



Coastal Midwifery and Women's Health

*Whole person care. delivered.*

***What makes CMWH different? Great question! Here is a snapshot of what we believe and how we practice:***

**1. *No one knows you better than you.*** You have been you your entire life. Your provider is not in a position to tell you what's best for you. Think of your provider like a contractor you're hired to build some stairs in your house. They may have some really good recommendations regarding building materials, location of the stairs, etc., but at the end of the day, IT'S YOUR HOUSE! We work for you, not the other way around.

2. Likewise, we're committed to both believing in you, and actually **BELIEVING YOU!** If you say you have pain, it's because you do. If you tell us a certain medication doesn't work for you, then we won't prescribe it. This is a place where you can unload what's really on your mind, without judgment, without skepticism, and without fear.

**3. We don't believe labels (e.g., "needy patient", "drug seeker", etc.) are either appropriate or reliable sources of information.** See #1 above. The best source of information about you is YOU.

(P.S. - If you treat someone differently because of labels applied by past providers, or because they're poor, or less educated, or because they have a past they'd rather forget, you suck as a human. Don't be that guy!)

**4. Everyone has the right to refuse, stop or pause any examination, for any reason, at any time. Always.** Obviously, this is critical when we're doing physical exams in the office, but it also applies when you're being asked questions that you'd rather not answer, or if you just need to stop a visit for whatever reason. **You have control of your appointments at all times.**

5. **Everyone has the right to make her own informed decisions regarding their care.** Part of our job is to present choices, including risks vs. benefits, and then let YOU make the decision. We're committed to supporting your decision, even if we don't understand it, or don't agree with it.

6. **We're committed to listen to all you have to say,** without the time constraints of a typical office visit. This is the only way to really get to know you, and therefore the only way to provide personalized care.

7. **Trauma-informed care** is a concept that informs all that we do. There is a right way and a wrong way to ask about some things, and we want you to be comfortable, and to feel safe, even if we have to talk about past or current trauma. We're always working on better ways to do things, BTW, so any constructive criticism is welcome!

9. We're committed to being **available** as much as possible. We'll never make you play the "telephone game" by only letting you talk to an answering service, or pass you from number to number. You can text or call Jake directly, any time. (Please call rather than text after 10pm – we all sleep through texts!). Jake's cell # is (253) 777-7501. If you don't receive a call/text back within a reasonable timeframe, please call/text April – (360) 868-7026.

10. **We're committed to keeping your costs down.** We know that paying for a home birth represents a substantial investment. We charge competitive rates, and use insurance plans for labs, referrals, etc. where we can. In response to the poor economy, we recently reduced our overall fee by \$1,000.