

Postpartum Support Virginia

Hope and help for new mothers

Maternal Mental Health Coalitions

PSVa has launched several Maternal Mental Health Coalitions in Virginia, bringing together local stakeholders to address postpartum depression and related perinatal mood and anxiety disorders with a coordinated, comprehensive, community-wide approach.

What is the purpose of a Coalition?

The goal of each Coalition is to ensure that all childbearing women in a given location are educated about PMADs and screened for them routinely during pregnancy and first year postpartum. Coalitions identify and establish resources for affected women, including PMAD support groups and mental health providers with expertise in treating PMADs.

Where are Coalitions located?

PSVa has launched Coalitions in Richmond, Hampton / Newport News, Williamsburg, and Woodbridge. Additional Coalitions are preparing to launch in Charlottesville and Harrisonburg in 2019. Coalitions are made possible when PSVa secures grants or other funding in a given location. Funding for Coalitions is made possible through grants from the following organizations:



What does a Coalition do?

Each Coalition meets monthly for 6 months and is presented a comprehensive curriculum about PMADs. Topics include an overview of PMADs, the path to wellness, and recommendations for discussing screening for PMADs. The curriculum includes presentations, case studies, role-playing, and discussion. At the same time, the Coalition establishes and identifies resources for affected women, including PMAD support groups and mental health providers with expertise in treating PMADs. Once the curriculum is completed and resources for recovery are in place, the Coalition moves to quarterly meetings to address emerging issues and continue professional development and networking.

Who is involved in Coalition efforts?

Each Coalition convenes community stakeholders with "touchpoints" with childbearing women, maternal-child healthcare providers (obstetric and pediatric providers, family physicians, hospital staff and administrators), mental health professionals (psychiatric providers, social workers, the counselors), birth and postpartum professionals (childbirth educators, lactation consultants, doula, early intervention specialists, including programs such as Healthy Families, Parents as Teachers, Resource Mothers).

Where was the first Coalition?

The first Coalition was launched in Williamsburg in January 2017 with a grant from the Williams Foundation. Members of the Coalition met monthly for six months to learn about PMADs; the Coalition meets quarterly for continuing professional development and networking.

What has the Coalition achieved?



As a result of the Williamsburg Coalition's efforts, ALL childbearing women in Williamsburg are routinely screened for PMADs. Childbearing women are connected with 2 FREE support groups and a network of mental health providers with advanced training in treating PMADs.

The Williamsburg Coalition received an **Innovation Award** from 2020Mom at the July conference of Postpartum Support International, attended by 500 experts in maternal mental health.

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Post Office Box 7521

Arlington VA 22207

703-829-7152

www.postpartumva.org