



March 11, 2026

Testimony on HB1118/SB0892

**Health, Health Insurance, and Health Occupations - Perinatal Mental Health Conditions
Health Committee**

Position: Favorable

As a constituent of St. Mary's County, MD, a mother of five school aged children, a licensed clinical professional counselor trained and specializing in prevention, identification, and treatment of perinatal mood disorders, and Board approved supervisor of mental health professionals in the State of Maryland, I strongly urge the Committee to vote favorably on HB 1118/SB. This legislation requires *certain insurers, nonprofit health service plans, and health maintenance organizations to provide coverage for screening for perinatal mental health conditions at certain times; requiring the Maryland Department of Health to establish a perinatal mental health condition screening program; requiring certain applicants for the renewal of a health occupation license or certificate to provide documentation that the applicant completed continuing education credit hours on perinatal mental health conditions; etc.*

Perinatal trauma, compounded by cultural norms and stigma, creates a chasm between the parent and their ability to access internal and external resources. Even as a trauma therapist, I have firsthand experience as a survivor of rapidly developing PMADs. I experienced perinatal anxiety and depression, CPTSD during and after pregnancy. Even as a professional in the field who self-recognized my own need for help, I was too exhausted to reach out; every ounce of my reserves used to avoid further decline. I needed my family and medical team to know how to help me navigate medical options and build a treatment plan that worked. Luckily, because of our network, my support circle kicked in and I survived the darkest times of my motherhood experience.

In my professional capacity, patients often enter my therapeutic space feeling isolated, hopeless, angry/rageful, obsessively anxious, fearful, avoidant, unable to eat or drink, sleep deprived and experiencing self-loathing because they believe society expects perfection, but all she could handle is mediocrity. This does not have to be the norm in Maryland. We have highly experienced perinatal health professionals who understand the impact of perinatal mental health conditions, all having pledged to be supporters of the growing mother, family unit, and community. Ongoing professional training must be mandatory to keep research at the forefront of every clinical decision.

Governor Moore's motto is "Leave No One Behind", so let's keep that promise. No parent should be left behind to feel so alone that they wished they weren't alive. We say it "Takes a Village", and for some, we are fortunate to have one; the majority of Marylanders do not. A cultural shift is required to



FRIENDS OF JENNIFER CLANCY
for Maryland State Delegate 29A
Education. Health Care. Community.

FriendsOfJenniferClancy.com
FriendsOfJenniferClancy@gmail.com
P.O. Box 205 / Leonardtown MD 20650

ensure we each have community behind us as we raise our families. HB1118/SB0891 cannot solve all the socio-economic struggles parents face that often exacerbate perinatal mental health conditions, but it ultimately will save lives because it ensures someone is always looking out for us. It ensures no one is left behind. Please vote favorably for it's passage.

Respectfully submitted,

Jennifer Clancy, Candidate for Maryland State Delegate 29A