



NEW YORK STATE SENATOR

Samra G. Brouk

## Maternal Health Resources

SAMRA G. BROUK April 13, 2022

| ISSUE: **PREGNANCY, MATERNAL RESOURCES, MATERNAL MENTAL HEALTH, DOULA CARE, MATERNAL HEALTH**

Dear neighbor,

I was born right here in Rochester at Highland Hospital – and I know first-hand about the challenges that pregnant people, especially Black women, face before and during pregnancy. I am working hard in Albany to improve our healthcare system.

Racial and ethnic disparities in maternal care are a significant public health issue in New York State. In New York State, Black women are approximately three times more likely to die of pregnancy-related causes than white women.

Join me in this fight. Share these resources with moms and moms-to-be that you know. Invite me into your spaces so we can discuss community needs. And join our efforts in Albany to bring attention to the challenges facing birthing people.

Please do not hesitate to contact me if you need help connecting to resources or to share your ideas on making maternal health better in our community and state.

Senator Samra Brouk

## ***MEDICAL CARE AND SOCIAL SERVICES SUPPORT***

### **Jordan Health**

Provides prenatal care regardless of insurance status or ability to pay.

[jordanhealth.org/obstetrics-gynecology](http://jordanhealth.org/obstetrics-gynecology)

585-423-5800

### **Nurse-Family Partnership of Monroe County**

Program for women who are having their first baby. Specially trained nurses will visit your home throughout your pregnancy and continue to visit until your baby is two years old.

[monroecounty.gov/health-maternal-NFP](http://monroecounty.gov/health-maternal-NFP)

585-753-5221

### **Healthy Baby Network**

Resources, care, support services and case management.

[healthy-baby.net](http://healthy-baby.net)

### **La Leche League of Rochester**

Support, encouragement, information, and education to women who want to breastfeed.

[llrochester.weebly.com](http://llrochester.weebly.com)

1-877-452-5324

### **Trillium Health**

Provides medical and social services on sliding payment scale.

[trilliumhealth.org/healthcare/center-for-gynecological-care-and-wellness](http://trilliumhealth.org/healthcare/center-for-gynecological-care-and-wellness)

585-545-7200

## ***MATERNAL MENTAL HEALTH RESOURCES***

Mothers may experience maternal mental health disorders such as depression and anxiety during the perinatal period—one year before and up to two years after a pregnancy. Black women experience a higher prevalence of maternal mental health conditions, especially postpartum depression and postpartum anxiety. Mental health issues among Black pregnant persons are largely underreported, and symptoms often go unaddressed. **If you or someone you know needs urgent help, please call 911.**

### **Postpartum Resource Center of New York – Parents Line**

[postpartumny.org](https://postpartumny.org)

1-855-631-0001

7 days a week | 9 am to 5 pm

### **Rochester Regional Health’s Healthy Moms**

On-site mental health counseling, pregnancy education classes and care management.

[rochesterregional.org/services/womens-health/healthy-moms](https://rochesterregional.org/services/womens-health/healthy-moms)

585-368-3490

### **University of Rochester Perinatal Consultation Clinic (PNCC)**

Mental health consultation to women with mood or anxiety disorders who are pregnant, planning a pregnancy or have questions regarding the use of psychiatric medications during pregnancy and/or breastfeeding.

[urmc.rochester.edu/mental-health-wellness/adult-services/outpatient/perinatal-consultation-clinic.aspx](https://urmc.rochester.edu/mental-health-wellness/adult-services/outpatient/perinatal-consultation-clinic.aspx)

585-275-3750

### **Sankofa Family Counseling Services**

Sankofa Family Counseling Services provides counseling to individuals, families, and children in the Western New York area.

[sankofafamilycounseling.com](http://sankofafamilycounseling.com)

585-491-6646

### **BIPOC PEEEEEEK**

Network of parents and caregivers impacted by their child's mental illness or other behavioral health and developmental conditions.

[positivestepsny.com/bipoc-peeeeeek](http://positivestepsny.com/bipoc-peeeeeek)

585-654-9083

### ***DOULA CARE***

A doula is a trained, non-clinical professional who provides physical, emotional, and informational support to a pregnant person before, during, and after childbirth. Studies have shown that this type of personalized support for pregnant persons improves the birth experience and the physical and psychological outcomes for mother and baby, and can have a positive impact on the well-being of a whole family.

### **The Black Doula Collaborative**

<https://blackagendagroup.org/portfolio/the-black-doula-collaborative/>

### **The Doula Cooperative of Rochester**

[doulacooperative.com](http://doulacooperative.com)

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### RELATED LEGISLATION

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## **2021-S7752**

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- Introduced
  - ◦ In Committee Assembly
    - In Committee Senate
  - ◦ On Floor Calendar Assembly
    - On Floor Calendar Senate
  - ◦ Passed Assembly
    - Passed Senate
  - Delivered to Governor
  - Signed By Governor
  -

Relates to the establishment of a maternal mental health workgroup

January 10, 2022

Passed Assembly

Sponsored by **Samra G. Brouk**

Do you support this bill?

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## 2021-S7753

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- Introduced

- ○ In Committee Assembly
  - In Committee Senate
- ○ On Floor Calendar Assembly
  - On Floor Calendar Senate
- ○ Passed Assembly
  - Passed Senate
- Delivered to Governor
- Signed By Governor
- 

Requires the office of mental health and the department of health to conduct a study on the disparate impacts regarding postpartum depression screening tests

January 10, 2022

Signed by Governor

Sponsored by **Samra G. Brouk**

Do you support this bill?

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## 2021-S7865

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- Introduced

- ○ In Committee Assembly
  - In Committee Senate
- ○ On Floor Calendar Assembly
  - On Floor Calendar Senate
- ○ Passed Assembly
  - Passed Senate
- Delivered to Governor
- Signed By Governor
- 

Relates to maternal depression screenings

January 13, 2022

In Senate Committee [Rules](#)

Sponsored by [Samra G. Brouk](#)

Do you support this bill?

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**2021-S8751**

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- Introduced

- ○ In Committee Assembly
  - In Committee Senate
- ○ On Floor Calendar Assembly
  - On Floor Calendar Senate
- ○ Passed Assembly
  - Passed Senate
- Delivered to Governor
- Signed By Governor
- 

Relates to informational leaflets for maternity patients

April 11, 2022

Senate Floor Calendar

Sponsored by [Samra G. Brouk](#)

Do you support this bill?

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**2021-S8455**

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- Introduced



- ○ In Committee Assembly
  - In Committee Senate
- ○ On Floor Calendar Assembly
  - On Floor Calendar Senate
- ○ Passed Assembly
  - Passed Senate
- Delivered to Governor
- Signed By Governor
- 

Requires the department of health to develop and maternal health care providers to distribute written information about episiotomy to maternity patients

March 02, 2022

In Senate Committee [Women's Issues](#)

Sponsored by [Samra G. Brouk](#)

Do you support this bill?

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## 2021-S6198

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- Introduced

- ○ In Committee Assembly
  - In Committee Senate
  
- ○ On Floor Calendar Assembly
  - On Floor Calendar Senate
  
- ○ Passed Assembly
  - Passed Senate
  
- Delivered to Governor
  
- Signed By Governor
  
- 

Provides for paid family leave and bereavement benefits for miscarriage, fetal death, still birth, and an infant being medically not viable to survive

April 14, 2021

In Senate Committee [Labor](#)

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Do you support this bill?