



# PSVa Today December 2016

*Happy Holidays!*

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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.

## THANK YOU to PSVa's Dedicated Volunteers!

Kimberly Barnard-Bracey  
Julie Bates  
Ann Beaver  
Heather Bryum  
Leah Cabotaje  
McKenzie Casad  
Mary Clement  
Sandra Cothran  
Autumn Coxe  
Alethia Fauntleroy  
Rebecca Fulcher  
Linda Gaddis  
Joanna Garvin  
Lisa Hardy

## PSVa's Year In Review

### 1. Mothers

Since 2009, we have helped hundreds of new and expectant moms and their families overcome PMADs. We know that mothers are the heart and soul of the family. As we like to say at PSVa....

*A happy healthy mother makes a happy healthy family.*

### 2. Fathers and partners

Thank you for taking care of moms when they need help the most. We know you sometimes wonder, "What happened to her? Where did she go?" We promise, she will be back when she gets the help she needs.

### 3. PSVa Volunteers

Our statewide network of fabulous volunteers give freely of their time to help those in need, whenever they need it. These wonderful and generous volunteers -- most of whom have lived experience with PMADs -- provide support, encouragement, information, and resources by running support groups, responding to calls and emails, and managing social media. THANK YOU!

### 4. Mental Health Professionals

We make referrals to over 150 mental health professionals who specialize in treating women experiencing PMADs. These psychiatrists and therapists take great pride in helping women recover from their PMAD experience.

### 5. PSVa Staff

PSVa's staff keep all the administrative and operational gears turning. Thank you, one and all, for your dedication:

**Suman Kapur**, Volunteer Coordinator

**Annie Kelly**, Fundraising and Events Coordinator

**Katie Shaw**, Moms on Call Coordinator

**Christina Hall** and **Kiera Jones**, Social Media Coordinators

**Mary Beth Waite**, Resource Coordinator

### 6. Researchers

Jenna Harper  
Taylor Harrison  
Vicky Henry  
Lacy Hierwarter  
Molly James  
Jessica Jones  
Laura Jones  
Marissa Konell  
Jordan Liga  
Nikki Lowery  
Kristen Lucas  
Jilayne Luckey  
Beth MacFarlane  
Diana McSpadden  
Liz Mendez  
Angela Mitchell  
Melissa Nauss  
Ilana Naylor  
Heike Nicks  
Teresa Oliver  
Kari Owens  
Jyl Pomeroy  
Andrea Proper  
Melanie Quick  
Mandy Restivo  
Curshelle Rose  
Marjorie Schiekel  
Laura Shields  
Nancy Sonnenberg  
Emma Stepp  
JaLyn Tiffany  
Katie Tolbert  
JJ Toombs  
Rhonda Turner  
Bethany Vanderbilt  
Mara Watts  
Ann Winters  
Jessica Ziegler

We are grateful to those in the field of research who are investigating new methods and medicines to help women overcome PMADs.

### ***7. PSVa Board of Directors***

The amazing women of PSVa's Board of Directors give so generously of their time, talent, and treasure. Thank you to Kathie Lawson, Diana McSpadden, Megan Foote Monsky, Natasha Sriraman, Tina Truman, Benta Sims, and Mandy Zang. And welcome new Board members Lisa Casanova, Mallory Hudson, Jennifer Santoro, and Allison Teitelbaum.

### ***8. Donors and Grantors***

Thank you to everyone who has donated to PSVa. We appreciate each and every dollar. Your gifts -- large and small -- help us provide direct support to new mothers and their families.

### ***9. Gaydos and Goldstein Families***

Shelane Gaydos and Allison Goldstein were two beautiful bright young mothers who lost their battles with postpartum depression. We are grateful that their families have chosen to speak openly and bravely about these tragedies in the hopes of saving other lives.

### ***10. Babies***

Because they are here that the world should continue.

Hope and help for new mothers



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

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