

Postpartum Support Virginia

Serving Virginia's Perinatal Families



Postpartum Support Virginia's Mission



Educate families, healthcare providers, and communities about Perinatal Mood & Anxiety Disorders (PMADs).

Provide resources to help perinatal people and their families overcome anxiety, depression, and other PMADs.



Three Pronged Approach

- Deliver ***direct services*** to pregnant and postpartum people.
- Facilitate ***training*** for maternal and pediatric health providers and mental health providers.
- ***Gather communities to create on-the-ground solutions*** to addressing perinatal mental health through the Perinatal Mental Health Coalition of Virginia and its Regional Workgroups.

(A bit) About Perinatal Mood and

Anxiety Disorders (PMADs)

PMADs are Common

Perinatal Mood & Anxiety Disorders (PMADs) are the **#1 complication** of pregnancy and
childbirth.

At least 1 in 5 birthing people will be affected by a PMAD.

Each Year in Virginia, there are **100,000** live births.

Community-Level Impact

- \$32,000 = the cost of untreated PMADs per mother/infant dyad.

- Increase need for higher-level, more expensive services.



Affected individuals leave or delay reentry to the workforce and are less



likely to participate in community activities such as volunteering.



(Luca, et. al., 2017) Negative health outcomes for childbearing people, babies, and toddlers,

PSVa's Services

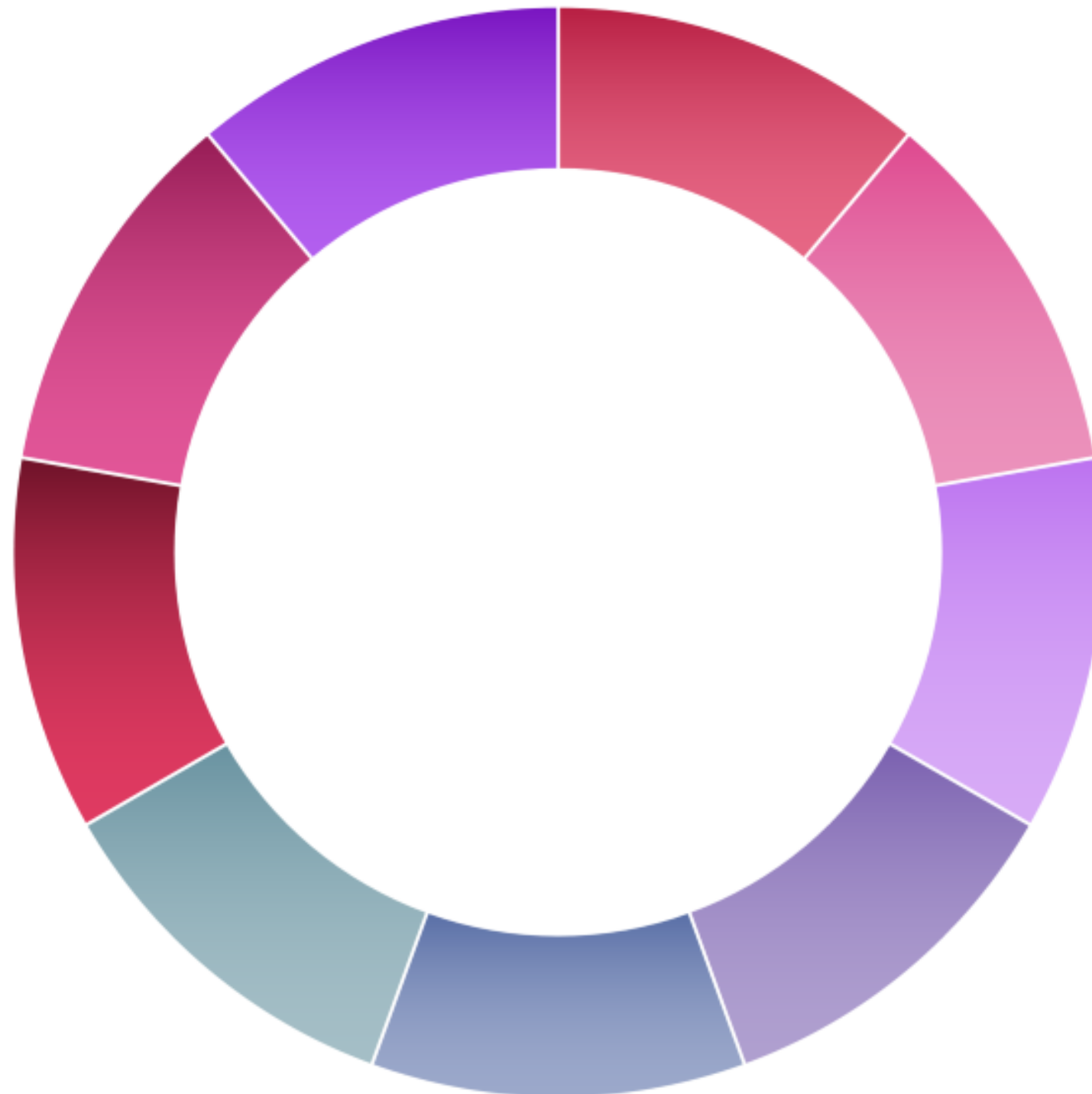


PSVa's Model

- All services are free, with no barriers to entry.
- Services are offered in both English and Spanish.
- Social support services are provided by trained volunteers who are survivors of PMADs - the majority of whom have used PSVa services.
 - In 2023, 90 volunteers provided 6,784 hours of volunteer time, valued at \$226,449.
- PSVa staff provide professional care coordination services to increase access to care.

Holistic Perspective

Perinatal Circle of Healing



- Community Care
- Relationship Care
- Socio-economic Care
- Perinatal and Infant Support and Education
- Connection with Culture
- Spiritual Care
- Physical Care
- Mental Health Care
- Medical Care

All Services Flyer

FREE SERVICES FOR FAMILIES



Please scan QR code, visit our website at postpartumva.org, or call 703-829-7152 to access our Support Services.

Support Groups



In-person support groups. Select a group by location, date/time, or topic. Information about our 6-week Mothers and Babies groups can also be found [here](#).

Care Coordination



Care Coordination helps families connect with mental health providers, doulas, or other support services. Call our Warmline 703.829.7152 or email: care@postpartumva.org

Peer Mentors



This program pairs individuals with a trained volunteer who has recovered from a perinatal mental health issue for one-on-one support.

Spanish Support Services



We offer care coordination, support groups, local resources, and peer support, for Spanish-speaking families.

Warmline



If you need direct support, are overwhelmed or just want to chat, please call the PSVa Warmline for support (English or Spanish) (703) 829-7152 or text (540) 698-1277 (English) (757) 550-4234 (Spanish)

Shelane's Fund



Shelane's Fund provides financial assistance to offset the cost of mental health care or other services needed to heal from the effects of a perinatal mental health issue.

SERVICIOS GRATIS PARA FAMILIAS



Por favor escanee el código QR, visite nuestra página web postpartumva.org o llame al 703-829-7152 para tener acceso a nuestros Servicios de Apoyo.

Grupos de Apoyo



Grupos de apoyo en persona. Seleccione un grupo por ubicación, fecha/hora, o tema. Aquí puede encontrar información sobre nuestro grupo de Mamás y Bebés.

Coordinación de Servicios de Apoyo



La coordinación de Servicios de Apoyo ayuda a conectar a las familias con proveedores de salud mental, doulas u otros servicios de apoyo. Llame a nuestra Línea de Asistencia: 703.829.7152 o mande un correo electrónico a care@postpartumva.org

Programa de Mentoras



Este programa empareja a personas con una voluntaria entrenada que se ha recuperado de un trastorno perinatal de salud mental para tener apoyo individual.

Servicios de Apoyo en Español



Ofrecemos coordinación de servicios, grupos de apoyo y recursos locales por medio de mentoras para familias que hablan Español.

Línea de Asistencia



Si necesita apoyo directo, se siente abrumada, o solo quiere platicar, por favor llame a la Línea de Asistencia de PSVa para obtener apoyo (Inglés o Español) (703) 829-7152 or mande un mensaje de texto: (540) 698-1277 (Inglés) (757) 550-4234 (Español)

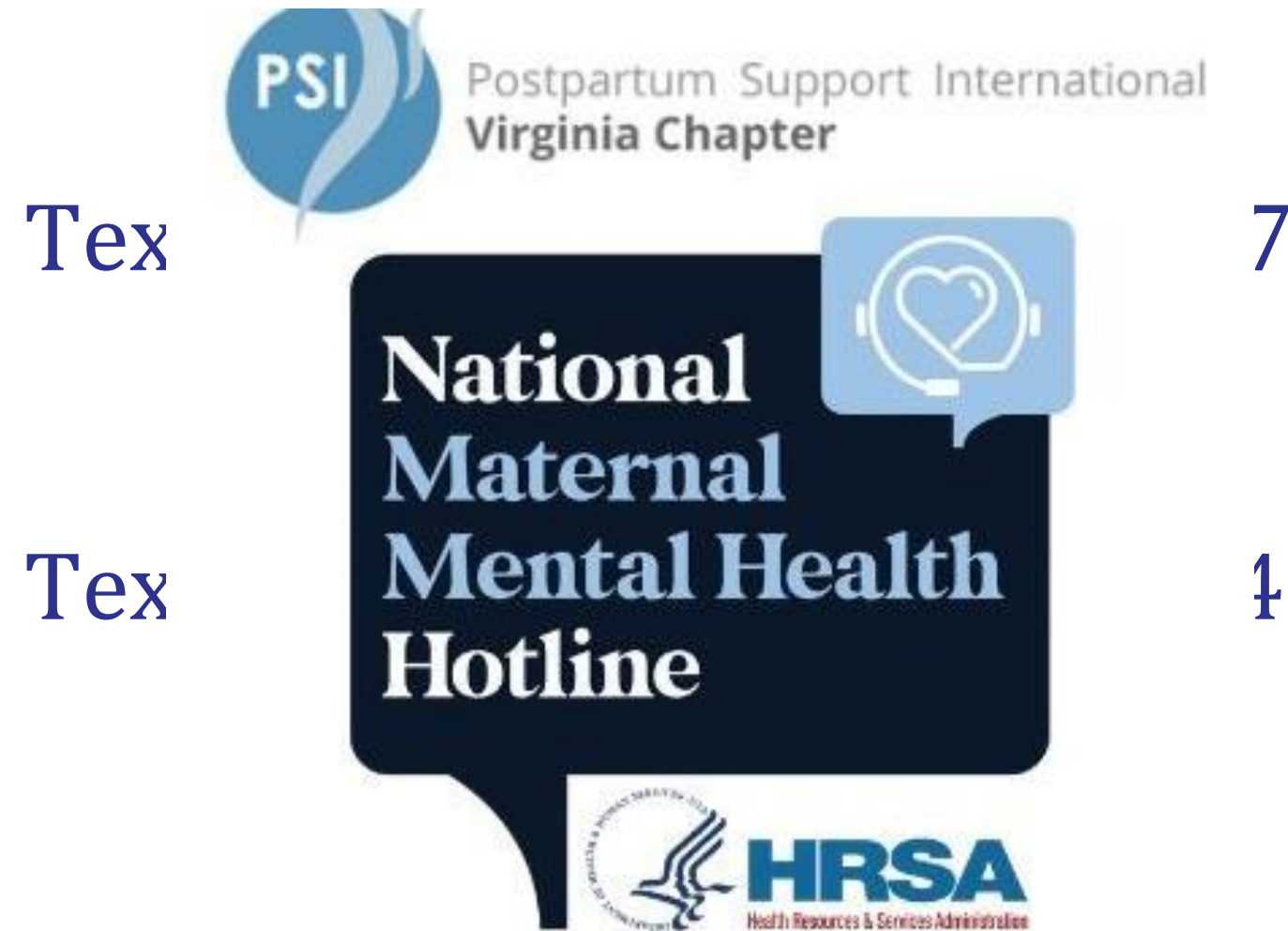
Fondo de Shelane



El Fondo de Shelane ofrece asistencia financiera para cubrir el costo de atención para la salud mental, u otros servicios necesarios para recuperarse de un trastorno perinatal de salud mental.

Warmline

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- Warmline: Call: 703-829-7152



2023 Statistics:

- 684 warmline contacts for 541 ~~patients~~ patients were asked to rate their level of distress at the beginning and end of the call. **On average,**
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Stories from Our Callers

“It was amazing to reach out in a moment of need. I received the help I never thought would have been available. Thanks to the referrals I received, I am now feeling better about my family.”



“It helped me normalize my experience and gain insight and clarity beyond what I could create for myself. The call decreased my loneliness and helped me find the

Support Groups


In-Person, Drop-in Social Support Groups

provide the space and time to validate

participants' experiences, share coping

strategies, gain support and encouragement, and

discuss community resources.



Because
We
Deserve
Better

Client Story

“My story began following the birth of my second daughter. Struggling with racing, intrusive thoughts, I casually mentioned these new symptoms to my obstetrician. I was grateful to receive not only validation that postpartum anxiety was common and treatable. I was told a good option for me, given my symptoms, would be a support group with PSVa. I was able to attend my first group immediately. After only a few sessions, I felt not only validated but also motivated to protect and nourish my mental health. Those anxiety symptoms soon lessened as I followed suggestions from the group leader and fellow attendees on self-care and relaxation practices.”

Peer Mentor Program

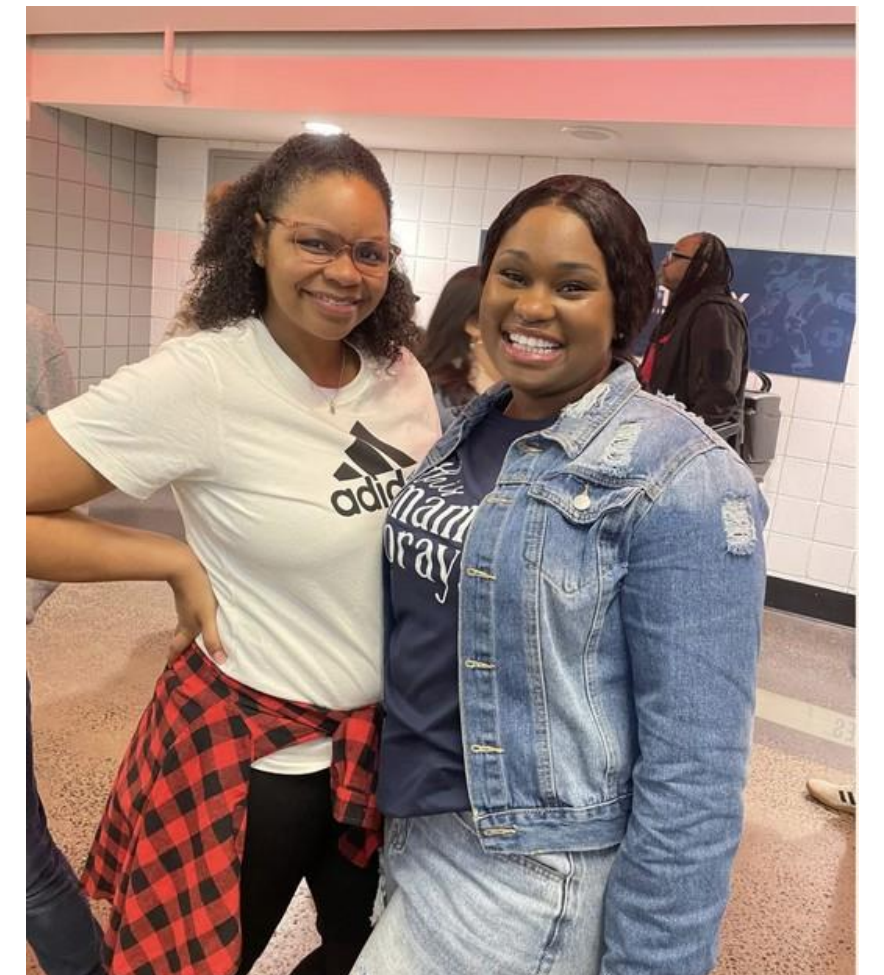
Mentees are paired with a mentor with similar lived experience.

Through weekly communication, mentors and mentees build relationships to:

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- Remove isolation

Assist mentees with following any care plans

Reduce stigma



Care Coordination

Care Coordinators help find perinatal mental health providers and community resources for families in their own region.

In 2023, PSVa completed 779 free care coordinations for 625 people.



Client Story

A new mother had no family support, and her husband was deployed. She was unsure what/if any resources were available to her. Within 24 hours of receiving the request, her dedicated care coordinator let her know that help was on the way.

The mother expressed relief knowing someone would help link her with care. The care coordinator informed the mother about an in-person support group for military families in her area the following week.

Three days later, she was connected with a perinatal virtual therapist who accepted her insurance, was a Person of Color, and had experience working with military spouses. This mother went from feeling alone and hopeless to being connected with multiple sources of support within 72 hours.

Shelane's Fund Grants

Named after a Virginia mother who lost her life to severe postpartum depression, Shelane's Fund provides microgrants to families facing financial barriers to accessing perinatal mental healthcare.

\$41,000 approved for 107 people in 2023

Shelane's Fund is funded by PSVa's annual fundraiser, Shelane's Run.

<https://www.shelanesrun.org/>



The image shows a smartphone screen displaying the Shelane's Run website. The page features a 'Sign Up' button, a 'Donate' button, and a section for 'EVENTS' listing a '5K Run/Walk (Virtual)' for '\$25'. The registration ends on October 30, 2022, at 8:00pm EDT. To the right of the phone is a promotional banner for 'SHELANE'S RUN' with the text 'Run or Walk in Shelane's virtual run! October 22nd - 30th, 2022.' Below this is a paragraph explaining that proceeds support Shelane's Fund, which provides financial assistance to perinatal families suffering from postpartum depression and other perinatal mental health issues. The banner also includes the Shelane's Run and Postpartum Support Virginia logos, and a link to shelanesrun.org.

Informational Resources

Support Directory

- Mental health, psychiatric, and support services

Fact Sheets (English & Spanish)

- Predictors & Risk Factors
- Postpartum Plan
- Birth Trauma
- Signs & Symptoms of Anxiety
- Signs and Symptoms of Depression



Perinatal Mental Health Coalition of Va



The Perinatal Mental Health Coalition (PMHC-Va) is a Commonwealth-wide coalition of healthcare providers, mental healthcare providers, community-based organizations, individuals with lived experience, and others with touchpoints with perinatal people and their families.

These stakeholders **gather to create community-based solutions to enhance perinatal mental wellness.** Regional workgroups are community-based and occur during the off-months of coalition meetings.

How to Access PSVa Services

- Call or text our warmline
 - Call: 703-829-7152
 - Text in English: 540-698-1277
 - Texto en Español: 757-550-4234
- Visit our website: <https://postpartumva.org/>
 - View our social support group schedule.
 - Fill out a care coordination form to receive care coordination services, be matched with a peer mentor, or receive a Shelane's Fund Grant.
 - Find our informational resources and access our support directory.

Contact

Mandolin Restivo, PSVa Executive Director

- Phone: 540-681-3802
- Email: mrestivo@postpartumva.org

Website: <https://postpartumva.org/>

Warmline: 703-829-7152

References

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