



Ellen Story Commission on Postpartum Depression - Action Items

193rd session of the
Massachusetts General Court
2023-2024

Endorse and publicly support efforts geared toward improving the perinatal experience—to prevent PMADs altogether or provide adequate support to those suffering.

- Mother IS Supreme vision for postpartum care
- Expanding number of birth centers statewide
- Increasing access to community resources (lactation services, peer support, diaper banks, etc.)
- Expanding birth worker workforce
- Funding, funding, funding

Educate on and raise public and legislative awareness of issues that impact perinatal mental health.

- The connection between mental health outcomes and:
 - pregnancy and infant loss
 - severe morbidity
 - traumatic birth
 - disrespectful care
 - systemic racism

- Expanding and diversifying the perinatal behavioral health workforce

Support perinatal mental health-related legislation and contribute Commissioners' experience and expertise.

- Attend committee hearings on bills and give testimony
- Provide written letters of support to committees hearing bills
- Hold public events to raise awareness, educate constituents and community members on the legislation, and empower people to participate in the process

Timeline – Next 6 Months

- January 20, 2023 - bill filing deadline
- January 25, 2023 (pending) - PPD Commission quarterly meeting
- February-ish 2023 - committee assignments
- March 2023 - PPD Commission State House event
- May 5, 2023 (pending) - International Bereaved Mother's Day Awareness event