

## **Overlook Psychologist Named to NJ Working Group on Postpartum Depression: Rosalind Dorlen, PsyD., appointed Public Education chair by Acting Governor Codey**

Rosalind Dorlen, PsyD, ABPP, Overlook Hospital (third from left), took part in the launch of New Jersey's new postpartum depression advertising and educational campaign with [L-R] Robert Garrett, EVP and COO, and Jeffrey Boscamp, MD, both of Hackensack University Medical Center; First Lady Mary Jo Codey; and NJ Department of Health & Senior Services Commissioner Fred Jacobs. Governor Richard Codey (center) appointed the 20-member panel that made recommendations resulting in the current campaign.

Acting Governor Richard Codey created the New Jersey Working Group on Postpartum Depression as part of a statewide educational initiative called "Recognizing Postpartum Depression: Speak Up When You're Down," designed to build awareness about postpartum depression and offer resources for women, their families, and health care professionals. The campaign will feature First Lady Mary Jo Codey, who will continue to be actively engaged in communicating her personal experience with postpartum depression and encouraging women to get treatment.

Overlook Hospital's Rosalind Dorlen, PsyD., a board certified clinical psychologist, was appointed by Acting Governor Codey to serve as the Public Education chair for the initiative. Dr. Dorlen is past president of the New Jersey Psychological Association and was the recipient of the New Jersey Psychologist of the Year Award in 2000. She is the current Chairperson of the Council on Psychological Health in New Jersey and specializes in stress management and learning resilience skills.

The First Lady announced the campaign during a news conference at Hackensack University Medical Center. She was joined by her husband, Acting Governor Richard J. Codey, along with the Commissioner of the State Department of Health and Senior Services, Fred M. Jacobs, M.D., J.D.; Rosalind Dorlen, Psy.D., clinical psychologist, Overlook Hospital; and Jeffrey Boscamp, M.D., chairman, Department of Pediatrics, Hackensack University Medical Center.

"The State of New Jersey has joined Mrs. Codey's personal commitment to educate women and their families about the seriousness of postpartum depression," Jacobs said. "Twenty years ago when she first experienced postpartum depression, she felt she was alone. We now know that between 11,000 and 16,000 women in our state suffer from postpartum depression each year. New Jersey is committed to providing resources to ensure that all new mothers have access to postpartum depression screening and treatment, regardless of economic status."

In January, Acting Governor Richard J. Codey, in his State of the State address, directed the Commissioner to develop a public awareness and educational campaign on postpartum

depression. In support of the campaign, he has declared August Postpartum Depression Awareness Month in New Jersey.

The campaign includes a Web site ( [www.njspeakup.gov](http://www.njspeakup.gov) ) with sections for both consumers and health care professionals, and a 24-7 postpartum depression help line (1-800-328-3838) that provides women and their families with information about local resources for screening, as well as emergency assistance.

As part of the campaign, patient education materials will be distributed to health care providers throughout the state for placement in physician offices, clinics and hospitals. They include a consumer brochure explaining postpartum depression symptoms and treatment options, and a video featuring Mrs. Codey, Dr. Dorlen and other New Jersey women who have experienced postpartum depression. The campaign will include continuing medical education credits through an online course as well as for attendance at educational seminars scheduled for the fall.

Source: Overlook Hospital Intranet

Hospital Happenings:

## **Dr. Dorlen Works on Postpartum Depression Campaign**

**Rosalind Dorlen, PsyD.**, a board certified clinical psychologist at Atlantic Health System's

Overlook Hospital, joins First Lady Mary Jo Codey in a statewide educational campaign designed to build awareness about postpartum depression and offer resources for women, their families, and health care professionals.

Titled "Recognizing Postpartum Depression: Speak Up When You're Down," the campaign features Mrs. Codey, who will continue to be actively engaged in communicating her personal experience and encouraging women to get treatment.

Dr. Dorlen was appointed by Acting Governor Richard Codey to serve on the New Jersey Working Group on Postpartum Depression, where she serves as the initiative's Public Education chair. Dr. Dorlen is past president of the New Jersey Psychological Association and was the recipient of the New Jersey Psychologist of the Year Award in 2000. She is the current Chairperson of the Council on Psychological Health in New Jersey and specializes in stress management and learning resilience skills.

"Women, their family, friends and doctors, should all become familiar with the symptoms of postpartum depression. Early recognition can help ensure timely diagnosis and treatment," says Dr. Dorlen.

"This campaign teaches the public about the real and serious nature of postpartum depression," Mrs. Codey says. "It gives women the encouragement they need to get the help they need, and it lets women who feel guilty know they have done nothing wrong.

"Even though a woman may suffer from postpartum depression," Mrs. Codey continues, "it does not mean she cannot get better and become a wonderful mother."

Source: [www.overlookview.com](http://www.overlookview.com)

