

Your Health Unlocked Podcast Episode 42

Pregnant, and Nowhere to Go - Serving Young Mothers with Angels Protection Inc

Intro – Adele Scheiber

Hi There, I'm Adele Scheiber, host of the Your Health Unlocked Podcast and Director of Communications here at the National Women's Health Network.

Motherhood is challenging enough, but when you're a teenager from a marginalized community or the foster care system, the obstacles can seem insurmountable. Young mothers are often thrust into adulthood, burdened with responsibilities, without the necessary tools or support to thrive. Access to health care, education, and reproductive rights becomes a battleground rather than a guarantee. While statistics may say that teen pregnancy rates are dropping, there are still teens that need help and support.

That's where Makaila Davis Comes in. Makaila is the founder of Angels Protection Inc. Founded in 2020, Angels Protection Inc. is a 501(C)(3) nonprofit with a resolute mission to advance health equity for mothers and their children, focusing on young people between the ages of thirteen through twenty. They enhance the well-being of families by providing vital wraparound services such as pre and post-natal clinics, parenting workshops, mental health and substance abuse counseling, residential treatment, and housing security help. They are also one of five organizations who are receiving technical assistance and grant dollars as part of the NWHN's 2024 HEALTH program cohort. Tune in to learn more about Makaila's incredible work.

0:00:03 - Adele Scheiber

Welcome. Welcome, Makaila Davis, to the Your Health Unlocked podcast.

0:00:08 - Makaila Davis

Thank you so much. I appreciate that, Adele.

0:00:11 - Adele Scheiber

So, why don't you tell us about yourself and how you came to do the work you're doing today?

0:00:17 - Makaila Davis

Yes. So, a little bit about me. My name is Makaila and I'm the founder of Angels Protection Inc. And we are located in Pennsylvania and our mission is to advance health equity for young women, young mothers and their children and their families between the ages of 13 to 20. And I, for the past, I want to say, five years now I've been very in tune with maternal and child health. I'm a big advocate. So, when it comes to policy and getting engaged in my personal life I've done a lot of volunteering. I sit on a few different boards because I feel like it's important to make sure that I am advocating for underserved communities and that their voice is being heard. So I feel like that's very important. So, yeah, I am just an advocate for advancing health equity in any way that I can.

0:01:14 - Adele Scheiber

That's awesome. We need more of you. We need about 10 Makaila's out there at least 10 more. So that's a really interesting mission, Angels Protection. Can you talk more about the mission and specifically that age range and then how it came to be?

0:01:30 - Makaila Davis

Yeah, so you know, really advancing health equity, making sure that they're getting connected to the care and the resources that they need, and I know the 13 to 20 is very specific, but the way I designed that is because I feel like they're not getting enough attention, especially when it comes to the foster care system. So, you know, that's a big target group that we're trying to really, you know, address disparities within there.

0:01:59 - Adele Scheiber

So, are we speaking about foster children who are pregnant, becoming pregnant, like, talk to me about, there's the [age] range, and then what are your services that you do?

0:02:09 - Makaila Davis

Yes, so, one of the targets is because they're runaways or foster. They don't have that traditional family support, right. So, making sure that we're able to address that. And then, a lot of those girls as well, they come from underserved communities, so that's another added layer to them being able to achieve the best lifestyle for themselves. And a little bit about how it came to be is that when I was younger, I saw a lot of my friends at the time they were getting pregnant around when I was 17. And I was like, wow, this is real, you know, and they're very young, they're 17. They were dealing with a lot of different hardships, and it was, it was really sad to see them not getting that support that they needed. And then doing more research, come to find out there are many programs, right, that do help young parents, but where is the disconnect? Why were they not able to get connected to those programs, right? So that's kind of where I was like, okay, what could I do?

And, you know, God gave me this vision to do Angels Protection Inc. And have, which would be Hope Haven Health Center. Where it is this basic, a safe space for the girls to come. They can get resources. We do a lot of, we'll go into the programming.

One of our main programs is our Maternal and Child Health program where we do vaccination clinics because we feel like that's very important. Also centered around a lot of health education as well. You know that's because that's important. And then, getting them connected to WIC. We can also help them apply for benefits for welfare because that application can be tough to decipher. And we also have a Cribs for Kids program where we do safe sleep education. So, you could become a certified safe sleep ambassador teaching the girls about sudden infant death syndrome, SIDS.

Right, not just them but also caregivers. Let's say, if the girl, if she's in the juvenile justice system, it could be her mom or her grandmom or auntie. Right, that's taking care of her baby. So you know we're servicing her. But her child is in a family member's care, right, they may want to get certified as a safe sleep ambassador so they understand how not to co-sleep with baby and, you know, making sure that baby doesn't have any items in the crib when they're sleeping, that's important.

0:05:02 - Adele Scheiber

ABCs of safe sleep. Oh gosh, remember all those baby bumpers they used to sell and all that stuff oh my gosh. In the 80s and 90s. Man, I wish we knew what we know now.

0:05:11 - Makaila Davis

It's so important. So, you know, really centering it around that and also doing CPR training as well in our Cribs for Kids program because I was like wait, we're missing something, and its CPR right.

0:05:26 - Adele Scheiber

Right.

0:05:26 - Makaila Davis

Because if the baby's choking, you need to be able to know how to do that, because it could take a while for the ambulance to come.

0:05:34 - Adele Scheiber

Yeah, yeah, and then its minutes you have before the brain loses oxygen. So, yeah, that's great. So, I'm curious, so it's interesting. You notice this problem of the disconnect between the services that do exist, so there are some, and getting girls and women connected with them. How does your organization do outreach to these very marginalized communities? I mean, you're talking about foster care kids, you're talking about juvenile justice kids. I mean, these are the ones that nobody thinks about. You know what I'm saying. So how do you reach them and get them to take advantage of what's at home? Well, the health center.

0:06:16 - Makaila Davis

No definitely, so we partner with other nonprofits. We partner with churches. You know now figuring out, okay, where are these organizations that already exist? Right, partnering with our local foundations to disseminate health education. Schools as well. That's important. Other maternal and child health organizations where they're already servicing mom and baby, right.

And they're doing that case management support. So that's really how it's been. We've been disseminating our services and education, getting connected to these other organizations, because we are a fairly new and we don't know it all, but we're here to serve and we don't want to reduplicate services, right, and we want to make sure that the girls that we serve [that] they're able to get connected to these other wonderful organizations that are here. So-and that's our main thing too being a connector. Making it aware that you

do qualify for WIC, right, so if you're not on it right now, why aren't you? If you can set up service for baby and letting them know how important it is to get a primary care doctor.

You know or not [just] yourself, but also baby as well, like having that one person like, okay, I know, this is my doctor, right, and you build that relationship. So, there's a lot of history between marginalized communities and health care systems. So-and the young girls and mothers between the ages 13 to 20, they're new to learning how to do things for themselves. So, teaching them how to advocate for themselves when it comes to their health care and make informed decisions.

0:08:11 - Adele Scheiber

So, I mean you know a couple of things bubble up in your answer, one is obviously self-empowerment and self-advocacy, so kind of that kind of knowledge transfer of skills there, but also finding those gateways where those kids already are going right, where those girls and women already are. And you know, I'll just share with you; I've mentioned this on other podcast episodes. I actually was in the foster care system here in New York for a short time and one thing, you know, I was very lucky, I had a great foster family, et cetera. Not everybody is that lucky. But you know, one thing that really struck me, and then later when I went on to work in child welfare for a while, was just the red tape, right, and the bureaucracy associated, particularly with accessing medical care. And I imagine that's also true when you guys are trying to serve people in the juvenile justice system. So, I mean, how do you guys navigate that? Is it hard to literally get face time with these kids or their doctors or any of that?

0:09:11 - Makaila Davis

Yeah. So, it is tough, and we are working on more equitable strategies to navigate that and just in non-profit world in general, there is so much red tape. So even despite just trying to work with these kids, even if they're not in the juvenile justice system or foster care and they're just a runaway. First red tape there, it could be a barrier of not having any documents, exactly like you've got no birth certificate, no license, sometimes yeah, and it's like, it's tough, because then it's like okay, how can we, you know, prove that you're a citizen?

0:09:51 - Adele Scheiber

You know, America is.

0:09:53 - Makaila Davis

You know you need documentation here, so you know helping them navigate that, luckily, because I'm resourceful.

0:10:01 - Adele Scheiber

That's what everybody really says about me.

0:10:05 - Makaila Davis

There's a lot of programs in Pennsylvania that could help you get your documents for free.

0:10:09 - Adele Scheiber

Really?

0:10:12 - Makaila Davis

Yeah, you can definitely get your documents for free, but again, it's about getting connected to that one person that knows about these different services and initiatives that exist, right. That's why with Angels Protection, I'm like, okay, how can I make sure that the girls that come to us, we can equip them with the necessary life skills that they were not able to receive in the household from other family members, because, again, there's many different barriers within underserved communities and they come here giving them that safe space even if it's for a few hours, you know and getting them connected as much as possible, so then they could take that information and run with it and rebuild their lives, not just for themselves but for future generations as well. Because we want to help them achieve generational wealth.

0:11:02 - Adele Scheiber

Did you ever? This is just a sidebar, but did you ever read that book? “Allegedly” it's a young adult book about a girl in the foster care system who is trying to figure out how to keep her baby.

0:11:15 - Makaila Davis

No, I did not.

0:11:17 - Adele Scheiber

Yeah, no, that is an excellent book and it kind of touches on a lot of what you're describing, particularly around getting documents, and you know how that's really hard and stuff. So, I highly recommend that book to all our listeners. But if you want to educate yourself in a kind of an entertaining way about how difficult this can be, which kind of leads really well into you know this, this word, these words that get thrown around a lot in our space and the nonprofit space right, which is reproductive justice. So, we'll get into this. But Makaila and Angels Protection Inc. They're part of our health program, which is kind of a mentoring program for reproductive justice organizations across the state. I like to ask this of everybody, which is: What does reproductive justice mean to you and your work?

0:12:09 - Makaila Davis

I would say reproductive justice to me and my work would mean encompassing to ensure equitable access for comprehensive reproductive health care and education and resources for the young women and mothers 13 to 20 that we serve, because, again, I feel like them being that specific age range. You know it's tough, you're still learning. You know yourself and then you know all of what this world could offer to you and what you could offer to it and helping them to just support autonomy and their well-being and making decisions with the reproductive health, letting them know that they can get access to contraception and prenatal care and support for parenting classes that's a big one as well. Healthy parenting.

0:13:08 - Makaila Davis

And what does that look like for a young mom, because there are young mothers that are 13. Right, and it's so crazy because sometimes I talk to people and this is before telling

them even the work that I do and they'll be like oh well, yeah, the teen pregnancy rate is going down. Okay, it's really not. It's out there, it's still here and we need to make sure that we're supporting young parents because if we just say, oh, it's going down, well, where are you finding these statistics from? Is it just you saying that? Because when you walk down the street you don't see ten young parents you know.

0:13:46 – Adele Scheiber

Well, and even if, even if it numerically is going down statistically, what I think you're kind of trying to get at here is like yeah, where does that leave the people who are still getting pregnant, right, where does that leave these women? Just because, oh, it's quote, unquote, not as big a problem as it was, that doesn't mean there aren't hundreds of girls and women who need this help, right.

0:14:08 - Makaila Davis

No, I completely agree with that. Like I said, Angels Protection Inc., we want to make sure that we're addressing systematic barriers in the stigma surrounding these young girls and health care access. Right so like, even with us. We offer free condoms. They have access to that here, you know, and doing it discreetly as well too. Some places they give you condoms and it's in a clear bag. Why would you do that?

0:14:42 - Adele Scheiber

Why would you do that?

0:14:44 - Makaila Davis

Why would you literally do that? Now she's walking down the street. She may not have a pocketbook, you know, or what if her purse is clear? Yeah, like all these things you want to think about. So, letting them know about different contraception options, right, so we do, like I said, a lot of the health education. That's a big component, because I think that a lot of times, you know they go into the doctors and they're just saying, oh well, here's your options, right, and you're just letting them know, oh, these are different types of birth control, but you're not sitting down educating them on, okay, how your body could change with it.

0:15:20 - Adele Scheiber

Exactly the benefits and risks. We're not really going for informed consent, we're just going for informed right. A lot of the time these doctors are rushed, and you know they just kind of expect, especially this age group. Their brains are still developing to figure it out on their own, and it sounds like you give them more of a primer on these things.

0:15:44 - Makaila Davis

No, definitely, and that's why the reproductive justice is so important, because these girls have rights, and they need to have access to quality care. They deserve that for themselves, for their children, their children's children, you know, and we want to make sure that we're helping them achieve generational wealth with their health as well, because once you feel good, right, because you're healthy, your baby's going to feel that, and then you'll take care of them better, and then just making them a well-rounded individual is so important.

0:16:22 - Adele Scheiber

Well, that's so gosh, so many interesting things. So what I'm hearing is that for you guys, you know reproductive justice, access is the central issue and also you brought up, you know reproductive autonomy, and that's so interesting because for your focus population, you know literally minors a lot of the time and, as we know, minors, in my opinion I'm just going to say it are second-class citizens in America, right, they don't have as many rights as adults and they don't literally have statutory autonomy in a lot of situations, and so I think it's really radical and important that you guys are saying “no, these minors, you know they are pregnant and they do and deserve reproductive autonomy.” You know what I mean. Like, have you ever kind of gotten pushback on that because you work with, you know, children, legal children?

0:17:08 - Makaila Davis

Yeah, so, like I said, like it being 13 to 20, very specific, yeah, but it's important that. So, and a lot of times what happened? Like I said, I created Angels Protection Inc because I had friends at the time that got pregnant, so young, right, and they went back home. They're going back home, to their family's homes and they're treating them as an adult, right, but they're still a minor, so they're not-They're like, “oh well, you decided to make this grown-up decision, have this child, it's on you,” right, and it pushed them into adulthood, but yet they

can't make full decisions on their own without having an adult sign off if they want to get an IUD right.

0:17:55 - Adele Scheiber

It's like a rock in a hard place. It's like, okay, you're-this is on you, but we literally have no, we're not giving you the systemic tools you need to be to follow up "on that grown up decision," which I just think is so unfair. You know what I mean.

0:18:11 - Makaila Davis

No, it really is. And that's where teaching them the health education component and owning their story comes into place. You know, into place with Angels Protection Inc. Because by the time that they do turn of legal age, they've been able to kind of make up for that lost time of being so young and having to form into an adult now, right, right, but now, by the time they're 18, they can start making some of their own decisions. As adults, they're more educated, so they'll make better decisions than what they were making when they were, you know, as a minor. So, it's the gap. The gap because it's tough being a young parent, because you're so young, right, you didn't even get to fully learn yourself.

0:18:56 - Adele Scheiber

Yeah, so well, I'm thinking, you know, if you've got a 13 year old parent in, at least in New York I don't know what it is in Pennsylvania you're not legally allowed to work until you're 14. So, like you know, "oh, it's on you," it's like, well, but ma'am, I literally can't earn money.

0:19:18 - Makaila Davis

And that's the-that's the really tough place with it and connecting them to workforce development opportunities as well. Yeah, a lot of certificate programs. You don't even need to have a degree so get connected there and preparing our kids for careers, not for jobs, because that's a big barrier with our children that are coming from underserved communities.

0:19:48 - Adele Scheiber

Right.

0:19:49 - Makaila Davis

We just say, oh, you need to go get a job, go get a job, but that's not going to help them in the long run.

0:19:54 - Adele Scheiber

No, that's just. It sets them up for the opportunity costs-your time, your health? I mean these, these wage slavey, dead end jobs actually can really harm health, isn't that right?

0:20:06 - Makaila Davis

Yeah, it can, and this being said that these are girls that are already coming from tough circumstances, right, and being a parent on top of that. So, you still want to be able to attend to your child and build that time with them, because you won't be able to get that time back. So, preparing them for getting employment and making sure that they have access to that as well but starts with education. So making sure you know how important that is.

0:20:38 - Adele Scheiber

I also really like what you said about building generational wealth isn't always just about straight up money, right, it's about-I like to say I've, I've similar-like it's an investment in your own health and happiness, which will then cause the circumstances needed to start building that wealth, right. So, you, you really look at these, these people, holistically and you think about wealth really expansively, and I think that's really important and cool and we don't hear about it, talked like that a lot of the time. So, I just wanted to commend you for that. And then the other thing is you had mentioned that, like God gave you this vision to do this, right. So, you're a religious woman who, you know, is all for contraception and bodily autonomy. Like, do you often get heat for that? Or can you talk about your faith and how it intersects with the work that you do?

0:21:31 - Makaila Davis

Yeah, so like so far, I haven't gotten any heat from it. [Adele – well that's good!] Yeah, so just thanking God for that. But I'm, me personally, you know separate from the nonprofit. I'm a huge advocate. You know, before I even started it and you know, when God gave me the vision to then do the nonprofit, it was just more confirmation, like okay, this is what I'm supposed to do. And because God advocated for me in many situations that I didn't have the strength and now I'm able to do that for these young girls. So [I'm] really blessed for that to help see them grow and thrive. And it's really important.

0:22:16 - Adele Scheiber

I'm asking this because I'm sure you know you don't see a conflict between birth control and your religion.

0:22:23 - Makaila Davis

Now me personally. You know, I don't. But when it comes to religion, people have their personal preferences and think about things. But personally, I feel like it's important to advocate for yourself. As a woman constantly rights trying to be taken away from us as women, daily, like right now, somebody at you know, 12:02 pm is trying to take our rights away.

0:22:59 - Adele Scheiber

It's true. Every day, every day. I think it's really cool because a lot of-and I know this is a tangent-but a lot of people who identify as religious are often very hedgy on this topic, and it's. I think it's just so courageous that you're like no, this is what I need to do, this is important. You know what I mean. We all deserve the same access, so I just think you're brave, that's all.

0:23:20 - Makaila Davis

No, I appreciate that. Yeah, because as a woman, you know we have to fight for our rights and that is health care. You know, health care is what keeps you alive.

0:23:34 - Adele Scheiber

Right. And whether or not I mean, I think it sounds like in a whether or not that a person elects certain options, it's important that they have all of those health care options right. That's the equity piece.

0:23:48 - Makaila Davis

And it's not for anyone to say what you decide that you want to do with your body, if, and that's where with the Angels Protection. We just want to educate you on what's out there. You know right. And so, you can make the best informed decision for you and your family. It's not about what I believe in, or what the agency [believes in]. This is about you, right? We make it about you. We look at the girls as, like you said, holistic people.

0:24:19 - Adele Scheiber

Yeah.

0:24:20 - Makaila Davis

Right, and how can we help you achieve the goals that you want to achieve? With your help and with our nonprofits, very, I would say, untraditional. Our logo is very girly, [Adele - it's so cute I love your logo.] I appreciate that. Like when I was doing it, I was like, oh my gosh, like how could I make this girly? I-you know a lot of nonprofits. They look very, you know, just non-profit.

0:24:48 - Adele Scheiber

Corporate is the word yeah. So, listen corporate.

0:24:53 - Makaila Davis

It's like, here we are. You know what I mean? Yeah, how can we make this fun? We want the girls to come. We don't want them to feel like, "oh, I got to go here again."

0:25:01 - Adele Scheiber

And like white coat syndrome is so real, right, even for adults like I was just talking about this with our ED (executive director). Like you know, the more welcoming and inviting and authentic the energy you can infuse into your organizational culture, the better you're going to reach this population, you know. So that's awesome. I just think you guys are such an inspiration because you know, not only because, like you, believe in all of this, the autonomy and informed consent but especially considering a lot of other religious nonprofits you know happen to be crisis pregnancy centers, I'm sure you know you have a few of those in Pennsylvania, we have them in here in New York, but, like you know, those are places that aren't educating about all of the available options, right? So, I just think you're such a force for good in that context.

0:26:02 - Makaila Davis

No, I really appreciate that because health education right, is a big component of what we do, because you need to be educated on your health, right? Like, what do these vaccines do, and why am I getting vaccinated? A lot of times people are like, oh, let me just go get vaccinated, but you're just like, it's great, but what are you putting in your body? So, you know, and what is it going to do to you?

0:26:29 - Adele Scheiber

And there are some risks associated, depending on you know, and if you're pregnant or nursing, right, I mean, that's just true and you should know what they are.

0:26:39 - Makaila Davis

Yes, and not just jump, but make sure you get educated on it right. Yeah, I said we do those vaccine clinics because it's important, but while we're doing it, we educate you on it right. That's a big component. You have to know and not just insane with just any health care services you're getting, whether it's mental health or even if it's community-based service, if you're dealing with domestic violence, what is this service really going to do for you?

0:27:12 - Adele Scheiber

Right. So how is it going to protect you from your situation and keep you safe? Because a lot of, I hate to say it, but a lot of programs I worry about anonymity sometimes and so you would want to make sure that, like that was a thing. You know what I'm saying.

0:27:30 - Makaila Davis

Because if you're just getting enrolled in something, you need to know what you're getting enrolled in, right

0:27:37 - Adele Scheiber

And where is that information going to be available, right? So, let's say your abuser or the public, right? That's very important.

0:27:43 - Makaila Davis

Really, you know, educating them, that's our main thing being a connector, you know.

0:27:47 - Adele Scheiber

Educating and being connector. It is a strong brand. It's a gorgeous logo. I've heaped praise upon you, so now it's time for me to ask you what are some exciting things that y'all have planned for 2024 and beyond.

0:28:01 - Makaila Davis

Yes, so for 2024, we are doing our virtual safe sleep ambassador training. [Adele - I saw that yeah] so really excited for that. So, you can become a certified safe sleep ambassador through our Cribs for Kids program. And you know we're continuing to do our community vaccination clinics, you know, through our maternal and child health program. So really excited and blessed for that. And also, what we're trying to do is they're offering blood pressure at our community clinics. [Adele - Okay] That's something that we're working on to implement because I feel, personally, that it's important and if we can do that, we should definitely do that. So that's something. Stay tuned for that.

0:28:52 - Adele Scheiber

Well, high blood pressure is absolutely a risk factor. I mean they say the pregnancy right is the body's ultimate stress test, right. So, if you've got high blood pressure, that's important to keep an eye out, for, you know, when you're pregnant or want to become pregnant.

0:29:05 - Makaila Davis

Yes, and that's where I'm like it'd be perfect for us to roll that in with our community clinics, [Adele - Because you're sitting there anyway, right (laughter)]. It's already a health event, so why not get your blood pressure taken?

0:29:17 - Adele Scheiber

Arms out! [laughter] Yeah, that's great. You're such a visionary, Makaila. I love like you really do. You're always thinking about how to tweak things, which is, I feel like, rare in even founders. I just think that's cool, you know.

0:29:33 - Makaila Davis

I appreciate that. You know trying to do things from a different lens on how people normally look at things. So, I'm really excited to see where Angels Protection Inc is headed and I couldn't do this just by myself. This is definitely with the strength of God, and then he's blessed me with an amazing board and an amazing team that's been helping out now as well too. So I'm just extremely blessed getting all the support and then also the support from the National Women's Health Network, you know, and being a part of the health program is just...

0:30:12 - Adele Scheiber

oh, look at you segueing so beautifully in my next question. So yeah, so Angels Protection, you're part of our 2024 cohort. We surveyed and looked at organizations across the country, and you were one of five invited to apply and become part of this. You know, just for our listeners who might not be familiar, it comes with some grant money, it comes with some technical assistance and then we also were going to facilitate a day on Capitol Hill where Makaila and the other members of the health program can advocate directly with legislators on policy stuff. So, you know, Makaila, we're what about a month in. Now to the

health program. Can you talk a little bit about how you found us and your experience so far in the program?

0:30:58 - Makaila Davis

Yeah, so I found you guys on LinkedIn actually, so I'm always on LinkedIn. Yes, that is my app.

0:31:09 - Makaila Davis

So, and just being a business professional, and I was like, wow, this organization is really interesting.

And then that's how I came about to then apply for the program, which I was like super blessed when I got accepted, I was like, oh my gosh, I could not believe it. I was like "aaahhh", oh my gosh, it's so confirming of the work that we do, that someone else really believes in what we're doing. So, I was so excited, I still am but yeah, and I've been receiving the technical assistance from the program, which has been really helpful to the nonprofit, especially with our social media. How can we strategically make sure that we're getting feedback from the community members through that outreach tool, because social media is very powerful, yeah, so, yeah. You guys have been so amazing so far and, like you said, we're a month in, but I've been receiving so much knowledge. I've been taking notes. I'm like, it's just, it's an amazing program and I'm just blessed to be in the space with the National Women's Health Network and the other providers as well that were recipients of the health program.

0:32:32 - Adele Scheiber

Well, we are happy to hear that your first month is a five out of five, a rave review. What do you hope to get out of the program in its entirety?

0:32:43 - Makaila Davis

I would say definitely the technical assistance is a big component. I'm super blessed because some grants don't come with that. So that being embedded in the program is definitely, that's my favorite part about it. And being able to fellowship with other providers, I would say too, because as you're going through your daily work schedule, it's kind of tough just to have those moments and sit and reflect. So, doing that in the program with our

sessions has been helpful for me in hearing others' perspectives, as we're all doing the same work.

0:33:26 - Adele Scheiber

Yeah, it's. You know, I started a business before I got into this work and it's lonely at the top right. It's lonely running a whole thing. You know, my business coach used to say, like no one is coming to save you, and it can be very isolating. So, we're really glad that we can provide that kind of network in that space where you guys can connect with each other, Right? I mean, is there anything else you'd like our listeners to know? This is your chance to plug anything and everything.

0:33:57 - Makaila Davis

I would say guys, definitely follow Angels Protection Inc. On all of our social medias.

0:34:03 - Adele Scheiber

We'll link those too.

0:34:04 - Makaila Davis

Yeah, and definitely see the different, different community programming that we're doing, because we love to engage with the community members and even if you're not in Pennsylvania, right, other states as well. We would love to connect and continue to advocate. It's so important to advance health equity right, and we can all make a difference. And if you think what you're doing is small, it's really not, because you know in the end we'll all be able to achieve this one goal for women's health, which is it's hard doing this work, but it's worth it in the end.

0:34:50 - Adele Scheiber

So yeah, absolutely. Well, thank you so much, Makaila, for your time today.

0:34:56 - Makaila Davis

No, thank you, Adele, I appreciate it. This has just been so amazing, and Angels Protection is just so blessed to be able to be in this space. So, thank you.