

# Postpartum Support Virginia

Hope and help for new mothers



**July 2018**

## ***Salute To PSVa Board of Directors***

***Many thanks to these incredible women for their leadership in providing hope and help to new and pregnant mothers.***



**Janet Abraham, MSW** is a clinical social worker with over 20 years of experience in the fields of clinical social work, administration, health policy, fundraising and advocacy. Janet currently serves as 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." A native of Norfolk, Virginia, Janet received her undergraduate degree from Boston University and her MSW from 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 training at Northwestern University in Chicago, IL. When not in the office or on call, you can find her on her road bike or on the Noland Trail. Her nest is empty at home; her oldest daughter has graduated college and is working in San Francisco and her two younger children are enrolled in Virginia colleges. Dr. Casanova lives in Newport News and spends her free time cooking Italian food and playing with her Havanese dog.



**Diana McSpadden (Board Secretary)** is a Software Developer for the National Center 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 children, cyclist, yogini, computer geek, and runner. Her experience with perinatal depression during and after her first pregnancy led her to start two support groups in the Hampton Roads area of Virginia in 2011. Diana has been very



in Williamsburg.

active in the Greater Williamsburg Maternal Mental Health Coalition and helps train new volunteers to provide hope and help to new/pregnant mothers experiencing perinatal mood and anxiety disorders. Diana and her family live



**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” to mothers and family members seeking telephone/email support and also ran a support group. Megan graduated magna cum laude from Furman University and cum laude from Vermont Law School in 2002. Megan is employed by the U.S. Department of Immigration Review, where she serves as a Supervisory Attorney-Advisor. She lives in Alexandria with her husband and two children.



**Anita Okonak, MS** is Director of Therapeutic Area Training with Boehringer Ingelheim Pharmaceuticals. She has over 18 years of experience in the pharmaceutical industry in sales and training / development. Anita struggled with perinatal and postpartum depression and anxiety which greatly impacted her marriage and spurred her to become a passionate advocate for increasing awareness, diagnosis, and education about maternal mental health. Anita and her family live in Fairfax.



**Jennifer Mattucci Santoro, MD** is a private practice psychiatrist in Fairfax 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. Jennifer and her family live in Oakton.



**Bushra Shah, MD** is a board-certified psychiatrist with expertise in treating psychiatric disorders in the medically ill and a special interest in reproductive psychiatry. Dr. Shah is assistant professor of psychiatry at Virginia Commonwealth University. She completed her general psychiatry residence at the Virginia Tech Carilion School of Medicine and a fellowship in psychosomatic medicine at Virginia Commonwealth University. Dr. Shah evaluates and treats pregnant and postpartum women with mental health issues in her general psychiatry clinics as well as in the high-risk obstetric clinic at VCU, and is actively involved in training medical students, residents, and fellow. Bushra lives with her family in Richmond.



**Benta Sims, LPC** is a counselor in private practice specializing in treating perinatal mood and anxiety disorders along with pregnancy and infant loss. She has extensive training in numerous therapeutic techniques, including cognitive-behavioral therapy, mindfulness and stress reduction techniques, EMDR and Imago Relationship Couples therapy. Benta’s personal journey with and recovery from postpartum depression, anxiety and PTSD inspired her to help other women and families facing similar challenges and she has been supporting new mothers since 2002. Benta was recognized as Volunteer of

the Year by Postpartum Support International in 2012. Benta and her husband Jim live in Arlington.



**Alison Teitelbaum, MS, MPH, CAE (Board Chair)** is an association executive and public health communications specialist with experience in non-profit health-related program management, education and outreach, advocacy, research, and marketing. She is particularly interested social marketing and using evidence-based approaches to improve health behavior. Alison struggled with severe perinatal and postpartum depression and anxiety; thanks to PSVa, she received appropriate support, guidance, and treatment, and since then has passionately advocated for increased awareness about PMADs. Alison and her family live in Falls Church.



**Theresa Termine (Board Treasurer)** is a marketing and communications professional with a specialization in fundraising and development. She has successfully designed and implemented fundraising campaigns for national and local non-profit organizations, as well as local schools and churches. Theresa is currently working to gain master certification in fundraising management through the Lily Foundation at Indiana University. She lives in Arlington with her three teenagers.



**Janet West, MD MBA** is a Virginia native and pediatrician who recently launched RVA Baby, a pediatric practice providing home-based newborn care in Richmond. Dr. West completed her medical training and residency at the Medical College of Virginia and VCU Medical Center and holds a Physician Executive MBA from UT Knoxville. Dr. West's early career was in the military sector, treating and advocating for children of military families. She is collaborating with community partners to form the Covenant Maternal Child Health Network to support opiate-addicted moms as they learn to care for their newborns. Dr. West lives in Richmond.

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*Postpartum Support Virginia's mission is to help new/pregnant mothers and their families overcome postpartum depression and other perinatal mood and anxiety disorders.*

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Donate



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