



About ACTT Facilitator Training

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 lifesaving, solution within the growing movement to liberate birth in Black communities in the United States 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.

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 United States and beyond.

How We ACTT:

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

Who is this training for? Birth workers, healthcare and human rights advocates, and anyone in the community can use it to help improve the pregnancy, birth, and post birth outcomes of Black families. Black nurses, obstetricians, midwives, doulas, and community members have collaborated to offer a powerful healthcare advocacy toolkit.

Prerequisite None. An ACTT Workshop before becoming a Facilitator is optional. The ACTT Facilitator Training is on-demand allowing the learner to proceed through the training at their own pace. It combines various content such as videos, pre-recorded slides, PDF's, and ACTT Facilitator Guide, and carefully selected resources. Learning is reinforced through quizzes, reflection, and within the online Facilitator community. The online community affords you the opportunity to participate in peer-to-peer learning and interact with the course administrator. After completing the self-study, Trainees participate in a Live Training (virtual or in-person) with the course administrator. During the Live Training you will facilitate about 30 minutes of the ACTT Workshop. Every trainee 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 doing so we learn more ways to advocate for ourselves, our loved ones, or our clients. ACTT Facilitators listen attentively, with empathy, and continue to learn along with the participants. Participation is required to receive a Certificate of Completion and become a Certified ACTT Facilitator.