

We All Need a Woman Advocate

A woman advocate is a trained professional, colleague, friend, or family member who serves an individual obtaining care, with an awareness of their own herstory, and power dynamics, sexism, cis-sexism, racism, ableism and other oppressions they are up against in Status Quo Health Care* and in everyday life. Individuals can obtain better care from their health provider by having another set of eyes and ears with them. Having a woman advocate is a radical act of self-care, and woman advocacy is a central component of what effective health care and everyday empowerment should be.

Woman Advocacy Services

Health Care Advocacy

- Preparing for and attending health care visits
- Coordinating referrals, appointments, medical records, prior authorizations, prescription challenges, 2nd opinions, travel issues, etc.
- Researching diagnoses and procedures
- Medical errands: calling in, dropping off and delivering prescriptions and medical samples/tests
- Navigating insurance claims, benefits, and appeals
- Finding medical, mental health, dental, addiction, domestic violence/sexual assault, long term care and other resources
- Limited birth and postpartum Doula services

Other Advocacy

- Goal setting and execution, including financial
- Friend of the Court (FOC) services/mediation
- Reentering workforce
- Preparing resume/CV
- Applying for social services: health insurance, food assistance, childcare, job placement
- Referral to legal aid programs
- Accessing community resources
- Documentation/Journaling
- Being a witness

Your Woman Advocacy Program Co-Directors



Emma Greene, Practice WoManager, is the Woman Advocacy Program Co-Director, woman advocate and an electronic medical records specialist, who joined WomanSafeHealth in 2013.

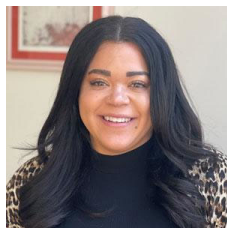
She has a background in childhood development, massage therapy, business, doula services and trauma recovery. She is co-authoring Elizabeth Shadigian's second book, *WomanSafeHealth: Practice Creation*.



Rachel Dick, MA, is the Woman Advocacy Program Co-Director and a woman advocate. She has a BS and a MA in Women's & Gender Studies. She has worked as an advocate for over 5 years prior to joining WomanSafeHealth in 2018. Her passion for woman advocacy developed after

becoming chronically ill and realizing how crucial woman advocacy is to our overall wellbeing.

Woman Advocate



Ashli Marable, BA, Woman Advocate. Ashli grew up in Ann Arbor and graduated from the College of Social Science at Michigan State University in 2016 with a Bachelor of Arts in Human Development and Family Studies. During her

time at Michigan State, she was a member of Gamma Phi Beta sorority where she discovered a passion for working with young women and children in the community. From working in the education system to advocating for women who have experienced domestic violence and/or sexual assault, she continues to help clients of all backgrounds through the advocacy program at WomanSafeHealth since 2021.

Woman Advocacy Training

WomanSafeHealth's Woman Advocacy Training Program offers training to anyone (regardless of gender identity) who would like to become a woman advocate through an online, self-paced certification. Train to be a WomanSafeHealth Advocate, work independently in the advocacy field, and/or be a better advocate for family, friends and yourself.

- Engage in a comprehensive online course
- Interact with the co-directors through 1-on-1 training sessions
- Prepare for providing medical and nonmedical services and support
- Learn interpersonal skills for advocacy
- Participate in diversity training
- Gain understanding of our client's personal herstories and trauma-informed care, as well as our own
- Walk through basic medical reimbursement processes

Why is it called Woman Advocacy?

We live under the oppression of patriarchal Status Quo Health Care. Woman Advocacy is based in trauma-informed feminist principles, unlike other health care advocacy, and tackles sexism, racism, ableism and all other isms. Feminism is the belief in, or advocacy of, women's social, political, economic rights and equality.

Our clients, who are women, girls, trans and gender non-conforming people, are always asked which pronouns they want us to use. In our writing we sometimes refer to clients with "she" and "her" pronouns for simplicity.

**Status Quo Health Care (SQHC) is the current health care system in the United States, which is money-driven and male-driven, hierarchical in its approach, and purposely does little to serve the needs and concerns of women. SQHC providers are complacent in their practices and provide each woman the same, average care while neglecting her specific needs.*



WomanSafeHealth

Please Contact Us

We are pleased to speak with you or email about our services, philosophy of WomanCare, and Advocacy Program details.

To request Woman Advocacy services, and for questions about our Woman Advocacy Training Program, visit us online at: womansafehealthadvocacy.com

info@womansafehealthadvocacy.com

Tel 231-818-8704

Join us the 2nd Saturday of each month on Zoom from 12-1 PM for our Woman Advocacy Virtual Open House
RSVP at

<https://www.womansafehealthadvocacy.com/event-details/>



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WomanSafeHealth



Woman Advocacy Program

Our Guiding Principles

I welcome you
I listen to you
I believe you
I protect your privacy
I am accountable to you
I respect "no"

We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.