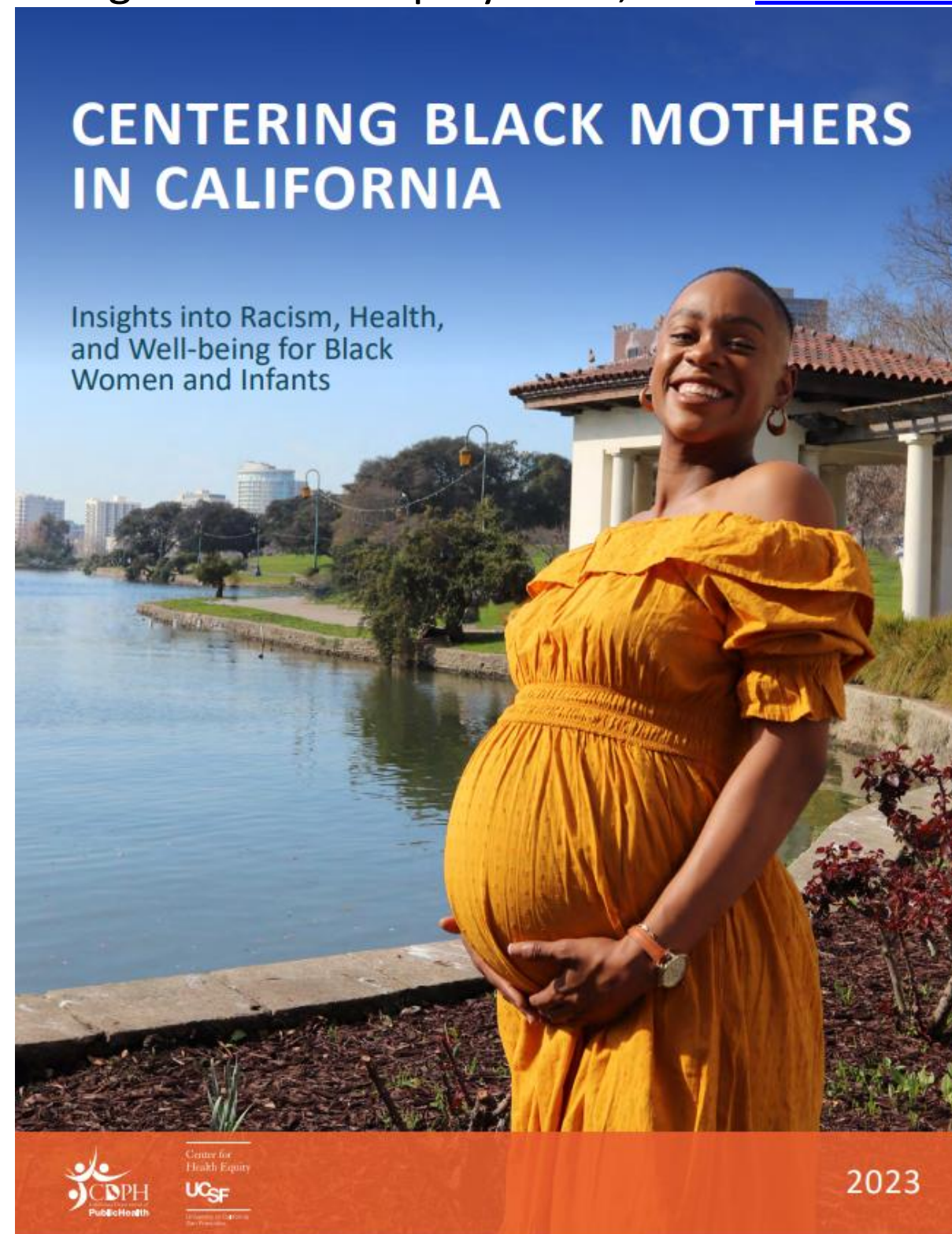
California Maternal Related Mortality Indicator

Pregnancy-Related Mortality Ratio by Race/Ethnicity, California, 2018-2020



In Contra Costa, Black infants have nearly 2-3 times the rate of death of infants compared to other ethnic groups. In CA, Black mothers have 3-4 times the rate of death when compared to other ethnic groups.

Centering Black Mothers Report, 2023 [Centering Black Mothers](#)
Advancing Black Birth Equity in CA, 2026 [Black Birth Equity](#)



CDPH Resources



Program Information

Our Goal: To advance the long-term goal of achieving healthy pregnancy and birthing outcomes for Black infants, women, and birthing people.

We Serve: Black (self-identified) women and birthing people who are 16 years or older, pregnant, or up to six months postpartum at the time of enrollment (regardless of income) in Contra Costa county.

Participants enrolled in our program are **followed up to 1 year postpartum.**

Service Delivery: Services are free and provided by **Family Health Advocates, Group Facilitators, Public Health Nurses, and Medical Social Workers.**

blackinfanthealth.org



Parenting or Pregnant?

Black Infant Health (BIH) aims to improve health among African American mothers and babies by empowering pregnant and mothering African American women to make healthy choices for a brighter future.

PROGRAM GOALS

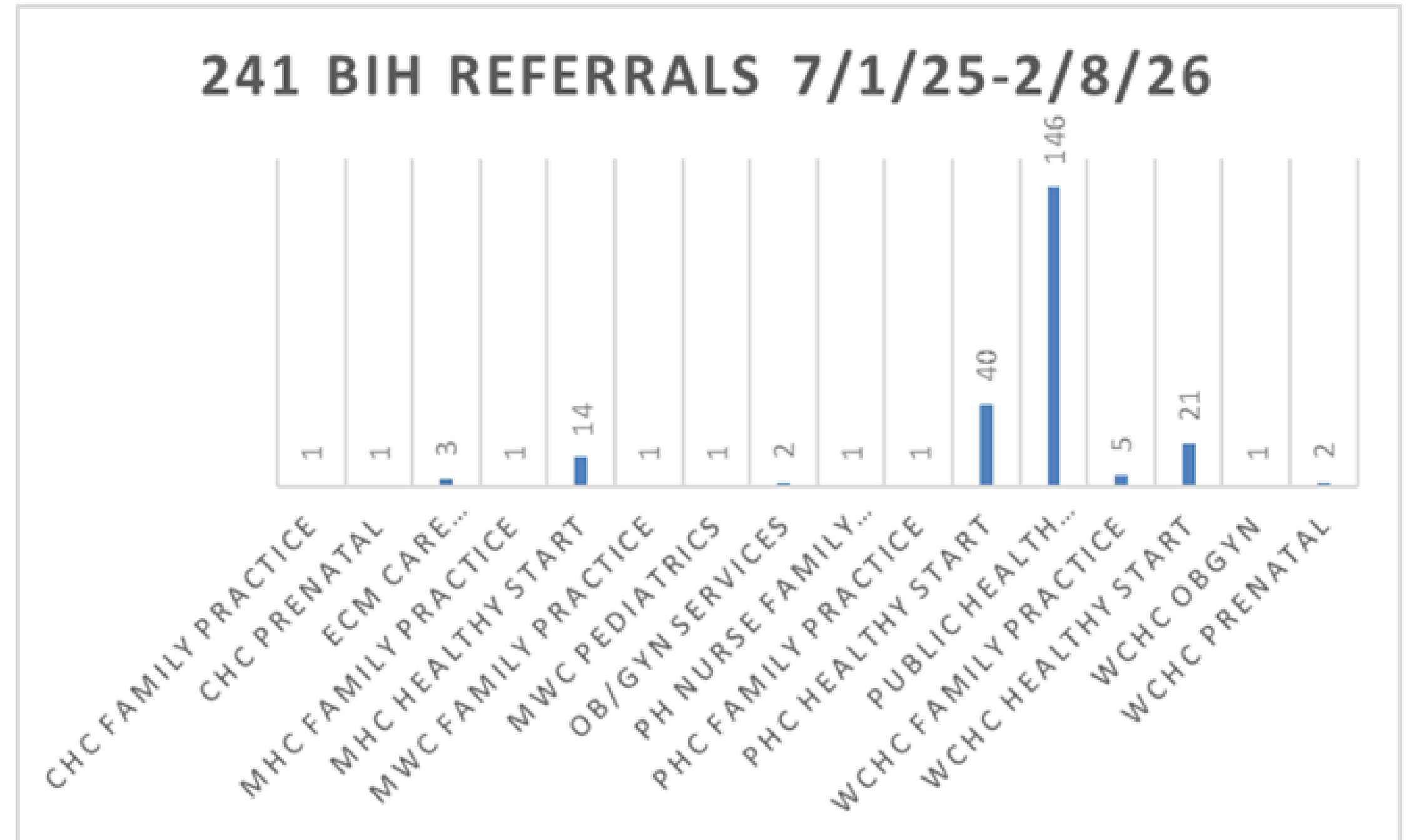
- EMPOWER** women, build resilience, and reduce stress.
- CONNECT** women with medical, social, and mental health services.
- ENGAGE** communities and raise awareness about Black Infant Health.
- PROMOTE** healthy behaviors to support health and wellness.
- IMPROVE** outcomes for African American women and their families.
- SUPPORT** healthy relationships and enhance bonding and parenting skills.

SERVICES

- VIRTUAL SESSIONS** for prenatal (10 sessions) & postpartum (10 sessions)
- TRANSPORTATION** to and from Doctor's office
- INDIVIDUAL LIFE COACHING** and case management
- HEALTH AND FAMILY** support referrals
- SUPPORT SERVICES** from a public health nurse and social worker
- SPECIALTY CLASSES** in breastfeeding, nutrition, parent education and more

BIH Program Data

- FY 25 - 26 Data [Q1&2] :
- Clients served: **168**
[52.5% of annual target]
-
- Referrals so far: **241**
- Group Series started this year
- Three Prenatal groups
- Four Postpartum groups



Additional Information

- BIH has served Black women throughout California Local Health Jurisdictions for over 30 yrs.
- Follows the Life Course Perspective.
- Program model has changed based on social needs of participants.
- Utilize health education, life planning and motivational interviewing techniques.
- No income, insurance or education requirements as the effects of RACISM affects all socio-economic demographics of pregnant Black women.

blackinfanthealth.org



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Program Model

Group Sessions

BIH provides 10 prenatal and 10 postpartum sessions designed to empower and support participants. Group sessions are led by culturally supportive staff who reflect the target population served and provide attendees with the opportunity to bond and support other pregnant women. Sessions cover many topics, including:

- Cultural heritage as a source of pride
- Healthy pregnancy, labor & delivery
- Nurturing ourselves & our babies
- Prenatal, postnatal & newborn care
- Stress management
- Healthy relationships

Complemented by 1:1 support

1:1 Support Case Management

Participants also have 1:1 sessions, which are intended to support participants in making healthy choices.

Topics covered include:

- Referrals for identified services (e.g., medical, dental, social)
- Guidance on family planning
- Identification of strengths and problem-solving skills
- Assistance with setting short and long-term goals

1:1 support is available to 16- and 17-year-old participants and those who are unable to attend group sessions.

Black Infant Health Eligibility



Prenatal Group

30 weeks or less
10 weekly groups

- Life Planning & Goal Setting
- One-On-One Support
- Birth Planning
- Safety Review (including Safe Sleep)
- Referrals & Linkages
- Raffles
- Sisterhood
- Empowerment and Confidence



Case Management ONLY

Pregnant, baby less than
6 mo., 16yrs and older

- Life Planning & Goal Setting
- One-On-One Support
- Birth Planning
- Safety Review (including Safe Sleep)
- Postpartum Mood Assessment (EPDS)
- Community Resources
- Referrals & Linkages

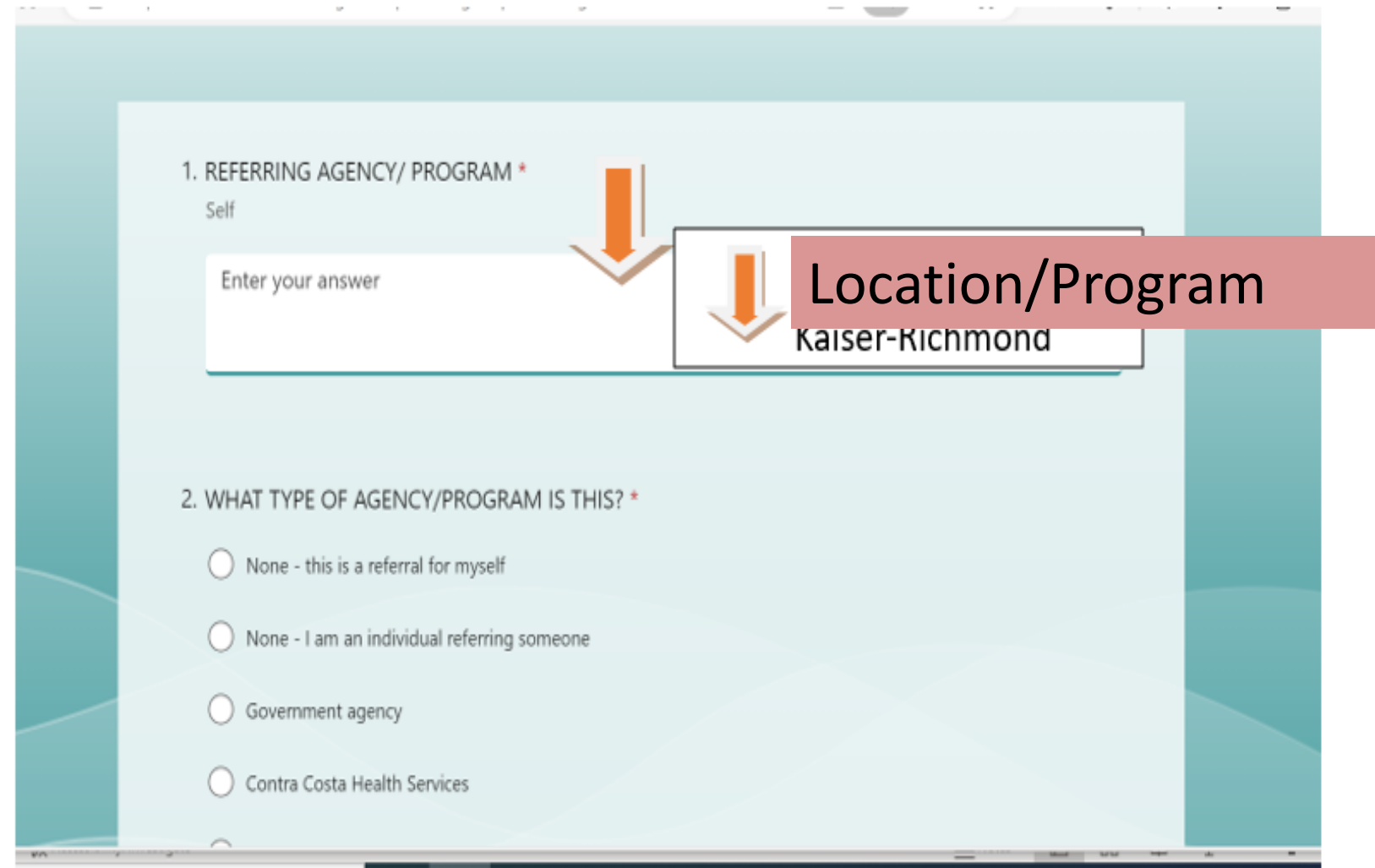


Postpartum Group

Up to 6mo. Postpartum
10 weekly groups

- Life Planning & Goal Setting
- One-On-One Support
- Safety Review (including Safe Sleep)
- Postpartum Mood Assessment (EPDS)
- Community Resources
- Referrals & Linkages
- Raffles
- Sisterhood
- Empowerment and Confidence

Referral Pathways – FMCH Referral Form



1. REFERRING AGENCY/ PROGRAM *

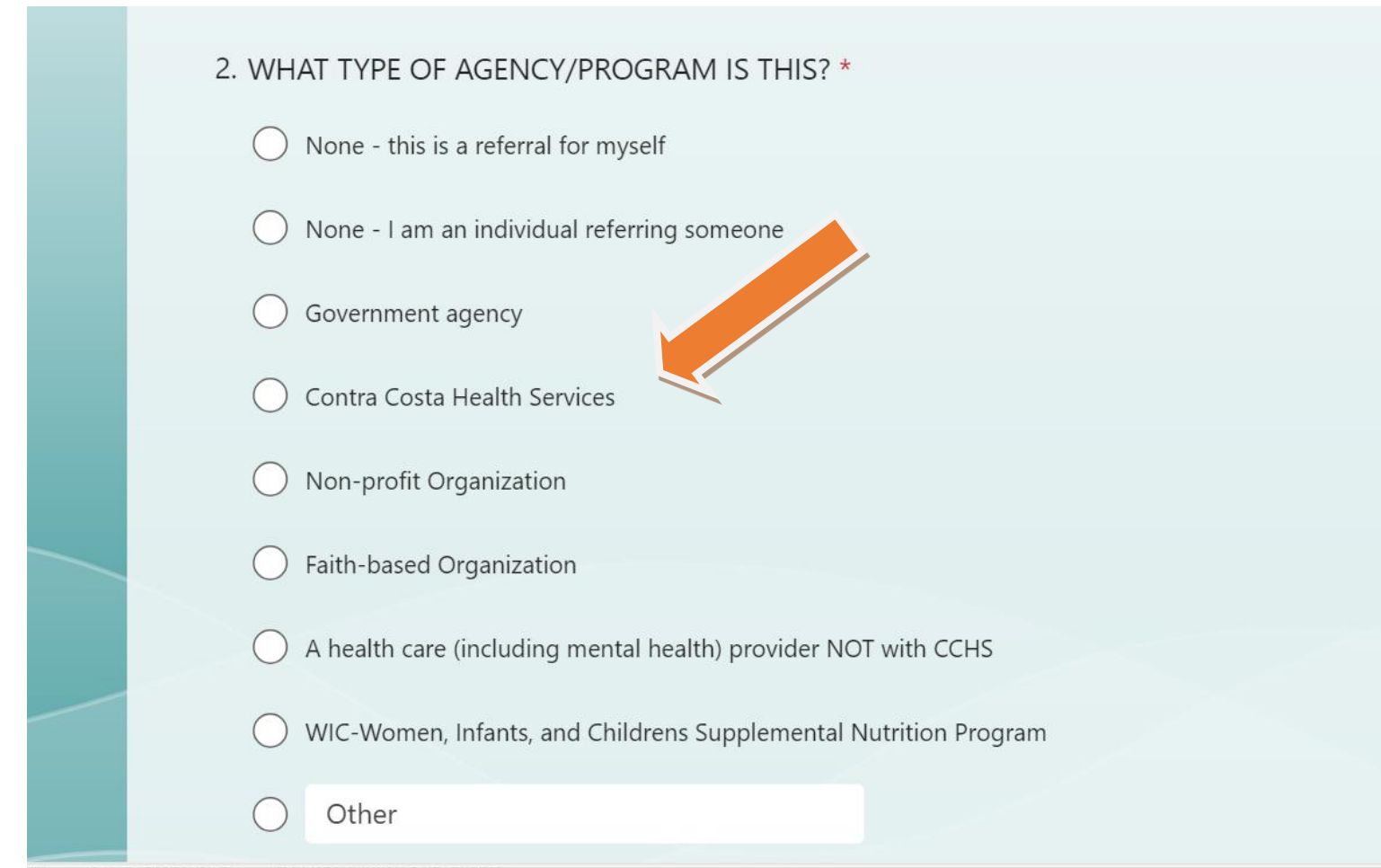
Self

Enter your answer

Location/Program
Kaiser-Richmond

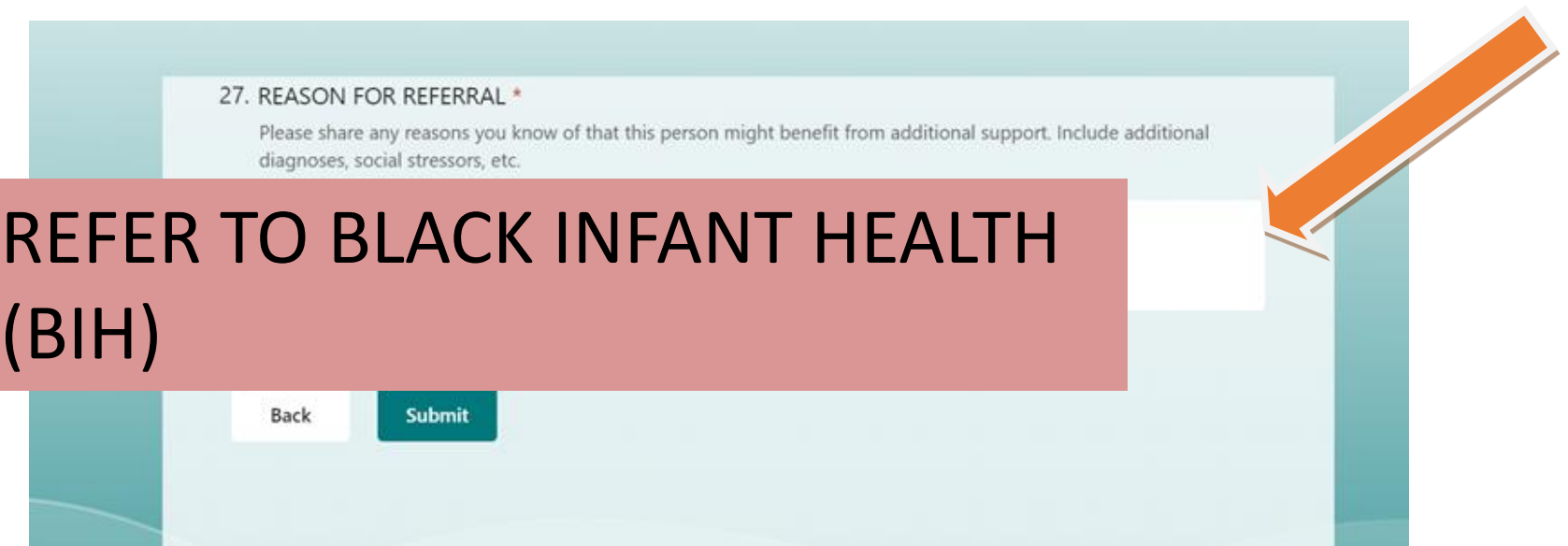
2. WHAT TYPE OF AGENCY/PROGRAM IS THIS? *

- None - this is a referral for myself
- None - I am an individual referring someone
- Government agency
- Contra Costa Health Services



2. WHAT TYPE OF AGENCY/PROGRAM IS THIS? *

- None - this is a referral for myself
- None - I am an individual referring someone
- Government agency
- Contra Costa Health Services
- Non-profit Organization
- Faith-based Organization
- A health care (including mental health) provider NOT with CCHS
- WIC-Women, Infants, and Childrens Supplemental Nutrition Program
- Other



27. REASON FOR REFERRAL *

Please share any reasons you know of that this person might benefit from additional support. Include additional diagnoses, social stressors, etc.

REFER TO BLACK INFANT HEALTH (BIH)

Back Submit

TO ACCESS THIS REFERRAL, SUBMIT THROUGH MS FORMS PORTAL.

PATIENT WILL RECEIVE CALL BY BIH OUTREACH LIASION.
OUTREACH: 3 ATTEMPTS IN 30 DAYS
OFFERED GROUP, 1:1 SUPPORT, ASSESSED BY BIH MENTAL HEALTH PROFESSIONAL FOR IMMEDIATE STRESSORS AND COMMUNITY RESOURCES.



LINK: [FMCH Online Referral Form](#)

Gaps/Unmet Needs

- Limited Donations from outside partners
 - Strollers
 - Bassinets
 - Diapers
- Program offers support up to 1 year postpartum
 - Some moms have expressed interest in continued engagement w/ other participants and their case managers
 - Not a dedicated space for Black Moms only in CCC who offer services and guidance beyond year 1
- Targeted Education
 - Lactation Support
 - Midwifery
 - Healthy Relationships
 - Sexual & Reproductive Health





Interventions for the Perinatal Equity Initiative

Contra Costa County PEI/BIH Community Advisory Board

- An active board that meets quarterly
- Advises our PEI team about needs of the community and services that should be reinforced in Contra Costa Team
- Bring awareness about the need for health equity where they live, work, play and pray
- Diverse group: Black parents, doulas, health care professionals, PH professionals, community leaders, policy makers, faith-based organizations, and more.



Anyone is welcome to join 😊

Program Accomplishments

- CoCo Doula **5** Year Anniversary!
- Successfully hosted **4** doula trainings and launching our **4th** training this May
- **60** doulas graduated from the Doula Training.
- Served more than **300** families.
- More than **250** CoCo Doula babies born.
- In-house therapist & lactation consultants
- Families expressed excited to be in the program, and sad to leave program.

CoCo Doula Program

The Doula program services Black birthing women by providing care, advocacy, and emotional support for improved birthing outcomes.

Support provided for at least 7 prenatal visits, L&D and up to 6 weeks postpartum visits featuring breastfeeding, infant care, depression screening, birth planning, linkage and referrals and much more.



FREE services funded by the State and provided by CBO – FIERCE Advocates

Partners in Pregnancy: Fatherhood Program



Objective: To provide fatherhood support services for partners of Black mothers in order to enhance the protective factors and stability for the infant.

FREE Fatherhood Services in Contra Costa County

12 sessions in a group or one-on-one setting focusing on fatherhood skills, parenting and relationship skills, self-awareness, and self-care.

Additional sessions for new, expectant, and non-custodial fathers on workforce development, rights and responsibilities, child support, and money management.

Support with health, relationship, and financial goals as you grow your family.

PEI Nutrition Support Program

Serving East and West County

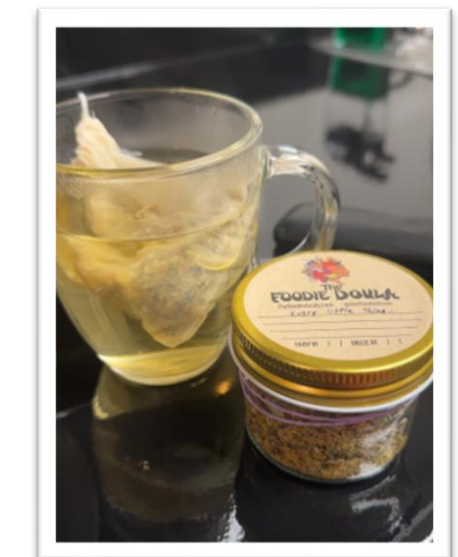
- East: Mother for mothers Postpartum Justice (MPJ)
- West: 18 Reasons

The Program is a home-delivered meal service to provide Black mothers/birthing persons healthy food and nutrition during the immediate postpartum period

- *Receive 3 meals per week for 12 weeks after childbirth, for FREE!*

Eligibility Criteria:

- You are a Black Infant Health or Coco Doula client, or partner of a Fatherhood Program participant
- You're a resident of Contra Costa County



Client Satisfaction Survey Quotes for PEI Interventions

- **CoCo Doula Program:** “I am so thankful to CoCo Doulas for introducing me to my doula. This was my second pregnancy and I had many concerns after experiencing complications with my first child. My doula was not only knowledgeable and experienced, but kind and reassuring. Her support was a major contribution to my success in having a VBAC. I cannot thank CCD and Fierce Advocates enough!”
- **CoCo Doula Program:** “Doula was on personal level loved talking with her, answerig all questions, very supportive the whole time!”
- **Nutrition Support Services:** “I’m glad the meals were available when I don’t have enough food or enery to cook”
- **Nutrition Support Services:** “Glad the food has changed. The portions are bigger and have a bit more flavor. The fact that I don’t have to think about certain meals”
- **Partners In Pregnancy Fatherhood Program:** “I learned a lot on the importance of communication and slowing down with my girl in handling different situations.”

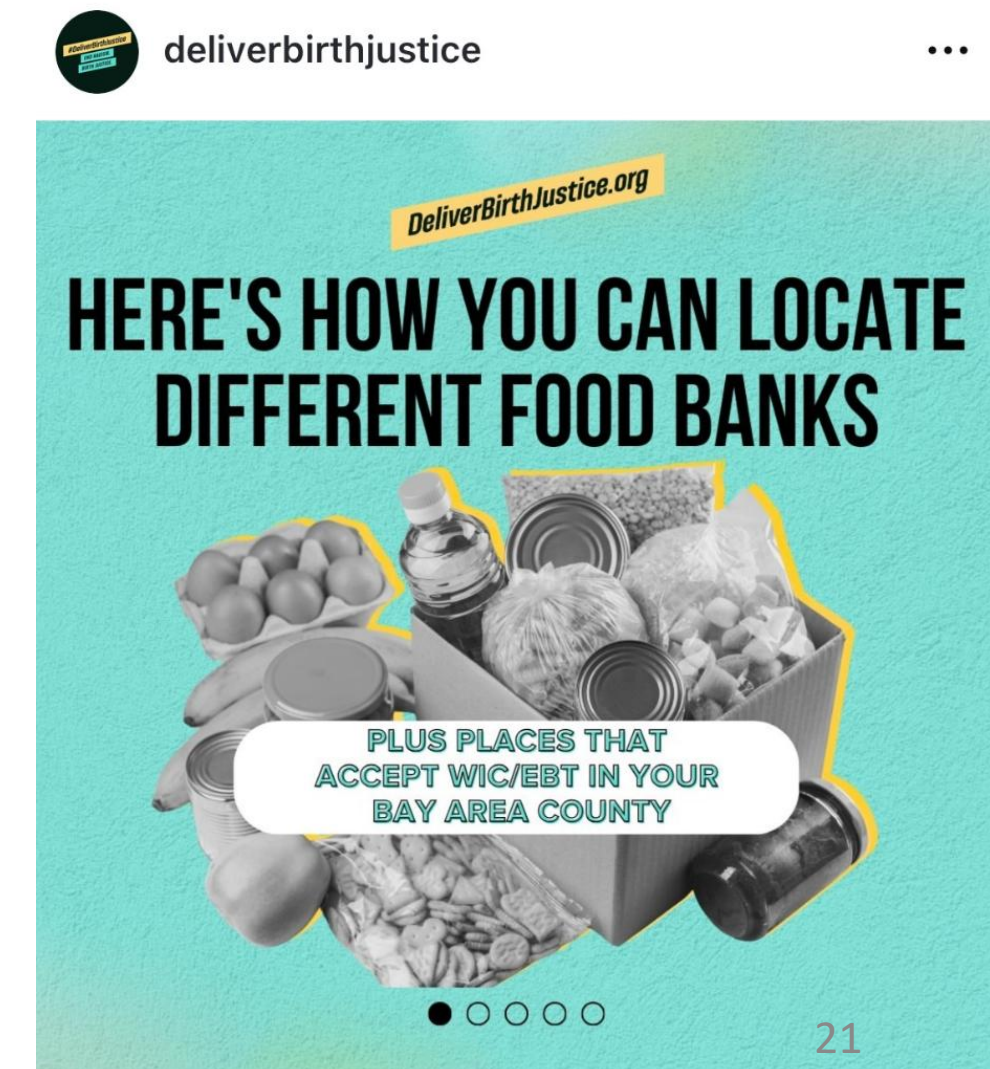
#DeliverBirthJustice
END RACISM.
BIRTH JUSTICE.

Deliver Birth Justice Campaign Updates



This campaign aims to mobilize all corners of the Bay Area – from health professionals to policy makers to community members to end racism and deliver birth justice for Black families.

Continue to attend events and be present on Digital Media: Website and Social Media platforms



Deliverbirthjustice Calls to Action

- Learn how racism and bias harm Black mothers and babies
- Listen, trust and respond
- Be an advocate
- Become an ambassador for birth justice
- Welcome doulas and midwives to your institutions
- Refer clients to CoCo Doula and Fatherhood Programs
- Take anti-racist/implicit bias training and incorporate it into practice
- Create a system for reporting and addressing incidents of racism and bias within your institution
- Hire and retain birthing providers of color
- Organize listening sessions on birth justice with community partners and Black mothers and families
- Enforce robust policies to evaluate and effectively address potential inequities and racial biases in administering Adverse Childhood Experiences (ACEs) screenings.
- Share our #DeliverBirthJustice campaign



#DeliverBirthJustice
END RACISM.
BIRTH JUSTICE.

Bay Area #DeliverBirthJustice Public Awareness Campaign (PAC) Community Advisory Board (CAB)

April 15 | 2:30 p.m. – 4:00 p.m. – BMHW 2026
Register Here:



CALLING ALL BAY AREA *CAB Members!*

Alameda - Contra Costa - San Francisco - Santa Clara - Solano

This #BlackMaternalHealthWeek, we're inviting you to share your feedback on our regional media campaign. #DeliverBirthJustice brings awareness of how anti-Black racism impacts our birth outcomes, and with your help, we want to maximize our reach!

#DeliverBirthJustice
END RACISM.
BIRTH JUSTICE.

WEDNESDAY, APRIL 15

2:30PM - 4:00PM via zoom

Scan or tap the QR code to register





Follow us on social media!



Deliver Birth Justice



@deliverbirthjustice

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Thank You!

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