



## PSVa Today August 2017

### Williamsburg Coalition

#### Quick Links

[PSVa Website](#)

[Donate](#)

[Contact PSVa](#)



#### 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.

#### Coalition Support

Junior Woman's Club of Williamsburg



ROTARY:  
MAKING A  
DIFFERENCE

### Success in Williamsburg!

Williamsburg is the first location in Virginia to implement universal education, screening, treatment, and referral for perinatal mood and anxiety disorders (PMADs), thanks to an innovative community coalition.

The Williamsburg Maternal Mental Health Coalition (The Coalition) convened community stakeholders who interact with childbearing women to address PMADs in a coordinated, comprehensive, community-wide manner. The Coalition was hosted by Sentara Williamsburg Regional Medical Center (SWRMC) and met monthly for 6 months for instruction, discussion, role-playing, brain-storming, and problem-solving. As a result, Coalition members are now:

- **educating and screening** all childbearing women for PMADs during pregnancy, at time of delivery, and throughout first year of baby's life
- **initiating treatment** when possible, and
- **making referrals** to trained mental health providers or a PMAD support group

*Interested in launching a coalition in your area?  
[Email Adrienne Griffen.](#)*

### Keys to Success



**LEADERSHIP.** The Coalition was co-chaired by Donna Patno, DNP, CNM, Director of Patient Care Services for Women's Health at SWRMC, and PSVa Executive Director Adrienne Griffen. Donna (at left) -- a certified nurse-midwife who is passionate about helping new moms and babies -- had full support from SWRMC President [Dave Masterson](#), who is a champion of



Williamsburg  
Health  
Foundation



### Shelane's Run

The 2nd Annual Shelane's Run to spread awareness for Postpartum Depression Disorders is Saturday, October 21, 2017 at the Fairfax Government Center. Proceeds benefit PSVa. Register [HERE](#).

innovation. SWRMC is now hosting a PMAD support group twice a month; learn more [HERE](#).

**COMMUNITY SUPPORT and FUNDING.** The Coalition's work was funded by the [Williamsburg Health Foundation](#), [Rotary Club of Williamsburg](#), and [Junior Women's Club of Williamsburg](#).

**COLLABORATION.** The Coalition was truly a collaborative effort, bringing together maternal-child healthcare providers, mental health professionals, birth/postpartum professionals, early childhood intervention specialists, and other community stakeholders, including:

- Child Development Resources
- Children's Specialty Group at SWRMC
- Colonial Behavioral Health
- Old Towne Medical and Dental Center
- Pediatric Associates of Williamsburg
- Postpartum Support Virginia
- Sentara Pediatric Physicians
- SWRMC nursing staff, childbirth educators, lactation consultants
- SWRMC Ladies' Auxiliary
- Williamsburg Health Foundation
- doulas, night nurses, retired nurses
- private therapists and counselors specializing in PMADs

## Williamsburg Coordinator

Danielle Cauley, LPC, is PSVa's new Williamsburg Coordinator and will continue The Coalition's work. Danielle (at right) is mom to a toddler and a PMAD survivor (read about her PMAD experience [HERE](#)).

Along with maintaining a private therapy practice focused on helping new mothers, Danielle leads a twice-monthly PMAD support group at SWRMC. She will be training additional support group leaders, following up with maternal-child healthcare providers to ensure they know where to refer women for help, and providing outreach to the community.



[www.postpartumva.org](http://www.postpartumva.org)

[DONATE](#)

