

The Bulletin

Vol. 29/Issue 1/Spring 2007



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SMS Stands with National Advocates for Pregnant Women

by Jo Anne Myers-Ciecko, MPH, SMS Faculty

Three hundred advocates for pregnant women, including community activists and academic researchers, gathered in Atlanta, Georgia in January 2007 for the groundbreaking “National Summit to Ensure the Health and Humanity of Pregnant and Birthing Women.” I had the privilege of participating in this summit as the representative of Seattle Midwifery School and it was thrilling!

Surely this was one of the most fascinating, challenging and inspiring events I have attended in my 30 years of birth advocacy. Imagine, if you can, a hotel abuzz with lively conversations among doulas, former prisoners, obstetricians, sociologists, recovering addicts, midwives, VBAC mothers, lawyers, nurses, grandmothers, and bio-ethicists. Whether the topic was miscarriage, the rights of pregnant prisoners, or access to home birth, everyone was eager to share information, voice opinions and make connections.

The summit was organized by National Advocates for Pregnant Women, a non-profit organization that works to secure the human and civil rights, health, and welfare of all women, focusing particularly on pregnant and parenting women, and those who are most vulnerable—low-income women, women of color, and drug-using women. Placing the myriad complex issues of reproductive health squarely in a human rights context, the summit clearly revealed how our advocacy work is part of many interconnected social justice movements in the US and world today. This important re-framing of our advocacy work had profound meaning for me and raised many questions that I’m eager to pursue in our community.

Workshop topics were wide-ranging, from “Barriers to Care and Control: From VBAC Bans to TRAP Laws,” to “How Might You Be Prosecuted: Punishing Pregnant Women Based on Fetal Rights and the War on Drugs.”

More than 60 organizations co-sponsored the summit, which contributed greatly to the tremendous diversity among participants. For more information, visit www.advocatesforpregnantwomen.org.

MANA Division of Research Meets in Seattle

by Bruce Ackerman, MANA Research

The Midwives Alliance of North America (MANA) Division of Research met at Seattle Midwifery School the first week of February. We thank all of you for taking great care of us in such beautiful

surroundings. The three-day intensive meeting included 11 leaders in the midwifery movement. During the session, the team continued its work to improve and update the national MANA Statistics Project (MANAstats) data form.

MANA launched a web-based data collection system in late 2004 to collect information from midwives about client care. While in Seattle, the division focused on revising and updating the online tool used to collect this information. The process involved updating the national dataset itself—that is, deciding what birth and practice information is most needed from midwives

to conduct useful research about the midwifery model of care.

In Seattle, the committee began to develop a new data collection form that they believe will make it easier for all midwives to provide data. There is good reason to do so. Providing comprehensive care information via MANAstats better aids midwifery research and also allows contributors to access their own birth and practice statistics online!

A lot of time has gone into reviewing the older data collection forms and systems and devising new, better approaches. All at the meeting agreed that the new design will open up a world of possibilities for midwifery research through web-based data collection. For more on MANAstats, visit www.mana.org/statform.html.



Members of the MANA Division of Research

Executive Director Notes
by Cheryl Murfin Bond

Amazing students, national conferences, a community willing to speak out to lawmakers – it's been a great 2007 so far! In other late-breaking news:

- **In January the SMS Board of Directors voted in new officers.** I offer my sincere thanks to board officers whose terms ended with the turn of the new year. We are lucky that past Board Chair Silje Sodal, Vice-Chair Wendy Hughes and Secretary-Treasurer Bre Holt will each continue to serve on the board. A big 'Hoorah!' is due for new Board Chair Bre Holt, Vice-Chair Christine Riedy, Treasurer Jon Tuttle and Secretary Jen Costigan who have stepped up to serve.

- **In February we said a quasi good-bye to long-time SMS staff member Lynn Hughes,** former Midwifery Education Director and Marketing and Fund Development Lead. We're glad she will continue some contract work with SMS through her new web design business!

- **The US Department of Education recertified SMS in February.** This ensures that SMS will continue to be able to offer student financial aid for the next five years, including the federal Pell Grant and Family Education Loan. Re-certification is also an important mirror for the organization. It reflects SMS' compliance with key equity laws including the Title VI Civil Rights Act barring discrimination on the basis of race, color or national origin.

With great leaders and national recognition, the future looks good at SMS.

Be well ~



Lawmakers in Olympia were scratching their heads and asking, "Where are these babies coming from?" during Lobby Day 2007, an event sponsored by the Midwives' Association of Washington State (MAWS). In fact, several young recipients of midwifery care joined MAWS members and a host of Seattle Midwifery School students, staff members and faculty as they visited members of the Washington State legislature.

The February gathering not only garnered wider support among lawmakers for lowering the inordinately high licensing fees for midwives, it also gave student midwives a chance to practice their leadership skills.

"Our students were powerful advocates for women and for a form of care that respects the dignity and hopes of those who desire a safe, non-medical birth," says SMS Executive Director Cheryl Murfin Bond. "At the same time, they really brought the point home to lawmakers that midwifery care saves money! In a year with very tight budget constraints, I know they made an impression."

Many lawmakers agreed. "It just makes sense to me," Pam Roach, Republican senator from Auburn, said of supporting midwives by lowering licensing fees. She added, "It's great to see students here. You all are doing great work in the community."

Advocacy in Action

SMS students, staff and faculty educate and inspire on Lobby Day 2007

SMS Joins MAWS to Reduce Licensing Fees

The Midwives' Association of Washington State (MAWS) and Seattle Midwifery School students, faculty and staff have been hard at work during this year's state legislative session, pushing lawmakers to fix the state's inequitable professional licensing system – a system in which licensed midwives currently pay the highest fees of all health care providers! The high cost of licensing is forcing midwives out of practice, thus reducing birth options for Washington women and their families.

By statute, each individual healthcare profession in Washington must bear the full cost of funding its state regulatory program. For years midwives have paid some of the highest licensing fees in the state because of the relatively small number of midwives – nearly \$1,000 per year versus as little as \$30 for other professions. "In a state that is home to two accredited midwifery schools, this situation is an embarrassment," says Cheryl Murfin Bond, SMS Executive Director.

Last year, in recognition of the inequity of the current structure, the legislature passed a budget proviso that temporarily lowered the midwifery licensing fee to \$450 and directed the Department of Health to conduct a feasibility study on alternative models for funding the regulation of the health care professions.

SMS students, staff and faculty have joined with MAWS to voice support for a new model in which credential holders would pay a fee based on their classification as either a licensed, certified or registered health care professional.

Help create licensing equity. Call the legislative hotline at 800.562.6000 and voice your support for House Bill 1667 and Senate Bill 5757.

We've got Photo Sessions, Spa Visits, Fabulous Art!

Buy your tickets now at www.seattlemidwifery.org



SMS Annual Report FY2006

July 1, 2005 to June 30, 2006

A Year to Be Proud Of!

Fiscal Year 2005-2006 was filled with transitions and accomplishments for Seattle Midwifery School. For the second year in a row, we ended the year with a positive fiscal position. This would not have been possible without the continued and generous support of our donors. In the spirit of positive change for childbearing women, we are deeply grateful for this support.

The year brought substantial leadership change as well. Mary Yglesia ('96) stepped up as Interim Executive Director in early 2005, allowing the SMS Board of Directors to complete the search for a permanent Executive Director. Mary's leadership and energy resulted in a warm welcome and quick transition for new Executive Director Cheryl Murfin Bond, who arrived in October 2005. The SMS Board of Director also grew from seven to 12 members during the year!

The year saw SMS' Doula and Extension Education Program involved in two important outreach programs. Between 40 and 60 individuals attended each of four sessions of the Birth Matters series at the University of Washington Women's Center. SMS leaders and faculty members were involved in several lectures and panel discussions, along with other leaders from the local childbirth community.

In early 2006, SMS received a \$12,000 donation to help with the creation of a community-based doula program in the region. The program is still in early development but will eventually link women and doulas who live in the same communities or who share the same heritage, ensuring that women in all communities receive the birth and social support they need to thrive.

More than 420 people completed SMS Doula and Extension Education Program courses during the fiscal year, acquiring the foundational skills for work as birth and postpartum doulas, childbirth educators and lactation consultants. Included in that number are nearly 50 health professionals who attended advanced workshops sponsored by SMS with Penny Simkin in Austin, TX.

The Midwifery Education Program launched 10 new midwives into the world in a February 2006 graduation ceremony and open house. Nearly all of these talented women went immediately to work as midwives or in a directly related field!

In September 2005, we welcomed the largest class of freshwomen in its history—24 students in all! We've learned from this this adventure—less is better for our limited facilities. We are deeply indebted to this group of students who have weathered tight quarters and other large-class glitches with grace.

In early 2006, several students came together to voice the need for SMS to enter into a dialogue about racism within midwifery education. The dedication of these students and other leaders in the local midwifery community helped launch the SMS Change Team, a community-wide effort to eradicate racism from midwifery education and help the school become more culturally competent. We owe a debt of thanks to all who have committed to doing this work.

Anonymous in Name, Bold in Vision

Every donor is a special part of the Seattle Midwifery School community – every dollar is one more step toward realizing our vision of a world every family has access to care, education and options, contributing to a safe and joyous pregnancy, birth and postpartum.

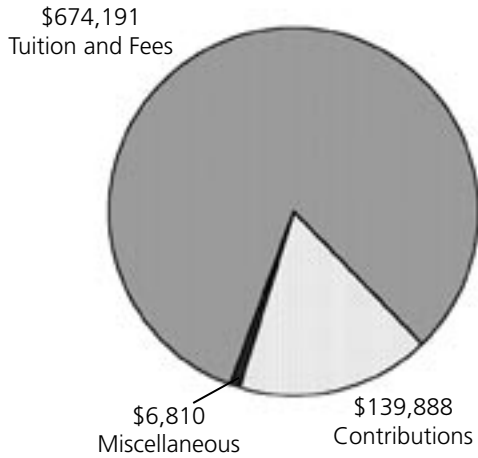
In fiscal year 2005-2006, a handful of SMS supporters moved that vision forward in an amazingly selfless way – through anonymous donation. SMS is deeply thankful for all your financial support. To the anonymous donors who contributed nearly \$14,300 we give our special thanks.

The organization took another step toward its goal of becoming a degree-granting institution by joining the American Association of Collegiate Registrars and Admissions Officers (AACRAO), an organization committed to best practice in higher education enrollment and student services. Through AACRAO membership we are engaged in implementing new student information processing and documenting best practices and transcript requirements.

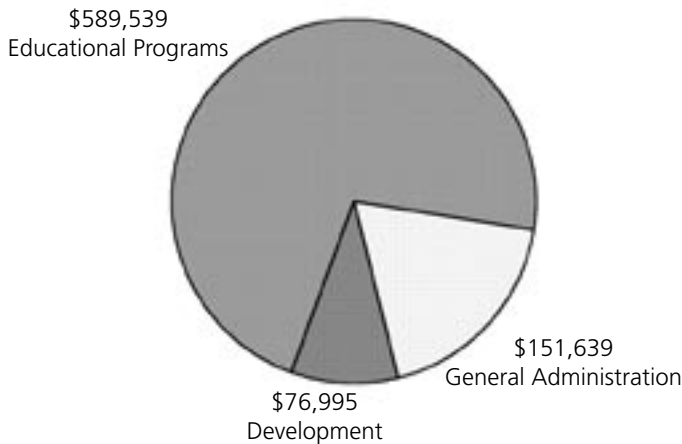
Finally, the SMS Board of Directors launched an annual service and leadership recognition program in April 2006. The Mothering the Mother Service Awards will be given annually to four childbirth professionals who embody the spirit of the midwifery model and exemplify the SMS mission to educate and inspire leaders in the childbirth professions. (See page 7.)

Fiscal Year 2005-2006 was, indeed, an amazing year and 2006-2007 is shaping up to be just as outstanding. Thanks to all for your continued support!

Income Fiscal Year 2005-2006



Expenses Fiscal Year 2005-2006



Statement of Financial Position, June 30, 2006

Assets

Current assets	
Cash	\$93,326
Certificates of deposit	64,733
Accounts receivable	16,555
Prepaid expenses	<u>7,456</u>
Total current assets	182,070
Property and equipment	
Equipment and furniture	63,600
Leasehold improvements	<u>77,602</u>
	141,202
Less accumulated depreciation	<u>51,874</u> 89,328
Lease deposit	<u>2,550</u>
	<u>\$273,948</u>

Liabilities and Net Assets

Current liabilities	
Accounts payable	\$18,580
Accrued payroll taxes	3,722
Accrued salaries and wages	22,083
Accrued vacation	17,566
State and local excise taxes payable	3,459
Tuition refunds payable	992
Prepaid tuition	28,764
Prepaid rental allowance	<u>18,675</u>
Total current liabilities	113,841
Net assets (deficit)	
Unrestricted	149,051
Permanently restricted—Endowment	<u>11,056</u> 160,107
	<u>\$273,948</u>

FISCAL YEAR 2006 DONATIONS

SMS appreciates and puts to good use every dollar donated. For a full list of our generous contributors and to see our full audited financial report, visit www.seattlemidwifery.org/news_publications.htm.

This listing includes cash donations to SMS between July 1, 2005 and June 30, 2006. Every effort has been made to verify the accuracy of this list. If your name has been misspelled or inadvertently omitted, please call us at 206.322.8834 or 800.747.9433.

\$10,000 or more

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Helen Mansfield in honor of
Marge Mansfield
Clayton Marsh
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Midwives Association of
Washington State
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thanks to each and every
one of you. For a complete
list, of donors, visit www.seattlemidwifery.org/news-publications.htm.

2005/06 Staff and Board

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Silje Sodal
Jonathan Tuttle



DOULA & EXTENSION EDUCATION PROGRAM NEWS

Last Chance to Register for PPMD Workshop

March 26

Building on its work with the Washington State *Speak Up When You're Down* postpartum depression awareness campaign, Seattle Midwifery School will launch a one-day workshop for professionals on the diagnosis and treatment of postpartum mood disorders. Join instructors **Heidi Koss-Nobel**, postpartum doula and chair of Postpartum Support International of Washington State, **Margie Bone, MD**, a psychiatrist in private practice, and **Rebecca Brabo Silva, MA**, a therapist in private practice, to explore all aspects of this important topic.

CEUs for this course are available from the WA State Society of Clinical Social Workers and the International Childbirth Education Association (ICEA).

Labor Support Course Gets an Update

Even great courses need occasional review and refinement to ensure they provide the most current information for students, so we have recently updated the SMS Labor Support

Course. Our completely revised agenda and manual exceed DONA International's requirements and meet the prerequisite foundation in childbirth education required for certification. Check out the changes! The next class dates are May 4-5 and 11-12, or an intensive class on June 27-30 with founding instructor Penny Simkin.

Professional Education in Breastfeeding and Lactation

New Dates Added: October 15-17 & 19-21

Please join us for this 6-day comprehensive course for aspiring lactation consultants taught by Molly Pessl and Ginna Wall.



Lactation consultant Marie Witherell dazzles aspiring childbirth educators with her breastfeeding presentation at the recent Childbirth Educator Training.

SMS Hosts Pre- & Perinatal Massage Therapy Certification Workshop

July 26-29

This CEU-approved certification workshop will empower massage therapists and other health care providers to become confident, competent somatic specialists, prepared to meet the emotional, structural and physiological challenges of the childbearing year.

Massage therapist and author Carole Osborne-Sheets (www.bodytherapyassociates.com) will lead participants far beyond general adaptations for maternity massage in a 32-hour comprehensive program. Learn more than 80 advanced techniques specifically developed to enhance pregnant, laboring and postpartum women's comfort, health and enjoyment. Come gain skills that will expand your practice!

Postpartum Doula Training

New Format Premier August 1-4

We will offer four consecutive days of postpartum doula training on our beautiful campus this summer. It's the only time the course will be offered in this intensive format in 2007, so register soon to secure your spot.

MIDWIFERY EDUCATION PROGRAM NEWS

SMS Sends Team to MANA

SMS sent a hefty contingent of staff, faculty and students to the Midwives Alliance of North American (MANA) conference in Baltimore, MD this past fall. The long journey was well worth it as we met with national leaders of the midwifery movement and heard Tracy Simpson, RM ('05) present her research on intubation of the newborn. Way to go, Tracy!

Staff Transitions

Several transitions have taken place in the program in recent months. Clinical Coordinator **Jasmine Bay** (NE '03) left in February to attend acupuncture

school full time, and we will miss her! **Marissa Ridgway** ('03) has stepped up to move the clinical portion of our program to new heights.

Annie Moffat ('94), longtime SMS instructor and admissions coordinator, has taken flight and is following her dream of visiting family and scouting possible student sites in Zanzibar! **Alexis Chapman** has moved into the admissions role with great energy and talent.

Imagine! A Birth at MANA

The inaugural meeting of the Association of Midwifery Educators (AME) was held during this year's MANA Conference in Baltimore. Joining

midwifery educators from across the country were Jo Anne Myers-Ciecko and Cheryl Murfin Bond (former and current SMS executive directors), SMS Midwifery Education Director Mary Yglesia, SMS Clinical Coordinator Jasmine Bay and SMS instructor Launa Hall.

The purpose of AME is to create a framework for midwifery teachers, mentors and institutions to join together for collaboration and support. It has grown from its origins as the MEAC Outreach to Educators project and has already created a website for its members' use to share information, ideas and strategies for strengthening midwifery education in America. We are proud to sit at this table!



Christy, Ben and Logan Rainchild

In the Name of Our Mothers

Camano Island sculptor Ben Rainchild doesn't need to search very far in his memory to recall the incredible power of motherhood and childbirth. Rainchild describes the birth of his son Logan last July as one of the most powerful examples of love and strength he's ever witnessed. Rainchild says his wife Christy, "was amazing – she was so incredibly strong. The whole experience was amazing."

The Rainchilds, pictured here, are now helping Seattle Midwifery School recognize and honor motherhood by donating their work for a special fundraising project.

The owners of Rainchild Metal Works, they will create a sculpture embodying the spirit of mothering and birth. The piece will be developed over the next year, but will also be a living work that will evolve over time as each year the names of mothers are etched into the piece. Anyone is invited to make a gift of \$500 to SMS on behalf of a special mother. The honored mother's name will become part of the sculpture and a special Mother's Day card acknowledging the mother will be sent to her or to other appropriate family members.

Designs for the sculpture will be unveiled during the annual SMS Mother's Day Tea on May 12 at SMS. For more about the artist, visit www.rainchildmetalworks.com.

2007 Mother's Day Tea

When: Saturday, May 12, 2007

Where: SMS Hearth Room

Who: You, and a special mother in your life

Time: 2-4 pm

Cost: Free

RSVP: Call Cheryl Murfin Bond at 206.322.8834 x103, or register online at www.mothersdaytea.eventbrite.com.

We have space for only 40 guests, so please RSVP today!

At the event we will invite you to make a donation in the name of the mothers that have touched you.

AHS Grant Leads to Library Upgrade

One of the most important functions of any library is to give its patrons quick and easy access to the information they need. The SMS Library has been assessing the information needs of students and the public in recent months and making great strides toward improving access.

We recently purchased library cataloging software thanks to a generous grant from the AHS Foundation. This upgrade will make it easier to track library items, help students find information, and reduce the time it takes for items to be processed and made available for check out.

Users can now: search the collection by title, author, subject and/or keyword; search by resource type (book, journal, DVD, video); see if items are checked out; and print out due date slips for library items.

We will soon add the capability to search our catalog from the Internet and other exciting enhancements. The SMS library is a public resource – come check it out!

Call for Nominations

2007 Mothering the Mothers Service Award

Last year we started a new tradition at Seattle Midwifery School – annually honoring one midwife, one doula, one lactation expert and one childbirth educator, each of whom embody the spirit of the midwifery model and exemplify the SMS mission to educate and inspire leaders in the childbirth professions.

The SMS Board of Directors is now accepting nominations for the 2007 Mothering the Mother Service Award winners. Nominate any childbirth professional, local or distant, through March 31. Winners will be announced in the April edition of the e-news and highlighted in a future Bulletin.

To nominate a person, please submit the following information:

- Nominee's name, and credentials if applicable
- A personal statement as to why you are nominating the individual
- Your name and contact information
- Your answers to the following questions:
 - o How has the nominee embodied the midwifery model of care?
 - o How has the nominee exemplified leadership within the childbirth professional community?

Send your nomination to cherylmb@seattlemidwifery.org or mail your nomination to our street address.



We've got Adventures, Experiences, Romantic Getaways!

Buy your tickets now at www.seattlemidwifery.org



SMS 2007 Dinner & Auction

Join us for a magical evening!

The biggest event of the year is nearing – so get on the guest list now! The 2007 annual dinner and auction will be held Saturday, April 28 from 5-10 pm at Daybreak Star Cultural Arts Center in Seattle's beautiful Discovery Park.

The cost is \$65 per person until March 30, or \$75 per person after that. To register, visit the SMS web site at www.seattlemidwifery.org.

Support SMS at our major fundraiser, connect with students and old friends, pick up some awesome items and vacations, and have a great time!

Upcoming Doula & Extension Education Classes

Postpartum Doula Training -

Aug 1-4, 2007

Labor Support Course -

May 4-5 and 11-12, 2007

Jun 27-30, 2007 (with Penny Simkin)

Aug 15-18, 2007

Professional Education in

Breastfeeding and Lactation -

Jun 18-20 and 22-24, 2007

Oct 15-17 and 19-21, 2007

Advanced Practice in Breastfeeding -

Apr 26-28, 2007

Childbirth Educator Training -

Sep 21-23 and Oct 26-28, 2007

Writing for Birth Professionals

Online - Apr 2 - Jun 29, 2007

Basic Nutrition Online -

Apr 16 - Jul 6, 2007

For more information, visit www.seattlemidwifery.org/doula_education.htm. To register, contact us at info@seattlemidwifery.org or 800.747.9433.



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The SMS Mission: Educating and inspiring leaders in childbirth professions