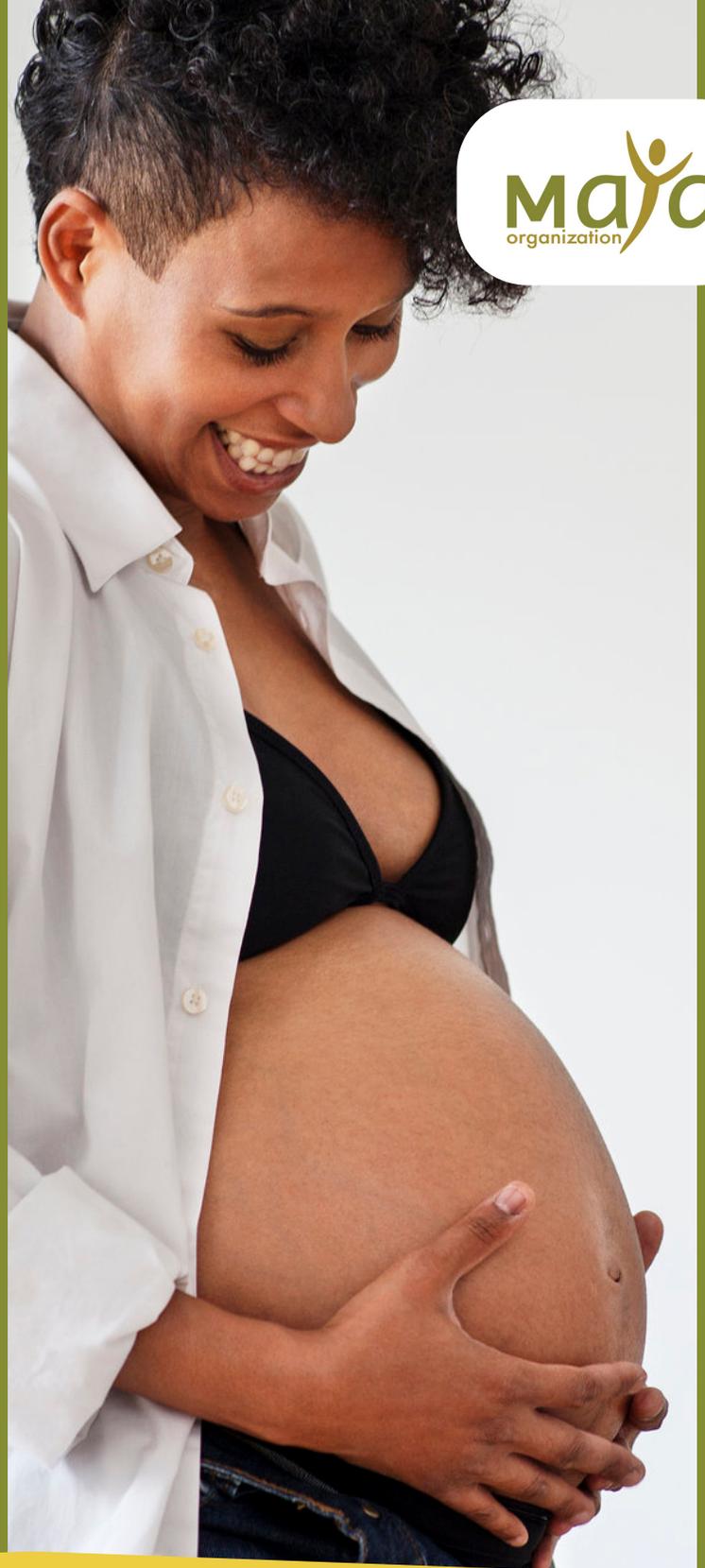


# IMPACT REPORT 2023

2023 was a busy year for MAYA. We created a new mission statement, centering our work with racially marginalized populations. We hired our first dedicated fundraiser. And we relaunched mental health services in Allegheny County Jail. This report provides a snapshot of these and other successes, and a taste of what we do at MAYA and why. We hope that you enjoy learning about what moves us - and perhaps you will decide to join us as we work for better birth experiences and outcomes for Pittsburgh's marginalized communities.



*"There are dedicated people out there that are willing to help us with this period of our life. I commend the hard work of all [MAYA's] instructors."*



## IMPACT SNAPSHOT

**64**

Number of births our doulas attended

**88**

Percentage of frequent participants who delivered at 38+ weeks

**532**

Total number of perinatal clients

*"[MAYA's classes] really really helped prepare me for my appointments. I felt very confident asking questions and I felt like I knew the right questions to ask."*



# ACHIEVEMENTS

In April, MAYA created and adopted new mission, vision, and values statements (which you can read on page 5).

*A year ago, we hired our first development director.*

We brought our mental health care services back into Allegheny County Jail, after an absence of over two years.

*And we signed a contract to provide prenatal and doula services in Allegheny County Jail.*

We received a Highmark Bright Blue Futures Award for our work to address the social determinants of health.

*Our director of civic engagement, Amber Edmunds, co-founded the Shanga Collective, a group of organizations working for equity and protections for Black birthworkers.*

We built and launched a new website (check it out at the same address, [mayaorganization.org](http://mayaorganization.org)).

*We began participating in Allegheny Health Network's First Steps & Beyond project to respond to racial disparities in maternal infant outcomes.*

MAYA participated in the Pittsburgh: A Safer Childbirth City initiative and Perinatal Health Equity Champions, collaborating with community partners to improve racial disparities in maternal-infant outcomes.

*We signed a contract to provide professional training on obstetric racism to providers in the Allegheny Health Network, thus launching our fee-for-service training program.*

And finally, MAYA was selected to appear in the Pittsburgh Foundation's Wish Book.

## OUR PARTNERS

Beverly's Birthdays  
Casa San Jose  
Commonsense Childbirth Institute  
Elephant Song  
First Steps & Beyond  
Healthy Start

Hello Neighbor  
Kangaroo Birthing and Maternity  
Concierge  
South Hills Interfaith Movement  
The Birthing Hut  
Western Pennsylvania Diaper Bank

# MAYA'S PROGRAMS

## HOPE FOR INCARCERATED PEOPLE ("HIP")

257

Incarcerated individuals served with group psychoeducation & individual counseling

95% >

Reported that they understood impact and management of trauma and challenging emotions

## PERINATAL SUPPORT SERVICES

3,516

Total services provided from January 1 to December 31, 2023

57

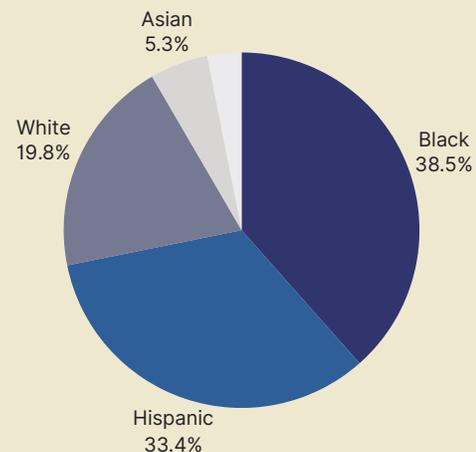
Prenatal and postpartum individuals attended MAYA counseling sessions

86%

Birthing people who reported that their communication with providers improved due to MAYA's perinatal classes



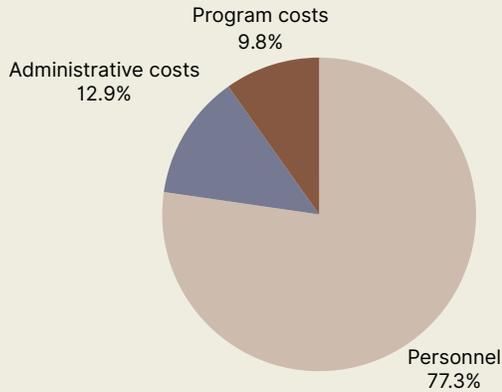
## WHO DOES MAYA SERVE? A DEMOGRAPHIC BREAKDOWN OF OUR PERINATAL CLIENTS



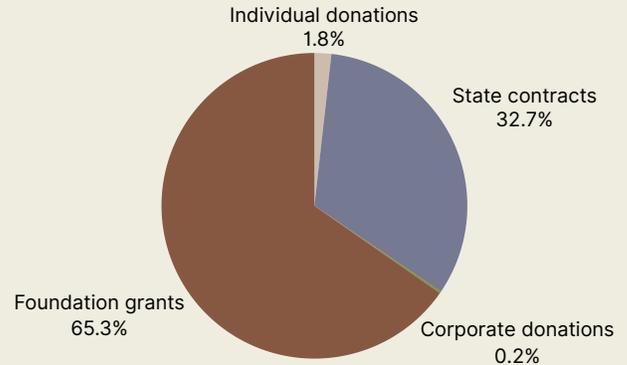
*"I wasn't sure where to look for information and my provider suggested MAYA and I wondered why I hadn't heard of it before - they are truly wonderful!"*

# A FINANCIAL SNAPSHOT:

## EXPENSES:



## INCOME:



## OUR FUNDERS

*We are so grateful to the Foundations and Corporations that gave to MAYA during 2023!*

Allegheny Medical Society Foundation  
Birmingham Foundation  
Duquesne Light Company  
Eden Hall Foundation  
First National Bank  
FISA Foundation  
Heinz Endowments  
Highmark Health  
Mary Hillman Jennings Foundation  
Roy A. Hunt Foundation  
Jewish Healthcare Foundation  
Opportunity Fund  
Pitcairn-Crabbe Foundation  
Pittsburgh Foundation  
Staunton Farm Foundation  
Three Rivers Community Foundation



*"I gained so much valuable information from MAYA; it was truly a great relief to have MAYA's support and services. I learned so much to be prepared for birth and postpartum"*

# MAYA's Mission, Vision, and Values

Adopted April, 2023

**MAYA's MISSION** is to empower BIPOC and marginalized birthing people and birthworkers, and to create positive change in the systems that impact them.

## VISION

At MAYA we envision a city without disparities in maternal and infant outcomes: one in which all birthing people are empowered, supported, and celebrated as they take on the transformative task of giving birth and raising a new life. We aspire to a future where the experiences and interests of birthing people of color are centered, and where birthworkers are supported and recognized for their critical role in the community.

## VALUES

**Our services are accessible.** All pregnant and new parents are welcome to participate in our programs. MAYA requires little to no documentation. We offer services online and in community locations.

**Our services are holistic.** MAYA sees parents as whole people with physical, emotional, social, informational, and practical needs. Our scope of practice includes professional and peer support, fact-based information, and practical assistance. Within this scope, we do not limit our services to specific topics or situations.

**We are community-based.** Whenever possible, care is facilitated by mentors that live in the same communities as our participants. Although MAYA provides fact-based information when needed, we do not see ourselves as bearers of information to be handed down to participants. Rather, we provide a community of care in which participants contribute their insights and experiences as equals.

**It's not about us.** We recognize that each of us has our own opinions, beliefs, and values, and we can never be completely unbiased. At MAYA, we work to be aware of our own biases so that we can set them aside and focus on the participants' point of view. Our only agenda is to assist participants in making their own decisions that are in alignment with their own values.

**We are an anti-racist space.** We acknowledge and talk about racial disparities in birth outcomes. MAYA strives to understand the ways that historical and current systemic racism negatively affect the health and experiences of Black and Brown birthing people. We work actively to center Black experiences and provide culturally-congruent support. We examine the impact that our hiring practices, client interactions, and organizational culture have on people of color.

**Our services are trauma-informed.** We understand that traumatic experiences can alter participants' sense of danger and complicate the work of healing, and we work to create a community of safety. Our staff are trained to provide trauma-informed care.

**We care about relationships.** Relationships are at the core of our work: relationships with participants, partner organizations, and medical providers. MAYA works actively to build trusting relationships with all these groups because change only happens when we work together.

**We believe in human dignity.** MAYA serves incarcerated individuals, people struggling with addiction, and women who have faced abuse and loss - individuals who are often stigmatized, or even dehumanized. We stand against stigma and shame, and uphold the dignity of all people, no matter what their circumstances.

# THANK YOU

to all of our  
friends, donors,  
and community  
partners. 

Your attention, participation, and contributions make  
MAYA's work possible.



## YOUR GIFT BUYS:

**\$50**

One large box of  
diapers

**\$200**

One session of 8  
perinatal classes

**\$500**

Doula care for  
one birth

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 [www.mayaorganization.org](http://www.mayaorganization.org)

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