

# Isis Rising

## A Prison Doula Project



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## What is Isis Rising?

Isis Rising is a pregnancy and parenting program for mothers incarcerated at the Shakopee Women's Prison.

### Who can participate?

You can participate in Isis Rising if you are:

- currently pregnant,
- have given birth within the last year, or
- parenting a child under 5.

### What does participation involve?

Our group meets for two hours every week, for 12 weeks. Each week we discuss different topics related to pregnancy and parenting. Moms in our group learn about:

- prenatal development
- the birth process
- self-care

- stress management
- child development
- maintaining relationships during incarceration

### Who leads the groups?

Each weekly session is led by two doulas. A doula (pronounced "doó la") is a person who is trained to assist women before, during, or after childbirth. Isis Rising doulas help educate and support moms during their time at Shakopee .

If you're pregnant, you can also be matched with a doula. A doula will meet with you one-on-one to help you prepare for your labor and delivery. When you go into labor, the doula will meet you at St. Francis hospital and provide you with support.

The doula will also take pictures of you and your baby. After you return to Shakopee, the doula will meet with you again to discuss any post-partum concerns you may be having.

### How can you participate?

If you're interested in Isis Rising, ask your case manager about how you can join our group or be matched with a doula!

*"A mother's love is patient  
and forgiving when all others  
are forsaking, it never fails or  
falters, even though the  
heart is breaking."*

*-Helen Rice*



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## Program Evaluation

Last year, we partnered with researchers at the University of Minnesota to evaluate the needs of women participating in Isis Rising. As part of this evaluation, we collect information about mothers'

experiences and how participation in Isis Rising affects their physical and mental health. For the evaluation, we ask mothers to complete brief questionnaires at the start and end of the program.

We collect some additional information about the birth experiences of mothers who are pregnant. We hope that the results from our evaluation will improve the program at Shakopee, and eventually inform new programs in other states.

