

PSVa Today February 2017

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 Vision

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

Hope & Help Heroes

Natasha Sriraman MD **Christine Truman, MD**

Natasha and Tina recently stepped down from PSVa's Board of Directors after four years of service. We are so grateful for their time, talent, and treasure.



Janet Abraham, MSW is a clinical social worker with over 20 years of experience in the fields of clinical social work, health policy, administration, fundraising and advocacy. Janet is the Clinical Social Worker at VCU Health, Women's Health at Nelson Clinic practicing in the High-Risk Clinic within the Department of OB/GYN. She is the recipient of the 2014 Ambulatory Women's Health Week of the Nurse award

at VCU Medical Center for True Collaboration. Janet graduated from Boston University and VCU Graduate School of Social Work. Janet and her husband Philip live in Richmond and have two adult children.



Lisa Casanova, MD is an obstetrician/gynecologist at Riverside Partners in Women's Health in Newport News, where she has been diagnosing and treating mood and anxiety disorders during pregnancy and postpartum since 1994. Dr. Casanova graduated from Brown University Medical School in Providence, RI and completed her residency in Chicago at Northwestern University. Dr. Casanova lives in Newport News, has three adult

children, and is filling her "empty nest" with long bike rides, cooking Italian food, and spending time with her 2-year-old Havanese dog.



Kathleen Dobler Lawson, RN (Chair Emeritus) 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 42 years, Kathie has professional experience with children and adolescents

struggling with psychiatric and behavioral issues. Kathy and her husband Tom have four grown children and live in Springfield.



Diana McSpadden (Secretary) is a Software Developer for the National Center



Natasha is a practicing pediatrician, lactation consultant, associate professor, and tireless advocate for women and children, serving on several breast-feeding boards, task forces, and committees. Natasha, her husband, and three children live in Virginia Beach.



Tina is an amazing psychiatrist whose specialty is treating women during the perinatal years. She is a powerful speaker, thoughtfully explaining the risk-benefit scenario for women needing psychiatric care while pregnant or breastfeeding.

Tina and her family live in Norfolk.



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, cyclist, yogini, computer geek, and runner. Her experience



Wednesday, March 8

Arlington Cinema 'n

Drafthouse

6:30 pm Doors Open

7:30 pm Showtime

TICKETS

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TSR Homes

Meredith Gelman,
LCSW



**NOVA GROUP
FOR WOMEN**

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Sunstone Counseling



with 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, who began volunteering for Postpartum Support Virginia in 2010. Megan has served as a “mom on call” and also ran a support group. Megan graduated magna cum laude from Furman

University in 1999 with a Bachelor of Arts in Political Science and a Bachelor of Science in Biology. She received her Juris Doctorate, cum laude, from Vermont Law School in 2002 and is a member of the South Carolina Bar. Megan is a Supervisory Attorney-Advisor with the U.S. Department of Immigration Review. She lives in Alexandria with her husband and two children.



Jennifer Mattucci Santoro, MD is private practice psychiatrist in Fairfax, Virginia specializing in reproductive mental health and psychosomatic medicine. Dr. Santoro graduated from Cornell University and University of Rochester School of Medicine and completed internship and residency at

New York University and Bellevue Hospitals in New York City, where she started NYU's first reproductive mental health elective for psychiatry residents. Dr. Santoro is a clinical instructor with George Washington and Virginia Commonwealth Universities' Departments of Psychiatry, focusing on supervising and mentoring psychiatry residents and fellows. She lives with her husband and two children in Oakton, Virginia.



Benta Sims, LPC runs a private counseling practice where she specializes in treating women experiencing perinatal mood and anxiety disorders and marriage counseling for women and their partners who have experienced pregnancy and infant loss. Benta has extensive training in numerous therapeutic techniques, including cognitive-behavioral therapy,

mindfulness and stress reduction techniques, EMDR and Imago Relationship Couples Therapy. Benta's recovery from postpartum depression inspired her to help other women and families facing similar challenges and she feels honored to have supported new mothers in person, via email and telephone, and in support groups since 2002. Benta was recognized as Volunteer of the Year by Postpartum Support International in 2012. Benta and her husband Jim live in Arlington and have three grown children.





Alison Teitelbaum, MS, MPH, CAE is an association executive and public health communications specialist with more than 10 years of experience in non-profit health-related program management, education and outreach, advocacy, research, and marketing. Alison struggled with severe perinatal and postpartum depression and anxiety with the birth of her first child in 2012. But, thanks to PSVa, received appropriate support, guidance, and treatment, and since then has passionately advocated for increased awareness about PMADs. Alison is working towards reaching a lifetime goal of visiting all 414 (and counting) National Park Service units. So far she has visited 151. Alison, her husband, their 2 children live in Falls Church.



Amanda Lenoci Zang, MBA (Treasurer) is a survivor of postpartum depression, who began volunteering for Postpartum Support Virginia in 2012. Amanda presently serves 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 in 1999 with a Bachelor of Science degree in Accounting and holds a Masters of Business Administration 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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