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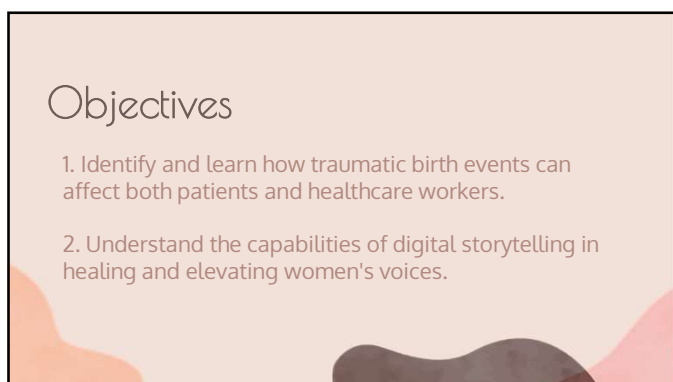
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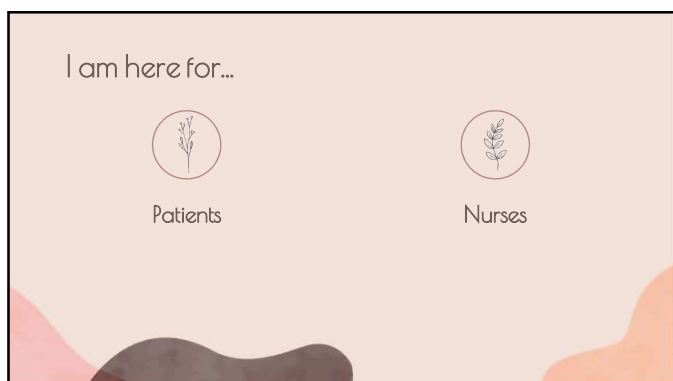
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How many of you have witnessed a traumatic event working in maternal or neonatal health?

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Up to 96.9% of maternal health care workers have witnessed a traumatic birth event.

And it is associated with secondary traumatic stress (STS) or possible PTSD.

Uddin, Ayers, Khine & Webb, (2022)

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Scan the QR code to watch the video:



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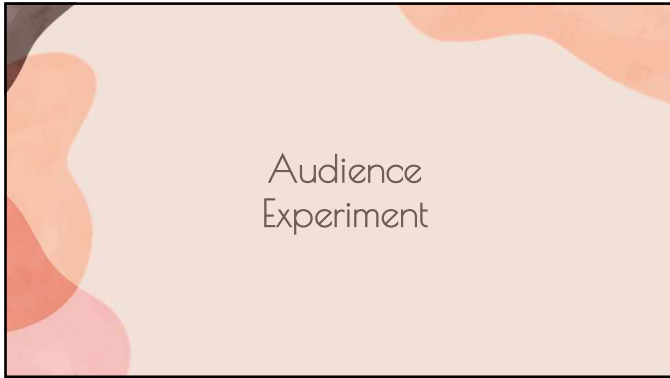
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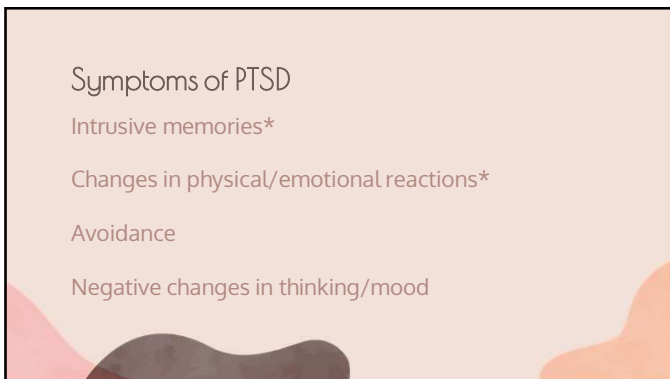
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### L&D Related Risk Factors for PTSD

- Preterm delivery
- Physical pain
- Emergency C-sections
- Instrumental delivery
- Perceived lack of control/powerlessness
- Clinician/staff unsympathetic attitude
- Postpartum hemoglobin <9 g/dl
- Dissociative symptoms
- High level of fear for self or baby
- Perceived lack of support from partner/staff

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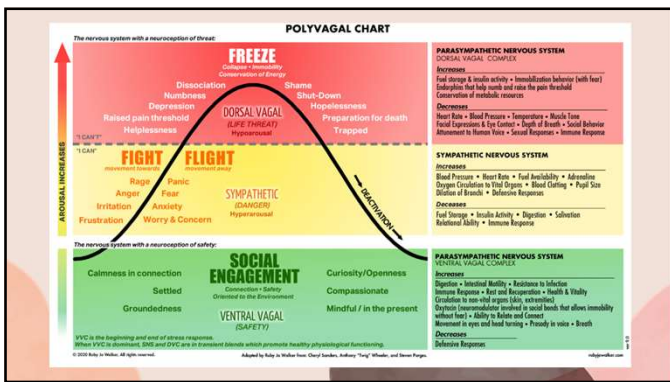
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“Numerous studies of disaster response around the globe have shown that social support is the most powerful protection against becoming overwhelmed by stress & trauma”

“No doctor can write a prescription for friendship and love: These are complex and hard-earned capacities”

(Van Der Kolk, 2014)

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"Social support is a biological necessity, not an option, and this reality should be the backbone of all prevention and treatment"

(Van Der Kolk, 2014)

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**Digital Story**  
A short, first-person video-narrative created by combining recorded voice, still and moving images, and music or other sounds

**Digital Storyteller**  
Anyone who has a desire to document life experiences, ideas, or feelings through the use of a story and digital media. Usually someone with little to no prior experience in the realm of video production but time to spend a few days attending a workshop and developing a story with creative support and technical assistance from compassionate, highly experienced facilitators.

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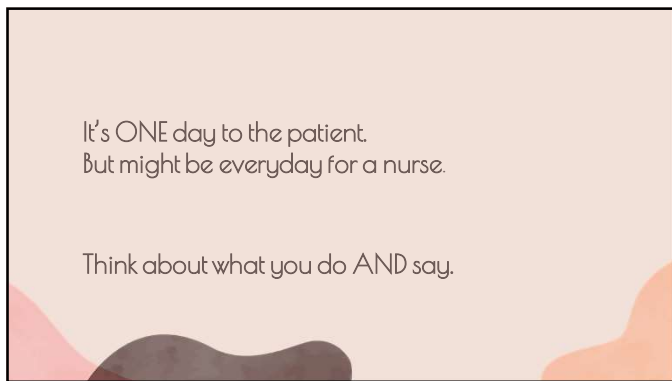
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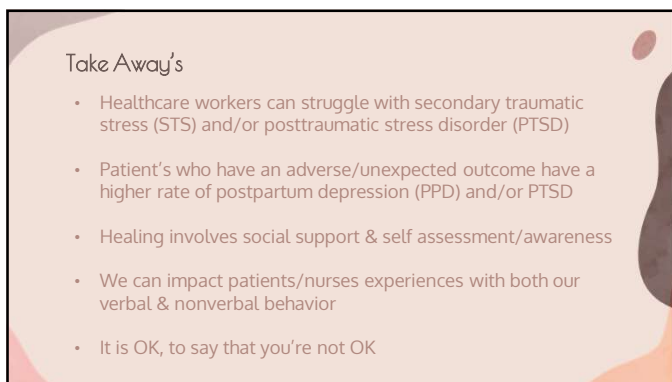
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Continue the Conversation with the Facilitation Guide

- Resource developed to move the Illinois stories from data to action
- Content was developed collaboratively with partners and storytellers
- Intended audience: organizations or individuals interested in screening one or more of the stories and hosting a conversation about how to improve maternal health



<https://promoteil.org/elevating-moms-voices/>

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THANK YOU

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