

THE
University of Vermont
MEDICAL CENTER

Thanks to the generosity of the Lintilhac Foundation, University Obstetrics and Midwifery at UVMCC and at Champlain OB/GYN has received a grant to support and expand our care for our pregnant families. This will enhance our prenatal educational opportunities, ongoing childbirth class series, post-partum outreach and follow up, and postpartum depression and anxiety screening.

As part of the grant, I will be offering appointments on Monday evenings in my dual role as a Nurse Midwife and Psychiatric Mental Health Nurse Practitioner. I also offer appointments for Champlain OB/GYN patients on Wednesdays at Champlain OB/GYN. These visits will be exclusively devoted to mental health, stress, and adjustment challenges related to pregnancy or the postpartum period.

The services I can offer:

- Discussion about antidepressant or anti-anxiety medications in pregnancy and breastfeeding.
- For women who have experienced anxiety or depression in the past, or have an existing mental health prescriber and/or therapist, I offer my pregnancy perspective to the woman and her providers as needed. For example to help in making a self-care action plan to prevent recurrence.
- Short term, goal oriented, therapeutic visits (with help for referral for women needing a longer term therapeutic approach)
 - For problems such as:
 - Loss in early pregnancy
 - Other stressful or difficult outcomes
 - Emotional birth trauma
 - Pre-birth planning and preparation for women who have a history of trauma
- Evaluation. Particularly for women with new onset of symptoms or high risk scores on our depression screening forms
- If you have any concerns about how you are adjusting to pregnancy, the birth, or postpartum transition.
- Listening to birth stories

I can be reached on my confidential voicemail line at (802) 847-7471.

You may also let your nurse, Nurse-Midwife, or Doctor know that you would like a call from me and they will contact me for you.

Sandy

Sandra Wood CNM, PMHNP

**Billing for appointments will vary based on services provided. Let me know if you have questions.

**Unfortunately, I am not able to provide urgent/emergent services.