

Pregnancy Decision Health Centers (PDHC) is one of over 120 pregnancy centers in Ohio providing free, confidential, and non-judgmental services in our local communities. Our centers walk alongside new moms and dads throughout pregnancy and beyond through the first year of their baby's life.

PDHC has been serving the central Ohio community since 1981. We operate a 24/7 hotline and 4 pregnancy centers providing free personalized consultations, pregnancy tests, prenatal vitamins, ultrasounds provided by highly trained and skilled nurses, abortion pill reversal services, STI testing and treatment referrals, and linkage to a community of resources and organizations to make sure individuals have the services they need to promote healthy outcomes. To give you an idea of the impact, we had over 6,800 visits to our centers last year and responded to over 71,000 calls, texts, and chats on our hotline.

We also operate a family empowerment center, which provides moms and dads with parenting classes available both in person and online. There are hundreds of classes on topics such as Prenatal care, Infant CPR and choking, Emotions during pregnancy and beyond, breastfeeding 101, Newborn care, Nutrition for mom and baby, car seat safety, Safe sleep, and so much more. We want the education received in these classes to have an impact on helping to reduce infant mortality rates in our state.

There are also many life skills classes provided to promote healthy families. Individuals are assigned a Family Advocate who walks with them through the parenting program. To give you an idea of the impact, we had nearly 900 in-person and over 13,600 online classes taken by 846 new moms and dads last year. When individuals take parenting classes, they earn points which they use to shop in our baby boutiques and receive much-needed baby items, such as free diapers, wipes, clothing, car seats, cribs, formula, swings, car seats, books, toys, and much more.

Translation and interpretation services are available in several languages to help us serve the central Ohio community well. A Community Health Advocate is available to individuals, providing one-on-one care for those who may need extra help connecting to resources. A licensed counselor is available to our pregnant moms who may be struggling with mental health concerns.

The top two reasons that individuals visit our centers are a referral from family or friend, and a returning client. This shows the satisfaction of the care and services received. We also survey individuals after they visit our centers. 96% of those surveyed gave us the highest 5 out of 5 ratings.

In their own words, individuals shared these comments:

“This was such a comforting and welcoming experience! I had so much anxiety about being a first-time mom with a limited support system, but after leaving my first appointment I felt more sure than ever that I was making the right decision of keeping my baby. You can feel the love as soon as you walk in, and everyone was

judgment-free so I really felt I could open up and be honest about my thoughts and feelings!”

“I came to PDHC after finding out I was pregnant and truly didn't believe it was possible. Karoline spent over an hour with me discussing the pregnancy and all my concerns. She allowed me to feel heard in my difficult circumstances and in all that I have been through. Alyssa was the nurse who did my ultrasound, and she was very gentle and comforting throughout the ultrasound. Karoline, Alyssa, and others at PDHC, continued to follow-up with me all throughout my pregnancy offering as much support as possible. I am taking parenting classes too. With the support and encouragement of PDHC, I was able to bring my beautiful and healthy daughter into this world after several losses. I am grateful for PDHC and don't feel alone because of them.”

“My husband and I first came to PDHC shortly after I found out I was pregnant. We are so grateful for the village PDHC has built around us through my pregnancy. From diapers, wipes, and prenatal vitamins to texts to check on my well-being, PDHC has been there. PDHC really shows people that having a baby doesn't mean you will be out to sea without a life raft. They have been a huge blessing!”

Pregnancy centers are passionate about serving individuals and families in the community. The majority of those we serve are single and fall at or below the national poverty level on income. They rely on and appreciate the free and comprehensive services provided by pregnancy centers in Ohio. As our organizations continue to adapt and adjust to meet the ever-changing needs of the community, we rely on the generosity of individual donors to fund our free programs and services. We are grateful for the incentives provided in Senate Bill No.159. Thank you for your time and attention.