



## ACTT Facilitator Training Overview

The ACTT Curriculum is designed to raise awareness of the benefits of healthcare advocacy and holistic support of Black birthing families. ACTT Workshops equip participants with knowledge and skills to confidently partner with medical services providers and navigate pregnancy, birth, and postpartum. Black Coalition for Safe Motherhood promotes the ACTT Curriculum by offering ACTT Workshops in Black communities nationwide and training ACTT Facilitators to offer Workshops in their communities across the U.S. and beyond.

ACTT Facilitators lead community groups and individuals - pregnant and non pregnant - in interactive role play to practice ACTTing. We can all use more practice in exercising our rights to bodily autonomy and dignity. ACTT offers a self affirming framework for centering Black birthing people, their families and communities. ACTT Facilitators guide participants to assert their personal and collective power and make their voices heard when advocating for themselves or their loved ones. During ACTT Workshops we learn from each other and we maintain a supportive and judgment free atmosphere as we encourage participants to:

- Ask questions until you understand the answers
- Claim Your Space - Physical and Mental
- Trust Your Body
- Tell Your Story

### **Two Hour ACTT Facilitator Training**

This is the first of three programs to be completed on the way to receiving a certificate of completion and being listed as an ACTT Facilitator on the Black Coalition for Safe Motherhood website. The first of the two hours includes a slide presentation describing:

1. How to run an ACTT Workshop.
2. Room Agreements for a supportive learning experience filled with empathy, free of judgment and free of medical advice.
3. Brief summary on each of the five Essential Topics (take home messages for participants) including Maternal Rights, Informed Consent, Vetting Maternity Services, Support & Advocacy, Postpartum Warning Signs.
4. Emphasis is on participation - if participants do not role play their responses to challenges in medical settings they may not fully benefit from the Workshop.

In the second hour Facilitator Trainees participate in an ACTT Workshop. Every group has a variety of experiences which informs their participation. As we practice ACTTing we listen to each other and put ourselves in the shoes of the person in need of care (or in the role of support person). In so doing we learn more ways to advocate for ourselves, our loved ones, or our clients. ACTT Facilitators listen attentively and continue to learn along with the participants.



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## One Hour ACTT Curriculum and Slides Review

The second step is the one hour ACTT Curriculum and Slides Review. The Essential Topics Slides and copyrighted ACTT Curriculum are sent by email, prior to the Review, and after our Licencing Agreement is signed and fee paid. Fees depend on the size of the organization, and range from \$300 to \$1,000. For individuals the fee is \$175 (\$75 with scholarship). The ACTT Curriculum is supplemented by the Essential Topics Slides, which can also be used as handouts for in person programs. When slides are presented, they are used only intermittently to ensure more face to face interaction. The Black Coalition for Safe Motherhood [website](#) is a resource for ACTT learners which reinforces what is experienced during the Trainings and Workshops. Facilitators will want to vet maternity services in their communities, and learn the names of the administrators, nurses and doctors in charge. They can pass on that information for use by birthing people and supporters when seeking and advocating for respectful and timely services.

The ACTT Curriculum has five parts to inform and guide Facilitators:

1. Vetting (Maternity) Services and Gathering Support Notes
2. Facilitator's Guide with sample Workshop time frame
3. Essential Topics Outline
4. Questions & Statements for Providers
5. Scenarios to Practice ACTTing

## Facilitators' first 90 minute - 2 Hour ACTT Workshops are Observed or Co-Facilitated

For this third and final step, Trainees will facilitate their first ACTT Workshop observed by or co-facilitated with an experienced ACTT Facilitator. Black Coalition for Safe Motherhood can assist, as needed, in scheduling and with a pre Workshop rehearsal. A post workshop survey link is given to participants at the end of the workshop. The completion of the brief survey is critical to measuring the effectiveness of the ACTT Curriculum:

ACTT Facilitators embody the African guiding principle of Ubuntu, or shared humanity, in taking on the responsibility of offering ACTT Workshops to the people they serve. ACTT is a powerful, and potentially life saving, solution within the growing movement to liberate birth in Black communities in the U.S. and beyond. Black Coalition for Safe Motherhood welcomes each new ACTT Facilitator as a shining light for Black families as they navigate pregnancy, birth and the postpartum years. Thank you for your commitment to person centered care and support.