

Submitter: Ashley Rose Salvitti
On Behalf Of: Ashley Rose Doula and Doula Synergy
Committee: Senate Committee On Early Childhood and Behavioral Health
Measure, Appointment or Topic: SB692

Dear Senate Committee on Early Childhood and Behavioral Health,

My name is Ashley Rose, and I am writing to express my strong support for Bill 692, which seeks to expand access to doula support for families during the perinatal period. As a doula, coach, educator, mom and military spouse, as well as someone who has personally navigated pregnancy, birth, and loss, I know firsthand the invaluable role doulas play in ensuring families receive the comprehensive, compassionate care they deserve.

Throughout the perinatal period, having the right support at every step is crucial. Doulas provide wraparound care that extends beyond labor and delivery, offering emotional, physical, and informational support during pregnancy, birth, postpartum, and—most critically—through pregnancy loss. Unlike other healthcare providers who may be limited in time and scope, doulas are a continuous presence, ensuring that families always have someone to turn to, whether for advocacy, reassurance, or guidance.

As a military spouse, I experienced firsthand how essential doula support can be in moments of crisis. My husband was away for military drill when I experienced a miscarriage and had to go to the emergency room. My doula accompanied me, ensuring that I had an advocate by my side. She helped me navigate my medical options and supported me in advocating for a D&C—a decision I was able to make with confidence because of her presence and knowledge. In that moment, she was not just a support person but a lifeline.

The postpartum period is another time when families are left vulnerable. New mothers often feel unprepared for the physical, emotional, and mental challenges they face after birth. Having a doula during this transition provides families with the education, tools, and reassurance they need to step into parenthood from an empowered state of mind. Research consistently shows that doula support can help reduce perinatal mood and anxiety disorders by fostering confidence and helping parents develop sustainable self-care and coping strategies.

Perhaps most critically, doula support is the missing component for families experiencing pregnancy and infant loss. When our daughter Lena was stillborn, we left the hospital without her but with all the physical reminders that I had just given birth—my body still recovering, my milk coming in for a baby I couldn't feed, and my

heart shattered. And yet, we had no postpartum doula to help us navigate that impossible reality. The absence of support in those early days made an already devastating time even harder. Families experiencing loss deserve compassionate, continuous care, not only in the hospital but in the weeks and months that follow. A doula provides that care—guiding families through recovery, grief, and the overwhelming emotional and physical toll of loss. Ensuring that families are supported during and after loss is not just beneficial—it is essential.

For all these reasons, I strongly urge you to support Bill 692 to make doula care more accessible to all families. Doula support is not a luxury; it is a vital resource that improves birth outcomes, enhances mental health, and ensures that no family has to navigate the perinatal period alone. Investing in doula care is an investment in stronger, healthier families and communities.

Thank you for your time and consideration.

Sincerely,
Ashley Rose Salvitti
DOULA + COACH + MOM
Ashley Rose Doula // Doula Synergy