

PSVa Today December 2016

Meet PSVa's Board of Directors

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PSVa Mission

Help new and expectant mothers and their families overcome anxiety, depression, and other perinatal mood and anxiety disorders (PMADs).

PSVa provides:

- *support to mothers*
- *information & resources*
- *outreach & education*

PSVa Vision

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help.

Hope & Help Hero



KATHLEEN DOBLER LAWSON, RN (Board Chair) is the newborn coordinator for Virginia Pediatric and Adolescent Center, where she is a breastfeeding educator, runs a monthly New Moms Group, and established a postpartum depression screening program. A registered nurse for over 40 years, Kathie has professional experience with children and adolescents struggling with psychiatric and behavioral issues. Kathie and her husband Tom, a retired Navy admiral, have four grown children and live in Springfield.

DIANA McSPADDEN (Board Secretary) is a Software Developer for the National Center for State Courts. She has had a career in technology since 1996 with extensive experience in web development for government, for-profit software companies, and non-profits. She is a working mother of two children, cyclist, yogini, computer geek, and runner. Her experience with perinatal depression during and after her first pregnancy led her to start two support groups in the Hampton Roads area of Virginia in 2011. Diana and her family live in Williamsburg.



MEGAN FOOTE MONSKY, Esquire, is a survivor of postpartum depression and anxiety and began volunteering for PSVa in 2010 as a "mom on call" to mothers and family members seeking telephone/email support regarding perinatal mood and anxiety disorders. Megan graduated magna cum laude from Furman University; received her Juris Doctorate, cum laude, from Vermont Law School; is a member of the South Carolina Bar; and serves as an Attorney Advisory with the United States Department of Justice. Megan lives in Alexandria with her husband and two children.



BENTA SIMS, LPC runs a private counseling practice specializing in perinatal mood and anxiety disorders. She has extensive training in numerous therapeutic techniques, including cognitive-behavioral therapy, mindfulness, and EMDR and Imago. Benta's recovery from postpartum



Jyl Pomeroy is one of PSVa's oldest and truest friends. She started the Postpartum Support Group at Virginia Hospital Center in Arlington in 2005 -- and has faithfully led the group EVERY TWO WEEKS for over 10 years! Even more impressive is that she has led the New Parents' Group at VHC for almost 25 years. Jyl is a pediatric nurse by training and loves helping new parents adjust to life with baby. When not facilitating the groups at VHC, Jyl is the Mental Health Program Manager at the Arlington Free Clinic. Jyl and her husband John have two grown children, Don and Marcy.

Thank you, Jyl, for all you do to help new moms get on their feet!



To everyone who donated in 2015.....THANK YOU!
PSVa ended the year with over \$50,000 in donations from generous family and friends, plus grants from The

depression inspired her to help other women and families facing similar challenges and she has been supporting new mothers in person, via email and telephone, and in support groups since 2002. Benta was recognized as

Dominion Guild, 100WomenWhoCare, Williamsburg Community Foundation, and Williamsburg Health Foundation. We are so grateful for your trust in PSVa as we offer hope and help to new and expectant mothers.

facebook

PSVa's Facebook page is a great place to find the latest info about PMADs, PSVa activities, educational sessions, and more.

Volunteer of the Year by Postpartum Support International in 2012. Benta and her husband Jim live in Arlington and have three grown children.



NATASHA SRIRAMAN, MD, MPH, FAAP, FABM is a pediatrician in the Division of General Academic Pediatrics at the Children's Hospital of The King's Daughters and Associate Professor of Pediatrics at Eastern Virginia Medical School. Natasha is a board member of the Virginia Chapter of the American Academy

of Pediatrics and is on the Virginia Breastfeeding Advisory Committee. Clinical and research areas include: breastfeeding, postpartum depression in urban settings, barriers to screening and treatment, public health, health disparities, immigrant health care, and health care reform and policy. Natasha and her husband live in Virginia Beach with their three children.



CHRISTINE (TINA) TRUMAN, MD is a board-certified adult psychiatrist with expertise in psycho-pharmacology, disease management, and psychiatric diagnosis, focusing on treating perinatal mood and anxiety disorders. Her clinical experience includes work in perinatal psychiatry at the Hampton-Newport News Community

Services Board and private practice at Finney-Zimmerman Psychiatric Associates. Dr. Truman graduated from Columbia University's College of Physicians and Surgeons; interned at Yale University and Yale-New Haven Hospital; and did her psychiatric residency at the New York Presbyterian Hospital of the Weill Medical College of Cornell University, where she gained clinical experience at the Payne Whitney Women's Program. Tina, her husband Ian, and two children live in Norfolk.



AMANDA LENOCI ZANG, MBA (Board Treasurer) is a survivor of postpartum depression, who began volunteering for Postpartum Support Virginia in 2012 as a "mom on call" to mothers and family members seeking telephone/email support regarding perinatal mood and anxiety disorders. Amanda graduated from

Clemson University and has an MBA from Marymount University. She is a working mom as a Senior Manager in Deloitte and Touche LLP's Federal Advisory Practice. Amanda loves yoga and cheering for her beloved Clemson Tigers. Amanda lives in Arlington with her husband and two sons.

Hope and help for new mothers



www.postpartumva.org

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