

# COLUMBUS VA MATERNAL HEALTH INTERDISCIPLINARY SERVICES

## Team Approach

Perinatal care is best served via an interdisciplinary wrap-around approach. Our team of providers are trained and experienced in providing specialized care for the perinatal Veteran. This means taking care of your whole self during pre-conception, pregnancy, the postpartum period and beyond.

## Contact Us

If you have any questions about maternal health services provided by the Columbus VA or within the community, please contact us at the information listed below:

Heather Olds, Maternal Health Program Coordinator:  
call or text 614-203-9053

Maternity Care Coordinators:  
Michelle Jernigan: 614-388-7986  
Mandy Ross: 614-388-7370

## Our Team

At the Columbus VA, we currently have the following disciplines on our team:

Psychiatry & Clinical Pharmacy  
Psychology & Clinical Social Work  
Registered Nurses (RN)  
Registered Dietitian (RD)  
Peer Support Specialist

## Our Services

We are continually developing new services to meet the needs of our Veterans. We currently offer:

- Maternity Care Coordination (details next page)
- Whole Health Postpartum Support Group
- Postpartum Preparation classes
- Medication Management
- Psychotherapy (details next page)
- Individualized perinatal nutrition guidance with VA RD
- Lactation support and referrals
- Fertility support
- Psychosocial assessment, education & referrals
- Clinical consultation for providers



# Specialized Psychotherapy

The Columbus VA has several behavioral health providers who are certified Perinatal Mental Health clinicians (PMH-C), offering expertise in treating a variety of perinatal mental health needs:

- Perinatal Mood & Anxiety Disorders (PMADs)- such as Postpartum Depression, Anxiety, Obsessive Compulsive Disorder, Postpartum Psychosis, PTSD
- Recovery from trauma- ex. birth trauma, traumatic loss, MST, IPV
- Grief, pregnancy loss
- Infertility
- Couple & Family therapy
- Pregnancy options counseling
- Transition to parenthood
- The back-to-work adjustment and work/life balance
- Psychosocial assessment to identify PMAD risk
- Psychoeducation
- ROSE/Postpartum Preparation groups and individual classes

\*We offer services through a variety of modalities: face-to-face, telehealth, and phone calls

# What is Maternity Coordination?

Our Maternity Care Coordinators are RNs who will provide phone contact throughout your pregnancy and up to 12 months postpartum to ensure Veterans receive the best care that the VA can provide. They can also assist with ordering specialty supplies and services. Maternity care is covered by the VA, but is provided in the community by non-VA maternity care providers.

- Guidance on VA maternity care coverage
- Assist with navigating healthcare services within the VA and community
- Linkage with lactation support
- Ordering equipment such as breast/chest pumps, nursing pads, maternity belts
- Ordering specialty services such as pelvic floor therapy
- Collaboration with VA providers to ensure continuity of care
- Linkage with support services