



# 2026 In Lieu of Services (ILOS) Provider Directory



Updated March 26, 2026

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## Lactation Services for New Parents

You can get the lactation support you need to feel confident feeding your baby. This is a covered benefit for Trillium members. This benefit is part of the In Lieu of Services (ILOS) benefit. For more information on ILOS, please refer to your [Trillium Member Handbook](#).

If you would like, you may receive lactation support outside of a doctor's office. This could be in your home or in group classes. This could also be in shelters, parks, or other community settings.

Lactation services include:

- Health education and coaching
- Help with breastfeeding and chestfeeding positions
- Help with establishing a good milk supply, latching, and pumping
- Individual or group breastfeeding and chestfeeding classes
- Information on safe human milk storage

Use this directory to find an in-network provider for lactation services.

If you have any questions, please call Trillium Member Services at 1-877-600-5472 (TTY: 711).

## Lane/Douglas/Linn Counties

Lactation Consultants & Certified Breast/Chest Feeding Counselors	Contact Information	Services Provided
<p><b>Nourishing Birth by Jen Nelson</b> Website: <a href="http://nourishingbirth.org">nourishingbirth.org</a></p>	<p>Phone: 541-999-4880 Text: 541-999-4880 Email: <a href="mailto:nourishingbirth.jen@gmail.com">nourishingbirth.jen@gmail.com</a></p>	<ul style="list-style-type: none"> <li>• Lactation education and coaching</li> <li>• Help with breastfeeding and chestfeeding positions</li> <li>• Education on establishing good milk supply</li> <li>• Pumping guidance</li> <li>• Feeding schedules</li> <li>• Safe human milk storage</li> <li>• Referrals to IBCLC</li> </ul>
<p><b>Eugene Birth &amp; Family LLC</b> Website: <a href="http://eugenebirthfamily.com">eugenebirthfamily.com</a></p>	<p>Online contact form: <a href="http://eugenebirthfamily.com/inquiries/">eugenebirthfamily.com/inquiries/</a> Phone: 541-357-7449 Email: <a href="mailto:Contact@eugenebirthfamily.com">Contact@eugenebirthfamily.com</a></p>	<ul style="list-style-type: none"> <li>• Feeding goals</li> <li>• Latch and positioning</li> <li>• Newborn cues and feeding schedules</li> <li>• Bottle-feeding and combination feeding</li> <li>• Using a breast pump and pumping routines</li> <li>• Return-to-work feeding plans</li> <li>• Safe human milk storage</li> <li>• Private in-home visits</li> <li>• Group education classes</li> </ul>

## Clackamas, Multnomah, & Washington Counties

Lactation Consultants & Certified Breast/Chest Feeding Counselors	Contact Information	Services Provided
<p><b>Community Doula Alliance</b> Website: <a href="https://communitydoulaalliance.com/">https://communitydoulaalliance.com/</a></p>	<p>Phone: 503-334-0637 Email: <a href="mailto:info@communitydoulaalliance.com">info@communitydoulaalliance.com</a></p>	<ul style="list-style-type: none"> <li>• Lactation education</li> <li>• Help from peers on breastfeeding and chestfeeding positions</li> <li>• Education on establishing good milk supply</li> </ul>
<p><b>Gateway Doula</b> Website: <a href="http://www.gatewaydoulagroup.org">www.gatewaydoulagroup.org</a></p>	<p>Phone: 503-542-2733 Email: <a href="mailto:Admin@gatewaydoulagroup.org">Admin@gatewaydoulagroup.org</a></p>	<ul style="list-style-type: none"> <li>• Lactation education and hands-on support</li> <li>• Emotional support from trained perinatal peers</li> <li>• Help with breastfeeding and chestfeeding positions and latching</li> <li>• Help with common feeding challenges (pain, low supply, oversupply, pumping, transitions)</li> <li>• Infant feeding cues, responsive feeding, and bonding support</li> <li>• Coordination with your care team when needed</li> <li>• Inclusive care for all feeding goals, identities, and family structures</li> </ul>

## Terms to Know

The in-network providers listed in this directory help make feeding support easier for families. There is no cost for Trillium members. Use these terms to help identify the best care for you.

### *Provider Roles and Certification Terms*

**IBCLC:** International Board-Certified Lactation Consultant: This is the most highly trained lactation professional. They can help with everyday feeding questions and more complex issues.

**CBS:** Certified Breastfeeding Specialist. A trained breastfeeding support provider who can help with basic feeding concerns. They can answer common questions and connect you to more advanced help if you need it.

**CLC:** Certified Lactation Counselor. A trained counselor who provides education, coaching, and support for feeding your baby. They can refer you to an IBCLC for more complex needs.

**CLE:** Certified Lactation Educator. A trained educator who teaches you about feeding your baby. They can also teach you about building milk supply and what to expect. They often provide support in classes or community settings.

### *Feeding and Lactation Terms*

**Lactation:** Lactation is when the body makes milk to feed a baby. People who lactate make milk in special glands in their chest.

**Breastfeeding / Chestfeeding:** Breastfeeding or chestfeeding is feeding milk from the chest to a baby. People may use the term that feels right for them.

**Human milk:** Human milk is milk made by the body to feed a baby. You may feed human milk to a baby right away. You may also store it for later use.

### *Care Team Terms*

**Doula:** A birth companion who provides personal, nonmedical support to pregnant people and their families during pregnancy, childbirth, and the postpartum period.

**Obstetrician or OB Doctor:** A doctor who specializes in providing medical care during pregnancy, childbirth, and the postpartum period.

**Midwife:** A specialized health professional who provides care during pregnancy, childbirth, and the postpartum period. Midwives support people with low-risk pregnancies. Midwives often focus on natural birth options. They can also provide comprehensive healthcare.