

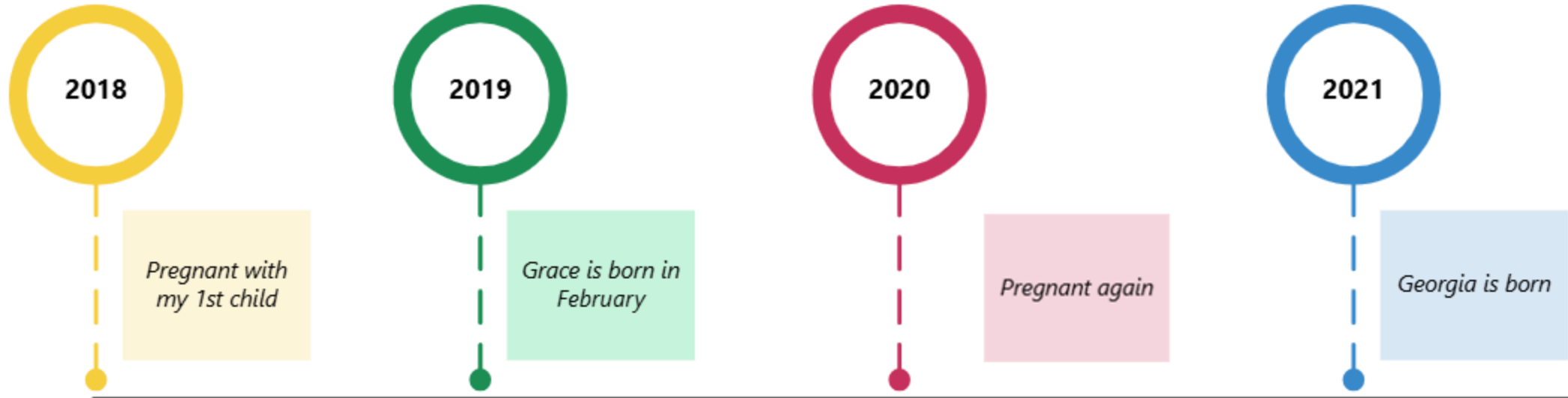
Detour on the Journey to Parenthood

Elizabeth Snyder, OHI 2.0 Family Lead

The Destination



My Journey from the Outside



My Actual Journey

Anxious
Angry
Blessed
Scared
Isolated
Happy
Relieved
Scared

- Pain I've never experienced before
- Did not bond with my baby
- Spent a year in trauma therapy
- Had to change health insurance to go to a physician practice that was well known for their care
- Had a c-section due to the anxiety of doing a natural birth again
- Tied my tubes because I was scared
- Could not use my voice or advocate for myself

The “Ask”



Communicate what happened and next steps through multiple methods



Answer any question even if you don't think it's necessary



Follow up after discharge and ensure they have all needed resources

