



HOLISTIC CHILDBIRTH MIDWIFERY INSTITUTE




MATERNAL
HEALTH
SPECIALIST

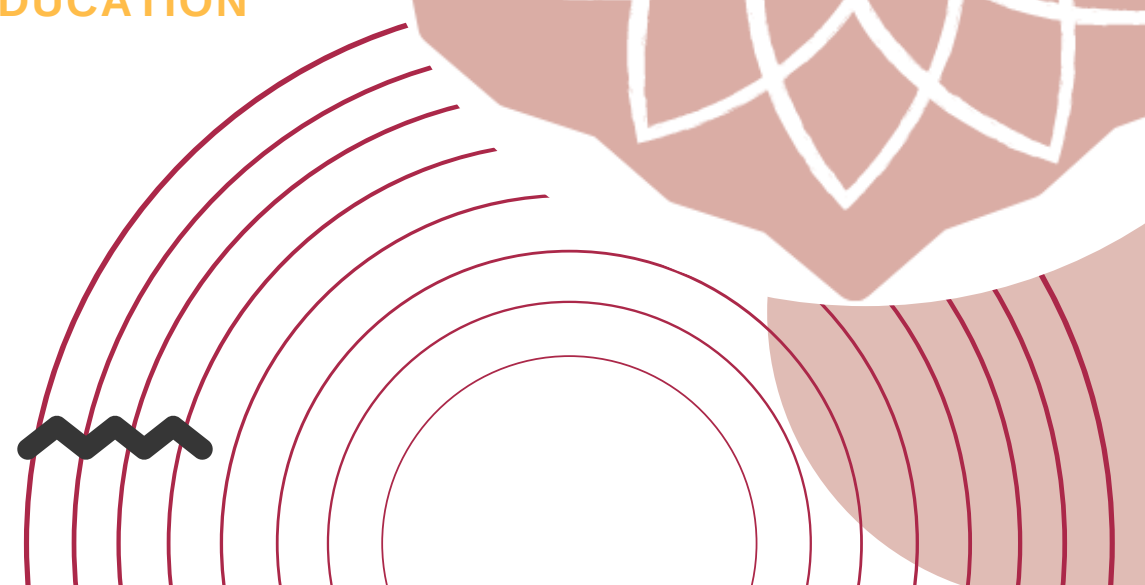
2021 Catalog

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**RAISING THE
STANDARDS FOR
COMMUNITY
MATERNAL HEALTH
PROVIDER EDUCATION
ACCESS**





**CHANGING MATERNITY CARE,
ONE BIRTH PROFESSIONAL
AT A TIME**



Maternal Institute

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About the Midwifery Institute

MISSION

The mission of the Midwifery Institute is to provide accessible birth professional education to prepare competent, entrepreneurial, ethical and compassionate leaders in community maternal care to serve all individuals with an emphasis on women and families in diverse, rural and underserved populations.

HISTORY

HCMI is a small private institution founded in 2013 in Alaska. It began as a doula business mentorship and has grown into a comprehensive series of programs designed to support birth professionals in their journey to sustainable birth businesses and midwifery careers.

Since its humble beginnings HCMI has been providing students with a rich and diverse learning environments. Our birth professional teaching programs launch students into real world birth situations, prepares them for successful birth businesses, and gives students a solid foundation to become a professional midwife.

From the beginning HCMI has viewed front line birth professionals as a central part of maternal health care. As the demand for more integrative and autonomous birth care increased so did the need for qualified birth professionals to serve our communities.

Student Driven Education

PHILOSOPHY

At HCMI, we believe that birth professionals and students should have the chance to learn within the cultural context of the communities they choose to serve. That is why we offer programs via distance and in the communities our students live. Our Maternal Health Specialist program allows students to choose their own clinical preceptors.

We know birth professionals and students have unique demands on their time, varying life structures, and different needs for learning. That is why our program is self-paced and adaptable to many different lifestyles and ways of learning.

Becoming a birth professional and/or a midwife is a huge commitment. It shouldn't have to be a burdensome financial commitment. That is why we've made our program as affordable as possible.

Why Choose HCMI?

At the Midwifery Institute we understand the changing needs of students, the growing gap between traditional school settings and the demand for education. Our educational pathway is designed to open doors to those who would not ordinarily have access to a maternal community provider education. Our students are immersed in their own communities for learning and apprenticeship instead of uprooted like many traditional schools.

We understand the need for flexible learning as our students are from all walks of life and different lifestyle circumstances. Many of our students balance family and financial responsibilities that may not fit into a strict academic schedule. This is why we offering flexible attendance quarters, distance theory, and personal agreements with preceptors. Students can complete their distance theory anywhere in the world that has an internet connection.

Our program was built for success. Students make their way through our program with a full set of support options including personal mentoring opportunities, academic counseling, house mentors, and a clear pathway to CPM designation. Students can complete the program in as little as 12 months with the option to extend the program for up to 2 years.

EDUCATION WITHOUT CONSTRAINTS & EQUITY IN EDUCATION

HCMI offers flexible distance programs to meet the unique needs of students and preceptors. Students create an education plan that allows them to stay in their own communities or travel to other cities. HCMI's academic and clinical programs result in either a certificate or in a clear designation of CPM. Students may enroll throughout the year, take breaks, or start with a full load of class and an anticipated finish time of two years.

Across the country we have unequal opportunities and unequal outcomes in both our education system and our maternity care system. Our dedication to educational equity means we are working to overcome the historical legacy of discrimination, marginalization, and underinvestment that disadvantages specific groups of people, especially those defined by race. This means we provide support to students tailored to the specific needs of students not merely providing the same experience to all students. HCMI is committed to creating transformational learning communities fiercely committed to educational equity and excellence.

Objectives

1. To improve access to maternal community provider access
2. To improve care for birthing individuals, families and babies through maternal community provider education
3. To provide accessible maternity community provider training to students in any location and at any level of training under the guidance of approved assistantship and apprenticeship-preceptor programs
4. To promote community involvement and education within students location
5. To provide comprehensive, evidence based curriculum
6. To stimulate encourage and reward self-driven students to practice autonomy in their educational journey
7. To offset the costs associated with attending a traditional midwifery school
8. To provide a faculty and board made up of volunteers in the field of maternity community providers and midwifery education for student guidance and support of research projects



WHAT IS A COMMUNITY MATERNAL HEALTH PROVIDER?

Community Maternal Health Providers (CMHP) are frontline maternal public health workers who have a close understanding of the community they serve. They work either for pay or as volunteers in association with the local health care system in both urban and rural environments. CMHP usually share ethnicity, language, socioeconomic status, and life experiences with the community member they serve. As frontline agents of change, CMHP's have a unique ability to bring information and support where it is needed most.

Among the many known outcomes of CMHP service, here are a few highlights:

- Improved access to health care services
- Increased health and screening
- Increased outcomes for mothers and babies
- Better understanding between community members and health provider
- Increased use of health care services
- Improved adherence to health recommendations
- Reduced need for emergency and specialty services



CMHP EXAMPLES

Advanced Certified Doula | Maternal Health Specialist | Childbirth Educator | Birth Assistant
Certified Professional Midwife | Breastfeeding Peer Counselor | Bereavement Counselor }

The Maternal Health Specialist Program

INTRODUCTION

There exists a space in maternity care and professionally between early community birth workers and those rounding out their education as a midwife. This is where the Maternal Health Specialist lives. MHS have advanced knowledge of labor support, postpartum support, breastfeeding education, bereavement, childbirth education birth assisting, and birth business administration skills. A MHS works as part of a team of birth professionals serving birthing clients in the community.

The Maternal Institute offers a certification that prepares students to become Maternal Health Specialists. Graduates of the MHS certification will be qualified to work as:

- Professional Birth and Postpartum Doula
- Birth Assistants
- Childbirth Educators
- Breastfeeding Peer Counselor
- Placenta Encapsulationist
- Birth Center Mother Mentor
- Childbirth Education Coordinator
- Maternity Concierge
- Midwifery Office Coordinator

This program provides a solid foundation for a career in midwifery, with graduates being prepared to begin phases 2 and 3 of the NARM PEP route to midwifery.



PROGRAM STRUCTURE

A 12-month Hybrid Apprenticeship Model

At the beginning of session one, students go through an orientation to start students off with a solid foundation for their courses. An example schedule of coursework is provided for those who want a guide. Students work through the distance courses at their own pace in their own space. Students complete reading assignments, and exams between monthly virtual meet-ups, live class sessions and recorded lessons.

Starting session two, students match with preceptors and clinical training sites. There are hands-on skill workshops throughout the year for those who would like to attend. They are encouraged, but not required. The clinical assistantship gives students opportunities to practice their hands on skills learned in their online sessions. It is a requirement for students to graduate.

BUILD YOUR BIRTH PROFESSIONAL CAREER

Program Outcomes

Upon completion of the program, students are expected to be able to:

1. Acquire a foundation of theoretical knowledge, clinical assessment, critical thinking skills, and shared decision making.

- Use critical thinking to evaluate clinical findings
- Optimize intuition as authoritative knowledge
- Demonstrate effective communication and written skills
- Apply care principles, support and information regarding reproductive health

2. Assist in creating a plan of care for birthing people in the childbearing year.

- Demonstrate an integrated understanding of the whole picture
- Use conscious analysis of the challenges and goals in creating the plan of care
- Identify goals and challenges of care
- Maximize the teaching and learning process to maintain health and nutrition of clients served
- Understand clinical decisions to assure positive outcomes for mother and newborn
- Summarize how to incorporate high quality, culturally relevant, and holistic care in a variety of settings

3. Demonstrate holistic, competent care for birthing people and families during the childbearing year.

- Function within the Midwives Model of Care (as an assistant or apprentice)
- Assume responsibility for collaboration with other team members and healthcare professionals
- Anticipate the need for referral to local and regional resources and services available to families in community
- Demonstrate assessment skills of preconception, pregnancy, birth, postpartum and newborn
- Perform assistance with the natural birthing process as indicated
- Facilitate continuity of care within the context of the childbearing year
- Be prepared for Phase 2 & 3 of the PEP process



Courses

CURRICULUM OVERVIEW

The MHS program contains 26 courses worth 40 credits at HCMI and 250 + hours of approved clinical work with an approved preceptor.

The 26 learning courses combined with an apprenticeship provide a in-depth, comprehensive and immersive experience for students. This contains our core learning programs, practice base learning, and clinical experience.

Each course was designed by experienced professionals who specialize in the course content. Students will also learn confidence, leadership, and communication skills needed for a birth centered career.

Courses are online with optional in-person skills workshops. Program requires in person apprenticeship with approved preceptor.

SESSION 1

- INTRODUCTION TO MIDWIFERY CR. 1
- ANATOMY & PHYSIOLOGY FOR BIRTH PROFESSIONALS CR.4
- ADVANCED LABOR SUPPORT CR. 1
- FOUNDATIONS IN CHILDBIRTH EDUCATION CR.2
- MEDICAL TERMINOLOGY & CHARTING CR.1
- EMBRYOLOGY CR. 2

SESSION 2

- ASSISTANT BASICS CR.1
- FETAL SURVEILLANCE I CR.1
- HISTORY OF MIDWIFERY CR. 3
- CULTURAL COMPETENCY & BIRTH JUSTICE CR. 3
- PRENATAL CARE I CR. 1
- INTRAPARTUM CARE I CR. 1
- PROBLEMS & COMPLICATIONS I CR. 1

SESSION 3

- BIRTH TRAUMA CR. 1
- HUMAN LACTATION & INFANT FEEDING CR. 2
- FOUNDATIONS PUBLIC HEALTH CR. 1
- PROFESSIONALISM & ETHICS I CR. 3
- NUTRITION I CR. 1
- POSTPARTUM CARE I CR. 1

SESSION 4

- BEREAVEMENT CR. 1
- BUSINESS FOUNDATION I CR. 1
- MYTHOLOGY OF BIRTH CR. 2
- FERTILITY & PRECONCEPTION CR. 1
- PLACENTAL MEDICINE CR. 1
- COMMUNICATION FOR BIRTH PROFESSIONALS CR. 2
- PEDIATRICS I CR. 1

**Rolling Enrollment
Options Make It Easier
to Begin Your Journey**



TAKE CHARGE OF YOUR EDUCATION



BECOME AN ENTREPRENEUR



SERVE YOUR COMMUNITY

Admission Information

Part of our mission at the Maternal Institute is to bring education to all those who desire it and to improve the outcomes of all mothers and babies. We believe we can begin to bridge the gap in health disparities in our communities by supporting our community maternal providers in the communities they are already in. All of those interested in becoming a community maternal provider have a right to a rich education regardless of background. HCMI is committed to creating transformational learning communities fiercely committed to educational equity and excellence.

PREREQUISITES

In accordance HCMI policy, prospective students must:

- Be 18 years or older
- Be able to meet the basic physical needs
 - Standing, walking, sitting, lifting (possibly a pregnant person who has fainted), carrying (20lbs), stooping, balancing and kneeling
- Be able to meet sensory and mental demands
 - Depth perception, color vision, fluent in English, organization, handling stress, problem solving skills, etc
- Have access to a computer/mobile device and internet connection
- Have access to adequate transportation (not public transit)
- Attended & pass student orientation
- Complete the application and pay application fee

Enrollment

In order to enroll in a program, prospective students must:

- Complete and submit the online application packet
- Application fee
- Complete student interview
- Once accepted submit required documentation checklist

Packet Components

All components of the application packet must be received and approved prior to the start of the quarter to be considered for enrollment in any given quarter.

1. Completed application from the website, including essay questions, and readiness assessment
2. Official High School transcripts sealed, or a notarized copy of your high school diploma or GED
3. Transcripts for any college courses wished to be evaluated, sealed from all postsecondary institutions attended
4. Two professional letters of recommendation

Tuition & Fees

PAYING FOR THE PROGRAM

Fees Paid Directly HCM

Payments are accepted from individuals i.e. the student who is enrolling or a parent/other individual on behalf of the enrolling student and institutions or organizations providing a loan or scholarship funds. HCM does not accept third party payments i.e. the enrolling student pays another midwifery institution/site and the institution/site pays the tuition of the enrolling student. Payments are preferred through PayPal, but personal checks, money orders or cashier checks are accepted as well.

For students on payment plans, automatic monthly payments through PayPal are required.

Students must pay the \$25 non-refundable application fee when they submit their application.

Additional Fees Not Paid to HCM

Remuneration

Students and their clinical preceptor(s) make whatever financial agreements they wish, provided evidence of an agreement is filed with HCM. These agreements are fulfilled directly between the student and clinical preceptor(s) at the time of enrollment and any time a student plans to establish a new relationship with a clinical preceptor. Many preceptors do not require payments, but instead require time commitments for clinical related activities (administrative work, supply stocking, clean up, office visits, equipment transportation)

Textbooks

Students are not required to own the books required for the courses, but must find access to them. HCM does not sell books and the books required for courses are not included in Tuition. Many students are able to find the books used at a discounted price, or can borrow from their clinical preceptors.

Professional Equipment

Students are not required to own equipment, but must have access to it through their clinical preceptors. Some clinical preceptors may require that students possess some or all of their own equipment. Costs of equipment vary. Students should understand that they will learn to use the equipment their clinical preceptors use and this could vary from clinical preceptor to clinical preceptor.

Certifications

BLS & NRP certification are required to complete the program. Many preceptors require both certifications before attending births in an assistant capacity. Estimated costs: \$250

NARM Fees

For those seeking NARM certification, NARM Phase paper work fees and exam fees are not included in Tuition.

TUITION & FEE BREAKDOWN

Application Fee: \$25

Tuition: \$1500**

** Payment Plan Tuition: \$500 deposit & 4 monthly payments of \$400



POLICIES & REQUIREMENTS

PROGRAM ORIENTATION

HCMI's program orientation takes place prior to the start of courses. It is a requirement.

Orientation guides students on best practices regarding both academic and clinical aspects of the program.

REQUIRED MATERIALS

Students are required to locate and read all materials listed under the reading section of each course. Students are expected to have access to a computer, internet, and email.

ATTENDANCE POLICY

Students must register and pay for courses before the first day of class to attend classes, unless a payment arrangement has been made. Students who do not attend at least one of the first four meetings of a class may be dropped from the course.

Attendance is tracked by instructors in every class by submission of assigned work or attendance at a live event. HCMI expects students to attend class weekly for every course. If missing class becomes inevitable due to the nature of on call time, it is the student's responsibility to make up the coursework missed. Instructors may set their own individual course policies for attendance as long as they do not conflict with this general policy.

GRADING EVALUATION

Academic evaluation is made using the traditional letter grade assessment. All academic courses must be completed with a grade of 80% or higher in the courses required. Lower grades will not be accepted and must be retaken.

HCMI requires students make academic and/or clinical progress each quarter. If a student does not submit progress two quarters in a row office staff contacts the student to discuss the issue and provide program advisement which may include the requirement of a new education plan.

CLINICAL HOURS

The MHS program is based on the apprenticeship model and requires approved preceptor for clinical skills. It is the responsibility of the student to arrange their own clinical sites, preceptor agreement and clinical hours. HCMI will work with students to assist them to find opportunities.

All clinical requirements are in compliance with the North American Registry of Midwives (NARM), and the Midwifery Education Accreditation Council (MEAC). Students shall abide by the clinical site's personnel policies, protocols, and contracts as deemed by the Preceptor.

CLINICAL ASSESSMENT

Clinical assessment is done through the preceptor apprenticeship. End of quarter and end of phase evaluations are performed by the preceptor. Students and Preceptors are encouraged to meet at regular intervals to sign-off any skills or clinical forms, to review progress, troubleshoot problem areas and to make plans.

CLINICAL DOCUMENTATION

Students are required to submit clinical experience forms to the clinical director at the end of each quarter. Entries should be made in chronological order and printed clearly. The Preceptor must initial every line.

EDUCATIONAL PLAN

Each student receives counseling to create an educational plan (EP). Each student's EP considers unique aspects of student life to create a graduation goal, transfer of credits or life experience, and the ability for students to take the minimum number of courses or maximum each quarter.

Course work is broken down into four quarters with a duration of eleven weeks each. For every credit hour in which students are enrolled, they will spend approximately two to three hours outside of class studying. If students take 12 credits a quarter they can expect to study 24-36 hours per week. Additional hours will be required to complete clinical work with a preceptor.



○ Maternal Health Specialist

The Future of Maternal Health

Are you ready to take
charge of your future?

Submit your application today



FALL SESSION SEPTEMBER 2021

REGISTER AT
[BETTERYOURBIRTHBUSINESS.COM](https://www.betteryourbirthbusiness.com)

