

# PSVa Today November 2016

*PSVa Conference, Shelane's Run*

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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 and Help Hero  
Dr. Samantha  
Meltzer-Brody**



## Update on Maternal Mental Health

December 3, 2016 Williamsburg

**Early Bird Registration Extended!**

**Register by Friday, November 4**

***It's not just postpartum.***

***It's not just depression.***

***And it's not too late to register!***

Get the latest information about PMADs at this one-day conference on maternal mental health with a special focus on training mental health providers and maternal-child healthcare providers. ***Learn more [HERE](#).***



**1st Annual  
Shelane's Run  
A HUGE SUCCESS!**

Congratulations to the friends and family of Shelane Gaydos on the huge success of the 1st Annual Shelane's Run! This past Saturday, almost 500 people gathered on a beautiful fall morning, to walk or run a 5K to raise awareness about PMADs in the **first-ever** road race in Virginia addressing PMADs. Shelane was honored with a huge American flag, color guard, and a beautiful rendition of *The Star Spangled Banner*. Kids of all ages climbed a rock wall, ate Halloween candy,



Dr. Samantha Meltzer-Brody is the Director of the Perinatal Psychiatry Program at UNC-Chapel Hill's Center for Women's Mood Disorders. This specialized program is the ONLY in-patient psychiatry unit dedicated to women experiencing PMADs. Dr. Meltzer-Brody is an Associate Professor conducting research into the epidemiologic and genetic causes of PMADs.

Dr. Meltzer-Brody also sits on the Board of Directors of Postpartum Progress, is assisting with clinical trials for an infusion drug to treat postpartum depression, and helped establish Postpartum Depression: Action Towards Causes and Treatment (PACT) Consortium, an international group of academic clinicians and scientists.

Dr. Meltzer-Brody recently spoke at OB Grand Rounds at Fairfax INOVA Hospital, spending time talking with hospital leadership about the need for additional psychiatric programs to address PMADs.

carved pumpkins, and did arts & crafts. See more photos on [PSVa's Facebook page](#).



***Shelane's family including sister, mom, and aunt.***

Note the beautiful quilt in the background; it is the Memory Quilt from Postpartum Support International (PSI) that includes names of women and children who have lost their lives to postpartum depression and other PMADs. The Memory Quilt will be on display at PSVa's December 3 conference. Shelane's name will be included in the 2nd Memory Quilt which is being hand-stitched by PSI volunteers.

*Hope and help for new mothers*



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

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