

Expression of Care

Northwest Mothers Milk Bank's breastmilk transportation program for incarcerated mothers at Coffee Creek Correctional Facility and their children

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The logo for Northwest Mothers Milk Bank is displayed within a white rectangular box with a thin purple border. The word "northwest" is written in a purple, lowercase, cursive script. Below it, the words "MOTHERS MILK BANK" are written in a bold, purple, uppercase, sans-serif font.

northwest
MOTHERS MILK BANK



“Given the benefits of breastfeeding to both the mother and the infant, incarcerated mothers wishing to breastfeed should be allowed to either breastfeed their infants or express milk for delivery to the infant. If the mother is to express her milk, accommodations should be made for freezing, storing, and **transporting the milk.**”

- American College of Obstetricians and Gynecologists

Coffee Creek Correctional Facility

- **Women's prison in Wilsonville, Oregon**
- **1685 bed, minimum and medium security facility**
- **Nearly two-thirds of the population are mothers**
- **On average, Coffee Creek supports four pregnant mothers each month**
- **Currently there are two women who are expressing their milk**



Current Breastfeeding Protocol at Coffee Creek

- Mothers express their milk with a pump provided by WIC or use a multi-user pump in the medical unit
- They are given watches that act as alarm clocks to remind them to pump
- After a mother pumps, she stores her breastmilk in a cooler bag
- During round check-ins, a nurse stores labeled milk in a freezer
- The caregivers are notified when the breastmilk is ready for pick up
- Caregivers pick up the breastmilk once a week

Barriers with Current Process

➤ **Transporting Breastmilk**

- It is difficult for caregivers who live far away, don't have reliable transportation, or have limited time to come to Coffee Creek weekly.

➤ **Breastmilk Storage Bags**

- Significant financial barrier
- There can be a delay of getting breastmilk storage bags to incarcerated mothers.

Mission:

Improve the health and survival of the Northwest's most vulnerable babies.

Vision:

A Northwest region where every baby has access to the human milk they need.

Strategic Plan:

Northwest Mothers Milk Bank will support work that is being done to increase breastfeeding rates in NW communities, with a specific focus on underserved and culturally diverse populations.



How will NWMMB help?

- Our Milk Intake Assistant will **pick up breastmilk weekly** on a specified day. The next day, the breastmilk will be **delivered overnight** to each family.
- NWMMB will **cover all shipping costs** for mothers who wish to send breastmilk to their babies.
- NWMMB will **provide and drop off breastmilk storage bags** weekly or as needed.
- NWMMB will provide a **new locking chest freezer** if space becomes limited.
- NWMMB will work with DHS to deliver breastmilk to **babies in foster care**.



Considerations

- Designated cooler in van and facility
- Specific color bags for grouping milk together by mother
- Milk will be stored in shipping area

Program Goals

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- **Remove transportation and financial barriers of current breastfeeding program**
 - **Improve health of infants**
 - **Increase number of women expressing milk**
 - **Increase number of women initiating breastfeeding immediately after birth**
 - **Improve mental health of mothers who are incarcerated**

Next | Steps

- Developed contract for Coffee Creek and incarcerated mothers. Waiting for Coffee Creek approval.
- Confirm Coffee Creek's commitment to the program.
- Apply for grants or host a fundraiser to obtain funding for breastmilk storage bags and to offset the cost of shipping supplies.
- Acquire more donations of breastmilk storage bags.
- Develop educational materials for incarcerated pregnant and lactating mothers.
- Create educational materials for caregivers on handling and providing milk.
- Identify possible improvements in lactation and pumping support to help women express breastmilk.
- Educate prison staff and caregivers on the value of delivering breastmilk.



“Infants born to incarcerated women should have the **same access to breastmilk** as infants born to women in the community.” (Schlafer, Davis, Hindt, Goshin, & Gerrity, 2018).

Association of Women’s Health, Obstetric,
and Neonatal Nurses

References

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