



WORKING TOGETHER TO SUPPORT MOTHERS, INFANTS, AND FAMILIES ACROSS COLORADO



The best care is built in partnership with patients and families. By working together with patients, we turn lived experience and feedback into better, safer care before, during, and after birth.

The Colorado Perinatal Care Quality Collaborative ([CPCQC](#)) works across the state to improve care for pregnant and postpartum women, babies, and families. We collaborate closely with patients, healthcare providers, hospitals, community organizations, and state partners to improve infant and maternal outcomes. Together, we strengthen perinatal care across Colorado—serving urban, rural, and frontier communities alike.

ABOUT THE FIRST PROGRAM

CPCQC's [FIRST](#) program (Family Integration to Restore Trust) invites people with lived experience to partner with CPCQC to improve pregnancy, postpartum, and newborn care across Colorado. As a FIRST participant, you volunteer alongside CPCQC, healthcare providers, and community partners to help design tools, guide hospitals through healthcare improvements, strengthen maternal mental health programs, and share your story to help others learn and grow.

HOW THE FIRST PROGRAM WORKS

Interested in joining FIRST? CPCQC works alongside participants whose pregnancy, postpartum, and/or newborn experiences connect with our program goals, learning together to improve care across Colorado.

- **One-Year Cohorts:** Participants serve in a volunteer role for one year, with the option to renew. Typically 1-3 virtual hours / month
- **Training provided:** Access to a [MoMMAs Voices](#) training to strengthen your advocacy skills.
- **Storytelling:** Learn how to tell your story in a way that helps change perinatal systems and honors your experience, perspective, and boundaries
- **Annual Stipend:** We respect your time and expertise; all participants receive a \$550 annual stipend for their participation
- **Community:** Join FIRST cohort meetings to connect with peers and share experiences.



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CPCQC'S FOCUS AREAS

CPCQC is working on the initiatives below to improve care during pregnancy, birth, and after birth, and your experiences can help make this work stronger.

If anything below connects to your journey, we'd love to hear from you—however, we are happy to connect with anyone interested in learning more about the FIRST program

- Perinatal mental health
- Perinatal substance use
- Maternal suicidal ideation
- Intimate partner violence
- Rural maternal health
- Disparities in care
- Birth transfers
- Infant safe sleep practices
- Postpartum discharge & follow-up
- Safe vaginal births

WHAT OUR PAST FIRST PARTICIPANTS HAVE SAID:

"I feel heard. I am engaged and giving opinions. I feel important."

"They basically teach you how to go from, 'I had these experiences, I want to do something with it,' to being collaborative."

"It made me open my eyes...you think it's rare and really, it's not very rare. It happens more than you think."



INTERESTED IN BEING PART OF FIRST? FOLLOW THIS QR CODE:

