



NAPS MENTORSHIP PROGRAM OVERVIEW

Mentor Application and Orientation

Mentorship Program Lead sends out applications to prospective mentors and informs them of orientation date, place and time. Once prospective mentors have attended an orientation, they will then be assigned a mentee by the Mentorship Program Lead.

Mentee Application

Mentees request Application for Mentorship Program by contacting the Mentorship Lead via email at mentorship@napsdoulas.com. Upon receipt of the application, the mentee will complete and mail the application, along with the \$20 program fee to NAPS Doulas. Once approved, the Mentorship Lead will match the mentee with a mentor.

Mentor and Mentee Match

The Mentorship Lead matches mentee with mentor based upon availability, location, and area of expertise. Mentorship Lead contacts Mentor and Mentee once match is made with contact information. The mentee will receive a Mentorship Packet that includes the NAPS Mentorship Program Overview, Mentee Checklist and Mentee Self-Reflection.

First Contact

Mentor contacts mentee within one week of receiving contact information. The mentor and mentee then set a time, date and place to meet in person. The purpose of this meeting is to get to know one another and discuss NAPS Standard of Practice, Code of Ethics, Certification Process, Grievance Policy, Big Tent site, New Postpartum Doula Yahoo group, Facebook pages, etc. This is also a good time to ask any questions. The mentor and mentee establish method for future communications.

Mentorship Lead Check-in

The mentor notifies Mentorship Lead of first contact with mentee within two weeks of that meeting. Should the mentor not contact the Mentorship Lead within that time frame, the Mentorship Lead will contact the mentee for feedback. Either party may request a switch at any time, if needed.

First Interview and/or Prenatal Visit (Optional / If Applicable)

Mentee contacts mentor before first interview and/or prenatal visit to ask any questions. If an interview or prenatal visit is already completed, the mentee can contact their mentor afterwards to ask any further questions or to reflect on experience.

First Postpartum Visit

Mentee contacts mentor before and after first postpartum visit to ask questions and reflect on experience.

Other Postpartum Visits (Optional)

After the first postpartum visit, mentee can contact mentor before, during, and/or after postpartum visit to ask any questions or to reflect on experience.

Self-Reflection and Final Meeting

Upon completion of 24-hours of postpartum care, mentee completes self-reflection form and returns form to mentor. Mentor completes the Mentor Review section on self-reflection form. Then within two weeks, a final meeting is arranged in which the Mentee Self-Reflection and Mentor Review is discussed. Mentor and Mentee will end formal mentored relationship. Upon completion of this meeting, the mentee sends self-reflection with comments to Mentorship Lead for review.

NAPS Certification (Optional)

Once a mentee completes the Mentorship Program, they may apply this experience towards their NAPS certification by checking "Professional Reference or Completed NAPS Mentorship Program" on the certification checklist.

Mentorship Program Evaluation

A program evaluation is sent to mentee by the Mentorship Lead. The mentee completes and returns the evaluation to the Mentorship Lead.