Dear Oregon Legislator,

My name is Tina Moe. I come before you today as a white, cis-gendered woman in my mid-thirties, privileged with stable housing, food security, and access to higher education. I am also a board member at Baby Blues Connection, a nonprofit providing peer support to new parents experiencing perinatal mood and anxiety disorders. With a Master's in Public Health from the OHSU-PSU School of Public Health, a career in social services for nearly a decade, and I work for a culturally specific nonprofit in the Portland metro area.

What my background doesn't reveal is that I am a survivor of obstetric violence. My mother suffered severe, untreated postpartum depression in the 1980s, a time when mental health was not adequately addressed. Raised in a home marked by mental health challenges and an abusive father, I became a statistic of a system that failed to support maternal mental health. Through education, advocacy, and community outreach, I strive daily to overcome this legacy and give back to others.

As a step-parent to a wonderful 4-year-old boy, I fear replicating my mother's experience of medical mistreatment, lack of support, and social isolation if I were to have children of my own. Sharing my vulnerable story is crucial because it underscores that perinatal mood and anxiety disorders do not discriminate. The provisions in the Momnibus Bill specifically SB 692 could have saved the fractured bond between my mother and me, a casualty of systemic failures in birth practices.

Awareness of mental health and the prevalence of these experiences is now in your hands as legislators. Prioritizing maternal mental health through this legislation will foster a healthier society. Passing the Momnibus Bill will afford future generations opportunities that individuals like myself did not have, potentially altering life trajectories impacted by traumatic births.

Thank you for considering the profound impact of this legislation on families and children's lives across Oregon.

Sincerely,
Tina Moe