Informed Disclosure of Midwifery Care

Thank you for choosing Wellspring Midwifery UT LLC!

Our Mission Statement:

Our desire is to promote and facilitate the normal, healthy processes of pregnancy, childbirth, and breastfeeding. As a team we:

- support a woman's confidence in her own abilities; to help a woman transition into motherhood positively
- help her and the members of her family make emotionally healthy adjustments to each pregnancy and birth where and with whom they choose
- provide the information, skills, and support necessary to help facilitate a positive experience in this wonderful journey to parenthood.

As your midwives, we look forward to getting to know you better and cultivating an open, honest relationship with you. In turn, we hope that you and your spouse will feel comfortable sharing your concerns and feelings with us. We want the best for you in your pregnancy, birth, and new baby; and are dedicated to giving you the best care available.

Our Experience and Training:

We are a combination of not only midwives, but medical assistants, doulas, educators, mothers, and grandmothers. As mothers ourselves, we strive to provide each client and their baby the greatest support by remaining up to date on both CPR certification and Neonatal Resuscitation, as well as pursuing continuing education courses. We are trained to assist you with your natural birth and are prepared for emergencies if the circumstance should arise.

Combined, we have assisted well over 4,000 mothers in the delivery of their babies. This has been without a single neonatal or maternal death and we plan to keep it that way! Our saying is: "If you intend to have a home birth no matter what, please do not come to us." Our goal is the safest possible outcome for both mother and baby, regardless of where that takes place – whether at home or in the hospital. Consequently, in order to ensure the safest care for you and your baby, we will transfer care or transport if needed. We have maintained good rapport here in our community, with the local doctors and hospitals and will utilize those resources when necessary.

Our Midwives:

Heidi Monson

I have five beautiful children and several amazing grandchildren that I delivered; in addition to the many others that call me grandma. My medical education started in 2001 as a Medical Assistant and Radiology Technician at a family practice clinic. I had grand plans to go on to nursing school to become an RN but God had a different and better plan for me. Later that same year, I felt compelled to ask if a local midwife needed help, and that is what started me on my journey to midwifery.

I apprenticed under Michele Thompson. During this time, I completed my doula certification with DONA, became a HypnoBirthing instructor, and attended the Farm Midwifery Center, and completed additional continuing education classes to further my skills. While apprenticing with Michele, I was blessed with the opportunity to attend nearly 1,800 births before she moved to another part of Utah in 2009. Although it was very intimidating to be delivering without Michele initially, I have since gone on to deliver over 750 babies as the primary midwife. Overall, I have attended over 3,000 other births as an assistant or doula. I am a Certified Professional Midwife with my certification through NARM. Though I am not presently licensed in the state of Utah, I plan to become state licensed in the future. Likewise, I remain current in my Medical Assisting certification, Radiology licensure, CPR, and neonatal resuscitation (NRP) certifications. Midwifery began as a calling and has since become my passion in life.

From God's hands, to your hands, to ours – Birthing Client

Molly Jessop
Hi, I'm Molly. Let me tell you a little about my amazing life. I am the mother to ten beautiful children – nine of which were born at home! They are my pride and joy! I became a grandmother in 2019 and I LOVE IT! We are an outdoors family – we camp, hunt, garden, hike, and ride mules.

I knew from a young age that I wanted to become a midwife. I became a doula in 2004 and began training under a lay midwife. Shortly after, a licensed midwife approached me and I started apprenticing under her as well. Within eighteen months, I was working under four midwives and had attended 150 births. I completed various training sessions, including neonatal resuscitation (NRP), breastfeeding, childbirth and relaxation education, herbal and homeopathic classes, and birthing conferences. I was also part of a study group of student midwives for over three years. In 2009, I, along with Shauna Jenson and Aubrey Thompson, undertook teaching our Natural Childbirth Education classes. In 2010, I became a primary care midwife following a six-year apprenticeship. Since then, I have attended over 1,700 births; over 400 of which I was the primary care midwife. As of 2019, I am a Certified Professional Midwife (CPM) through NARM. Midwifery is my passion and I absolutely love meeting and interacting with so many amazing people.

Colleen Christiansen
Early in the fall of 2001, I began assisting a lay midwife in the Eagle Mountain, Utah area. In addition to assisting at prenatals and births, I attended many midwifery classes and conferences, including becoming a doula in 2002. In 2003, I trained at the Farm Midwifery Center in Summertown, Tennessee. The following year, I became a HypnoBirthing instructor. I assisted Michele Thompson for eight years and then became a primary care midwife with Sisters-N-Service in 2009.

I am the mother of six children, all born at home. I have many grandchildren and have been able to attend most of their births, with several of them being home births. I am very passionate about home birth and assisting those that desire the same. I am so grateful to serve as a midwife and to assist other midwives. I consider this to be one of my greatest blessings.

Aubrey Thompson
Hello mamas! My name is Aubrey West Thompson. I started my journey here back in 2007. I had just graduated from high school with my state certification as an MA (2006) and started to work for Dr. Don Allred, who at the time, in his practice, was delivering babies. I loved helping take care of these mamas and when he stopped doing deliveries only a short time later, I decided it was something I wanted to continue. Growing up, I remembered stories and little encounters with the women my Grandma June and Grandma Taggart had helped take care of. What an awesome responsibility it was, and I wanted to be a part of it. My husband's mom was the wonderful midwife who got me started on this journey. I was nationally certified as a Medical Assistant in 2011 and have maintained this license while working for a health clinic. I completed my doula birth training through DONA with Kristi Ridd-Young in 2014 and have taken several courses to better myself in this area since then. I am currently neonatal resuscitation (NRP) certified as well as adult CPR certified. I began teaching Natural Childbirth Education classes only a few years after joining the team. It is something that has evolved over time, and I am still teaching these classes along with Molly Jessop and Shauna Jenson.

I am a mama to five amazing children, who have experienced the birth world right along with me. Every birth is truly a miracle, and I walk away EVERY. SINGLE. TIME. in such awe and amazement at these babies and mamas. What a blessing it has been! It truly is the greatest miracle I have been allowed to be part of. You won't meet a better group of women.

Alice Allred
Hi, my name is Alice Rogers-Allred. I am the mother of four fabulous children, Grammy to five adorable grandbabies, and I am blessed to have an awesome, supportive husband. I have been in the world of birthing since I was a small child. Being the daughter of a midwife has taught me such respect, love, and reverence for the power of womanhood. I completed and certified nationally as a Medical Assistant in 1992 and have worked off and on in this field ever since. I am currently certified in neonatal resuscitation (NPR) as well as CPR. In 2002, I completed my training as a Birth Doula and have trained in many aspects of this through the DONA organization. This has allowed me the privilege of being part of a true miracle each and every time a new family member is born. In 2013, I received my certification in HypnoBirthing under Aaron Aldridge in Boise, Idaho. I have taught classes and have

used these techniques as a doula for many years. Being a part of Sisters-N-Service and being able to assist in birth and birth work has been one of the most fulfilling and spiritual things I have ever had the honor of doing.
"The mothers are calling and I MUST GO" – Birth Doula

Heather Baker
Hello! I'm Heather Baker: wife, mom, birth worker, body worker, teacher, and friend. I love the body and the miracle of life. I have always been fascinated by the body, anything medical, including the birth process. One of my passions is to help women have a more enjoyable pregnancy and birth, and to find confidence and healing in their experience; which also includes prenatal support and education, prenatal bodywork as needed, and labor support.

I graduated from Massage therapy school in 2001 and have taken various continuing education courses including structural bodywork, which I use to assist expecting mothers to have more comfortable pregnancies. Since 2013, my personal postpartum experience and doing Placenta Encapsulation has driven me closer and closer to midwifery and postpartum support. I became a doula in 2017. I am certified in neonatal resuscitation (NRP) and CPR and I am currently attending midwifery school through Via Vita School of Midwifery.

Legal Business
In the event something unexpected arises, that we do not feel comfortable with, we will discuss this with you and make a plan that feels safe to both you and our team. If the need to transport or refer care occurs (unless emergent) you will be informed of the risks and we will make a shared decision.
You may request a copy of our ***Practice Guidelines*** which explains the care you will receive, conditions that may require consultation, or transfer of care and transport to the hospital. In the event that any of these things happen, we will follow care with you throughout the entire process. If you refuse a service that we recommend (for example, a lab test or ultrasound) you will be given verbal and written information and asked to sign an informed refusal form, accepting the full risk of the refusal.
As midwives, we will do everything within our means to keep your records secure and confidential and follow the laws of HIPAA. We are, however, held to an accountability process, called a Peer Review. At this time, we get together as midwives and midwifery teams to discuss difficult situations and receive input, so we can improve our care for you. Your information WILL be kept confidential in these Peer Reviews as only the situation will be discussed, not the names or personal information. Peer Reviews are held in a very organized and professional manner for learning and accountability purposes.
If you feel it necessary, you can send a complaint to the North American Registry of Midwives (NARM) for the midwives who are certified through them. We do hope you will discuss it with us first as we are always willing to improve our care. NARM recognizes that each Certified Professional Midwife (CPM) will practice according to her own conscience, practice guidelines, and skill levels. A CPM is not prevented from providing individualized care. NARM utilizes the Complaint Review and the Grievance Mechanism Policy when a complaint does arise to protect its responsibility of the integrity and the value of the certification process.

Informed Consent
In the state of Utah, we are required to have a signed consent on file in order for us to provide care for you. Please read through the Informed Consent disclosure carefully. We are happy to answer any of your questions or concerns prior to signing the form. After you have read this disclosure and are willing to have us take care of you, please sign our informed consent. We look forward to getting to know you and caring for you in this birthing journey.