Great News To Share!

Woman of Vision Award

Congratulations to PSVa Executive Director for being selected as a Woman of Vision in the nonprofit sector by Arlington County Commission on the Status of Women. Adrienne will be honored at a dinner on Tuesday, June 26; click HERE for more information and HERE to purchase tickets for the dinner.

Supplies for Support Group Leaders

A small grant from the Junior Women's Club of Williamsburg has provided supplies to support group leaders. Each group will receive a tote bag with everything needed to run a support group -- forms, handouts, tissues, and more. Shown above with PSVa Operations Director JaLyn Tiffany are support group leaders Danielle Cauley (Williamsburg); Lewi Blosser, Kara Trahant, and Kelly MacArthur (Williamsburg -- Child Development Resources); and Mandy Restivo-Walsh (Fredericksburg).
Many, many thanks to the following organizations providing grants to PSVa:

- **Bernardine Franciscan Sisters Foundation** ($26,180); photo above left features Sr. David Ann Niski, Executive Director of the Bernardine Franciscan Sisters Foundation and Diana McSpadden, PSVa Board member. Funding will be used to launch a maternal mental health coalition in Hampton / Newport News.
- **Potomac Health Foundation** ($25,000). Funding will be used to launch a maternal mental health coalition in Woodbridge.
- **INOVA Community Fund** ($10,000); photo above right features Karen Berube, VP Population Health, INOVA Health System; Mara Watts, PSVa Outreach Director; and Adrienne Griffen, PSVa Executive Director. Funding will be used for outreach and education in Northern Virginia.
- **Vicki Collins Foundation** ($3,000). Funding will be used for outreach and education in Northern Virginia.

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**3rd Annual Maternal Mental Health Advocacy Days**

PMAD advocates stormed Capitol Hill in May to raise awareness among legislators about PMADs during the 3rd Annual Advocacy Days. Efforts have paid off: the U.S. Congress has authorized funding for local programs that address PMADs. Thank
you to Carolyn Alexander, Monica Daniels, Meredith McCurry-Webb, Anita Okonak, Faith Ramirez, and Lynda Zaffram for being part of Virginia's 2018 advocacy team.

Postpartum Support International Training
PSVa hosted Postpartum Support International's 2-day training in Richmond in mid-May...which was a huge success! Over 120 maternal-child healthcare providers and mental health professionals learned all about PMADs, including predictors and risk factors, how to screen, and how to help women recover. Thanks to everyone who made this such a great event, including PSVa staff (including Mara Watts and JaLyn Tiffany, above, left) and featured speaker Dr. Christine Truman (above, right) who specializes in reproductive psychiatry.

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

Hope and help for new mothers

Donate

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www.postpartumva.org