

Submitter: Kristianna Socolofsky  
On Behalf Of:  
Committee: Senate Committee On Early Childhood and Behavioral Health  
Measure, Appointment or Topic: SB692

Dear Senate Early Childhood and Behavioral Health Committee,

My name is Anna Socolofsky and I am a small business owner (I officiate weddings), wife and mom living in SE Portland. I grew up here, and am proud to now be raising my little one in the very community I was raised in.

My own childbirth experience was very physically traumatic. I had the support of an amazing midwifery team, a caring doula, and the excellent providers at OHSU, and luckily with their support, my child and I made it through what could've been a near-death experience. I was totally unprepared for the ways the trauma of childbirth would show up for me postpartum. I suffered from undiagnosed postpartum anxiety disorder, and later learned from my therapist that I had been suffering from childbirth-related PTSD for over a year without having received any treatment. I thought the anxiety, panic attacks, and depression I had been experiencing were all just normal symptoms of "what people go through" when they have babies.

I will always be deeply grateful for the care I received during my childbirth experience, without which I would not have survived. I am also overwhelmingly grateful for the care of my competent therapist, who was able to help me heal from the PTSD and move forward into the rest of my life with hope and confidence. But I know that so many folks do not have access to those supports. It is so painful to suffer in these most intimate, vulnerable ways. Without help, this sets so many people up for a disempowered, difficult first few years of parenthood.

This is why I urge you to support SB 692, which establishes a community-based perinatal provider access program to increase access to culturally specific perinatal services and culturally competent perinatal services providers. Like you, I believe that all children are good inside and all parents want to be the best parents they can be to their little ones. We can't do this without help-- and I know this bill will provide parents and babies the support that so many desperately need during this huge transition in their lives. Thank you so much for all you do to build a healthier Oregon.