



# BLACK WELLNESS FRAMEWORK

B.I.R.T.H.

## B - Buffering

The WBP is inherently harmful to Black families. BWF encourages buffering of expected violence

BWF Response - Preemptive ritual, protective protocol, and restorative ceremonies beyond WMS throughout the reproductive process (i.e. ceremony/counseling before & after visits)

## I.R. - Intuitive Repair Through Re-Memory

Black mothers & families experience disruptions to their intuition during birthing process within WMS

BWF Response - Access to traditional/Indigenous African Birthing Systems/Education, Supports and Advocacy within WMS (i.e. intuitive spiritual practice, body work, asset-centered education on commonly deficit-oriented reproductive beliefs/terminology)

## T - Team

Black families/communities are undermined through socially isolating culture throughout WMS

BWF Response - Re-enlivening of Black villages to support throughout reproductive & birthing process (i.e. establishment of birthing team/plan, financial support for doula/midwife & indigenous birthing education)

## H - Holistic Healing

Leverages community toward continued education, healing and the development of new birthing system for Black families

BWF Response - holistic healing after participation in WMS & WBP. Named healing must be connected to/aligned with indigenous birthing practices as a means toward self-determination (i.e. 40-day postpartum, womb closing ceremonies, home birthing education)

### Methodology:

The Black Wellness Framework is the outcome of collaboration between Apocalyptic Education (AE) and the Healthy Birth Initiative (HBI). The framework is informed by HBI mothers/families experiences within the WMS. These stories/experiences were gathered during an extensive Participatory Action Research (PAR) cycle, resulting in the reviewal and approval of research findings for dissemination from HBI families. The goal of the BWF is to inform Western Birthing Practices toward the creation of new birthing systems that support, rather than impair, the health and well-being of Black mothers & families. This project was funded by CareOregon.

### Terms:

Western Medical System (WMS)  
Western Birthing Process (WBP)  
Black Wellness Framework (BWF)