

April 17th, 2025

Senator Ingwersen, Representative Meyer, and Honorable Members of the Health and Human Services Committee,

My name is Jessica Ruscetta, I am a resident of Poland, Maine and I am here today in support of **LD 1523 An Act to Improve Perinatal Care Through Expanded Access to Doula Services**. I am a birth and postpartum doula and I am also the program director for Community Doulas.

I support **LD 1523** because:

- I've been a practicing doula for 12 years and have assisted in over 100 births. I know from firsthand experience how critical access to a doula can be— Doulas can help promote a more relaxed and calm labor, potentially leading to shorter labors with less interventions, and lower Cesarean rates.
- I've seen why doula care is a necessary part of the perinatal care landscape in Maine. The reality of the perinatal care landscape is that more and more birthing units are closing making hospitals and perinatal care harder to access. Doulas can help fill that gap.
- Doula care is not currently covered under insurance, this care is inaccessible to most. Ensuring doula care is accessible is so important because it helps families start their parenting journeys confidently, with resources and information to help them grow.

Thank you for the opportunity to share my perspective with the Committee. I hope you will vote "Ought to Pass" on LD 1523.

Thank you,  
Jessica Ruscetta