

Mama Certified Hospital Quick Guide

Bethesda North Hospital

Cincinnati, OH – TriHealth System

[trihealth.com](https://www.trihealth.com)



2025 Mama Certified Recognition





What is Mama Certified?

Mama Certified is a hospital certification program that partners with Black mamas and families to help them choose a birthing hospital. The program helps mamas know what to expect before, during, and after giving birth.

When a hospital becomes Mama Certified, they promise to work with community partners to share clear information about:

- How they support your care
- How they listen to your voice
- How they keep you and your baby safe

What is in this Quick Guide?

- What this hospital does well.
- How they're improving care for Black mamas.
- Questions to ask when you visit.

How to use this Quick Guide.

Use this guide to see how this hospital listens, supports you, and keeps you and your baby safe. Explore what they offer, what they're working on, and whether it matches the care you want.

Scan for the Complete Guide



Learn more about what this hospital is doing to support you in The Complete Guide.

Your Voice Matters

Have you given birth here? Tell your story at mamacertified.org/feedback. Your feedback helps improve care for other Black moms.

About this Data

Based on 2024 data shared by hospitals • Collected & Scored by The Health Collaborative • Organized & Published by Cradle Cincinnati • Updated annually.

What Bethesda North Hospital Does Well

- Has a formal policy that welcomes doulas in every part of birth and guidelines so everyone is on the same page
- Provides safe sleep education and crib support to all families who need it
- Listens to Black mamas through yearly participation in the Mama Certified birthing experience study and improves care where needed

How Bethesda North Hospital is Improving Care for Black Mamas

- Creating a doula training video, informed by Queens Village Health Advisory Board (QVHAB), to help staff work more respectfully and effectively with doulas
- Making birth safer with clear plans for handling complications like heavy bleeding and high blood pressure

Hospital Care Snapshot

What the data says about care for Black mamas and babies.



What We Looked At	What We Learned
Early Pregnancy Care	Offers early prenatal care through in-network providers, follows up with mamas who haven't started care yet, and provides added support when care begins late
Maternal and Infant Health Tracking	They track maternal and infant health by race and ethnicity so they can take action to close gaps in care
How Hospital Handles Complications	Teams are trained to catch early signs of trouble and keep Black mamas safe
C-section Information	C-section rate is below the regional average
Infant Health	Full-term babies here have less serious health problems than the regional average
Feeding Your Baby	Offers breastfeeding support and provides donor milk and around the clock support and guidance on the safe use of bottles



Learn more about what Bethesda North Hospital is doing to support you in the Complete Guide at www.mamacertified.org/bethesda-north-trihealth

Your Experience at Bethesda North Hospital

These highlights show how this hospital supports your journey from prenatal care to recovery at home.



Before Delivery

How this hospital helps you get ready for birth

- Prenatal care is provided through the hospital's affiliated providers, and the hospital tracks early prenatal visits, checks in with mamas who miss first-trimester care, and offers added support when care begins later
- Provides referrals for help with food, housing, transportation, financial support, substance use, safety, and emotional support
- Connects you to local support like Freestore Foodbank, Women Helping Women, and United Way among others

During Your Birth

How this hospital supports you while giving birth

- Welcomes doulas to stay with you through every stage of labor — including triage, labor and delivery, and the postpartum unit
- Has emergency plans in place to catch problems early
- Care team is trained to work respectfully with doulas

Caring for Your Baby

How this hospital supports your baby's health

- Has a lower rate of newborn complications than the regional average
- Offers skin-to-skin care to help you bond right after birth
- Provides breastfeeding support and guidance, access to donor milk, and feeding specialists

Going Home & Beyond

How this hospital supports you after giving birth

- Asks about depression more than once and provides referrals for mental health support when needed
- Connects families to local programs that offer parenting support, newborn supplies, mental health resources, and help at home
- Provides safe sleep education and crib support to all families who need it

Every birth is different. Your experience may include additional support based on your needs. More information is available in The Complete Guide.

Bethesda North Programs & Resources

Food & Basic Needs

Helps with food, housing, transportation, financial counseling, substance use, and safety needs

Parent & Baby Support

Breastfeeding support and on-site family planning

Mental & Emotional Health

Mental health check-ins and referrals for same-day virtual counseling

Local Partners

Freestore Foodbank, Housing Authority, United Way, St. Vincent de Paul, Women Helping Women in among others

In person Spanish and Uzbek interpreters staffed on the unit

How Bethesda North Shows Up for You

Mama Certified Leaders

Tonya Hurst, MSOL
Director of Women's Health

Michele Lamping
Women's Clinical Quality Improvement Officer

Trained and Supported Staff

Staff complete Mama Certified training and participate in wellness programs so they are supported and can give you the very best care

Listening to Black Mamas

Through the TriHealth QV Hospital Advisory Board (QVHAB), Black mamas come together with hospital leadership to share their stories and guide meaningful changes that improve care for every mama and every baby

Continuous Improvement

Working to lower the rate of maternal complications
Creating a doula training video and using feedback from the Queens Village to guide staff training and improve care



Need more information?



The Complete Mama Certified Guide is free and easy to use.

Scan the QR code to see:

- full hospital data
- questions to ask your care team
- tips for choosing the hospital that's best for you



Community Care Options

To learn more about how you can advocate for yourself and your baby, check out our Mama Certified resources at www.mamacertified.org/resources-for-mama

Cradle Cincinnati

Get connected to community support, safe sleep resources, and help navigating your pregnancy and parenting journey at www.cradlecincinnati.org

Queens Village

Join other Black mothers in the community and help shape the care all Black families receive at www.blackwomenforthewin.com

Connect With Us Online

Find more resources and information at www.mamacertified.org

Follow us on social for additional information



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