



Perinatal Care Innovations at ZSFG: Making a Difference for San Francisco Families

Presentation to the JCC

June 22, 2026

BlackCentering pregnancy



- Midwife-founded in 2021, BlackCentering Pregnancy is a culturally concordant group prenatal care model that incorporates principles of CenteringPregnancy
 - Health assessment, health education, community building and emotional support
- 6 cohorts served annually with 81 families served to date and counting
- In addition to group prenatal care, the program offers wellness activities in partnership with community organizations (ex: yoga, cooking classes, infant CPR)
- Evidence for Black-identified patients participating in CenteringPregnancy shows increases in patient satisfaction and breastfeeding initiation alongside decreases in preterm birth and low birth weight infants



Spanish Centering Pregnancy Program

- Established in 1999 by the Nurse-Midwives of San Francisco.
- First Centering Pregnancy program in California!
- Major training site for learners and prospective programs and a best practice site and consultancy for established California programs
- Homeless Prenatal Program partnership established in 2016
 - centers and expands patient experience
 - increases access to vital wrap-around services provided by trusted community organizations.
 - increases access to clinical care.
 - builds community and self-advocacy in a community space
- Participants report decreased isolation, increased satisfaction, confidence and readiness for birth and parenting.
- Friendships and networking continue well past pregnancy and birth.
- Program's *low technology, high touch, and cost-effective approach results in improved clinical outcomes*


*Preterm birth rates are lower than CA and SF rates
2023: 8.7% 2024: 5.5% 2025: 4.6%*







Birth center tour (above),
partner participation (left),
postpartum reunion (right)


THE SOLID START INITIATIVE AT ZSFG PROMOTES HEALTH AND HEALTH EQUITY BY DEVELOPING, IMPLEMENTING, AND EVALUATING COMPREHENSIVE AND FAMILY-CENTERED CARE FOR PREGNANT PEOPLE AND FAMILIES WITH YOUNG CHILDREN.

 Supported initial funding and infrastructure support to launch Team Lily and HealthySteps and to onboard teams as ECM providers with San Francisco Health Network

 Current focus on racially and culturally congruent perinatal navigators and mental health services for Black and Brown pregnant and birthing individuals at ZSFG

 Gathering patient stories about their experience with racially concordant care
[Solid Start, CHCF video draft](#)

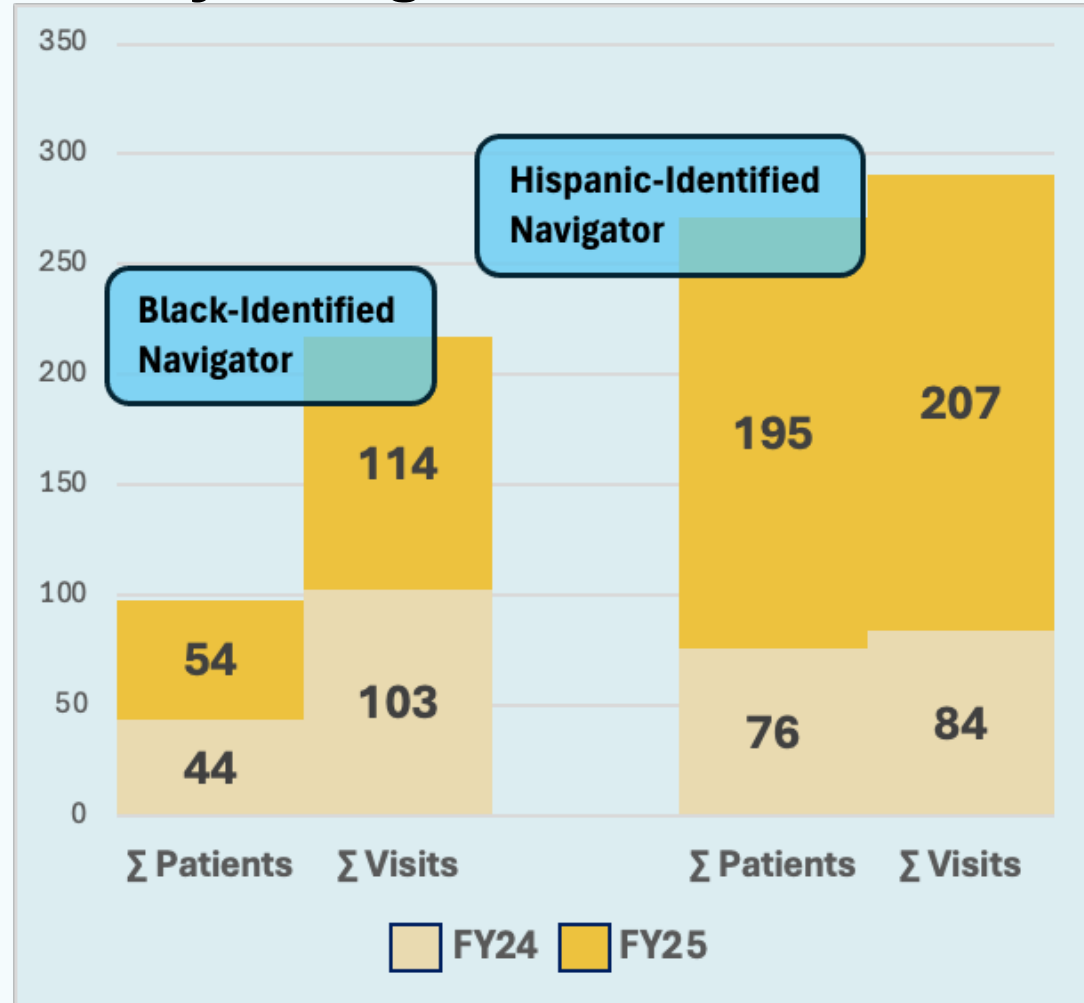
 Data obtained from Revenue Integrity Unit shows steady progress all team members

 **Next Steps: Identify pathway for sustaining philanthropically funded positions**

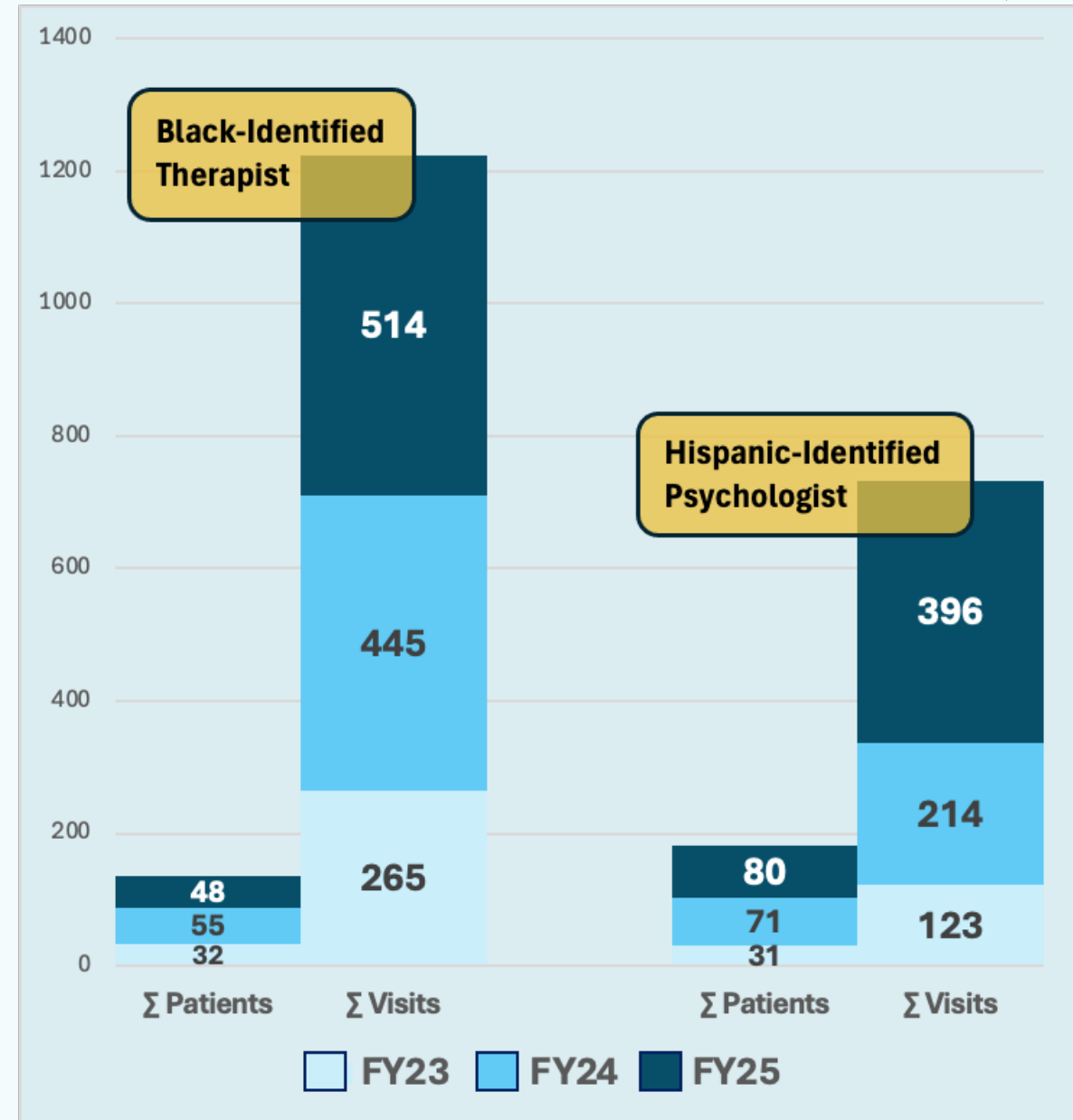
Racially/Culturally Congruent Care

with Solid Start's Black- and Hispanic-identifying Family Navigators and Perinatal Mental Health Clinicians

Family Navigation Services, FY24-



Perinatal Mental Health Services,



Team Lily

Who: **2** social workers, **2** navigators, substance use counselor, **2** psychiatrists, **1** therapist, **3** family medicine physicians, **2** pediatricians & 1 OBGYN



TLAB: Team Lily Advisory Board – 10 former & current clients

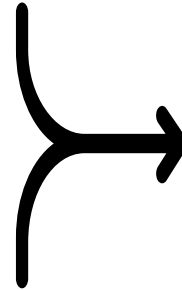
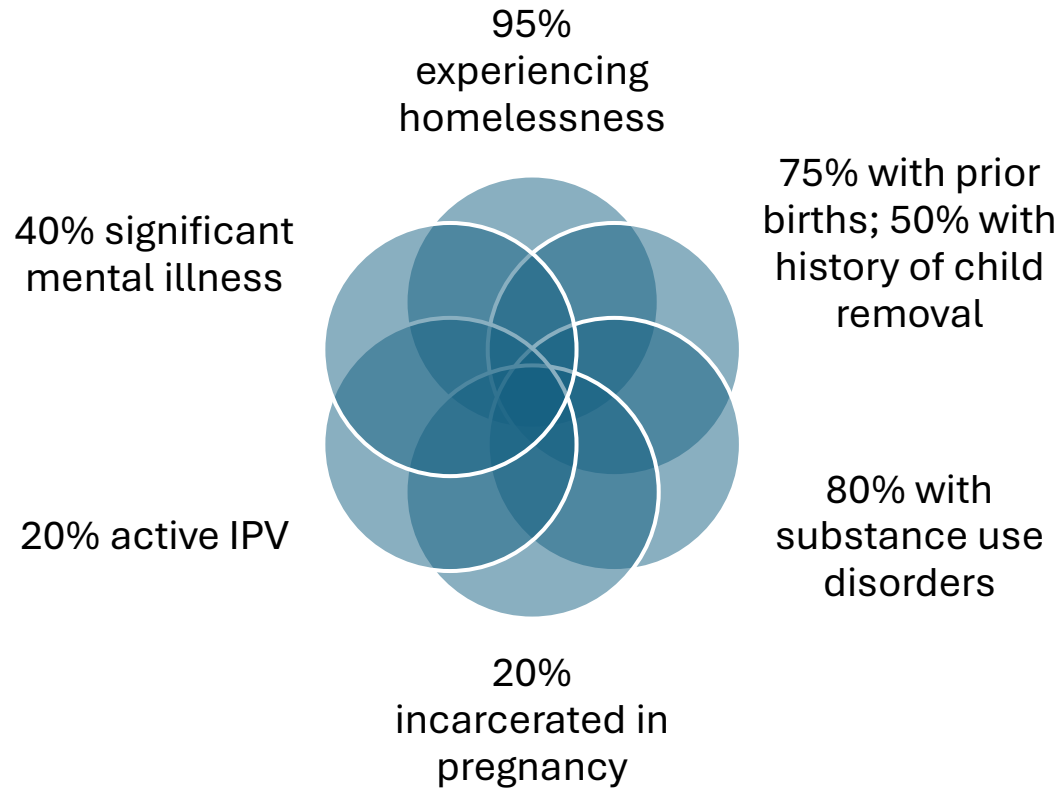
What: person-centered, trauma-informed wrap-around care to pregnant people in San Francisco facing significant barriers to care

- Open-access clinics in OMG & FHC (**3 full clinic days/wk**)
- Transportation
- Support accessing housing & food
- Integrated substance use treatment, mental health services, pregnancy care

Partners: Perinatal stabilization (PHNs), street medicine, residential treatment programs, community orgs

Team Lily Clients

Who: ~100 pregnant & 200 postpartum pts & families annually



90% sheltered at birth
90% engage in SUD treatment
• 50% enter residential treatment
80% engage in mental health services

Mean 4 prenatal visits (range 1-40)
70% leave the hospital with their babies
75% attend 1++ postpartum visit
90% babies have UTD well child visits at 1 year

Treated 6 cases of syphilis in 2025 →
averted 6 CS cases

Caring for ↑ # pts living with HIV in 2025 →
averted 4 perinatal HIV transmissions

Now treating hepatitis C in pregnancy & lactation! →
“cured” 12 people’s hep C to date

Team Lily's mission: *We strive for a pregnancy, birth or abortion, and postpartum experience that is filled with dignity, that is grounded in autonomy, and that uplifts individual or parenting goals.*

What our clients say:

“I mean, I- it's the judgment. Um, you know, you're already feeling scared, and, uh, you know, I mean, you don't feel great about yourself for being high. You know, you're dirty, you're hungry....So it's like, you-you-you- people judge you, so it's like you just stay in your little circle of hell, I guess you would call it....”

Team Lily made it easy, um, you know, to get help. I would definitely recommend Team Lily. Yeah. I wish I would have came there sooner, you know?”



Family Birth Center: Growing Families

- 1164 births in 2025, 493 through 6/1/26
- 3 OB triage beds
- 9 LDRPs
- 12 Postpartum beds
- 13 NICU beds
- Physician, midwifery, & nursing collaborative care model
- Only 24/7 hospital-based midwifery service in SF celebrating 50th anniversary this year
- First BabyFriendly Hospital in SF, continuously certified since 2007
- Community doulas integrated as part of care team



Nursing in Addiction Care: The Need at ZSFG



- Nurses play central role in caring for patients with SUD across all settings at ZSFG
- Addiction training for nurses historically has been limited
- ACT qualitative data reveals strong nursing interest in addiction-specific education
- **There was an identified need for more Addiction Champions hospital-wide:** 1/3 of ZSFGH patients have a SUD, ACT sees 1/3 of these
- In 2024 the ACTNL (Addiction Care Team Nurse Liaison) role was launched on the ZSFGH Birth Center, in 2025 ACTNL's began working at the Birth Center

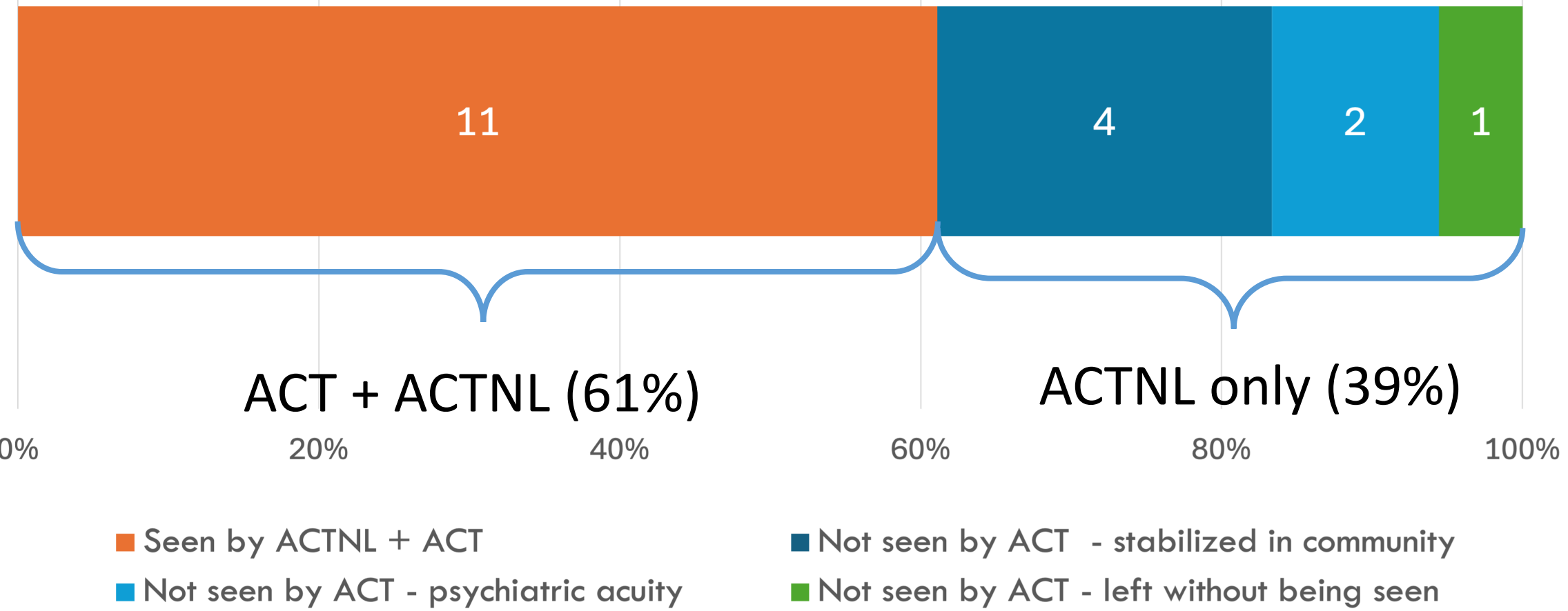
ACTNL Training

- Fourteen eight-hour classes
- Didactic courses taught by ZSFG/ACT addiction experts
- Independent study using online resources (provides CEUs)
- Introduction and advanced motivational interviewing courses
- Community site visits

- Twelve precepted shifts with Addiction Care Team
- Primarily with the ACTNP Additional shifts with interdisciplinary ACT members (MD, fellow, patient navigator, LVN, BHC)
- Focus on hospital workflows, treatment plans, motivational interviewing practice & developing awareness of continuum of addiction care in acute care setting

▪ Each ACTNL is eligible to take the CARN (Certified Addiction Registered Nurse) board exam to demonstrate experience and expertise in the field of addiction nursing at the conclusion of their training

FBC Patients seen by ACTNL Jan 2025-April 2025 (n=18)



THE PEOPLE'S COLLECTIVE

Moving Beyond Consultation to Community Governance

WHO WE ARE

- **Established in 2022** as the Community Accountability Board (CAB) for the ZSFG Obstetrics, Midwifery & Gynecology Division.
- **10 community experts** representing the lived experiences and priorities of San Francisco families, serving as trusted partners in research, clinical care, quality improvement, and organizational transformation.
- A **community governance model** that moves beyond consultation, ensuring those most impacted by inequities help shape the systems intended to serve them.
- Community members provide guidance on **divisional priorities, research initiatives, patient experience efforts, and strategic planning.**
- Members are **recognized and compensated as experts**, bringing lived experience that strengthens healthcare delivery, research, and systems transformation.



WHY THIS MODEL MATTERS:

- ✓ Builds trust between healthcare systems and communities
- ✓ Centers lived experience in decision-making
- ✓ Aligns priorities with community needs
- ✓ Advances health equity through shared governance



Community Leadership Driving Systems Change

Four areas where community expertise has informed strategy, innovation, accountability, and resource development.

ORGANIZATIONAL TRANSFORMATION

- **OMC Strategic Plan:** Embedded community priorities into divisional goals and accountability efforts.
- **Quality & Equity Pillar:** Guided development of patient-centered initiatives focused on voice, trust, dignity, and health equity.
- **Feedback Systems:** Co-created patient feedback mechanisms to support continuous quality improvement.

RESEARCH & INNOVATION

- **Research & Evaluation:** Integrated community priorities and lived expertise into project design and implementation.
- **Grant Development:** Strengthened successful funding proposals through community-informed engagement strategies.
- **Maternal Health Innovation:** Partnered with researchers, institutional leaders, and the MCAH team to advance equitable solutions.

ACCOUNTABILITY & TRANSPARENCY

- **StreetWyze Platform:** Co-designed with the San Francisco Respect Initiative (SFRI) and SF Pregnancy Family Village.
- **Community Voice:** Expanded pathways for transparency, accountability, and community engagement.
- **Systems Improvement:** Ensured community experiences inform change while protecting safety and trust.

COMMUNITY-CREATED RESOURCES

- **The Purple Book:** Developing a community-created roadmap for pregnancy, birth, and postpartum care.
- **Navigation Tools:** Curated trusted resources, self-advocacy tools, and practical guidance.
- **Community-Led Design:** Created by community members to support informed decision-making and improved birth experiences.