



Perinatal Day Program

IOP Newsletter
February, 2026

WHO WE TREAT

Pregnant and postpartum individuals up to 18 months after delivery experiencing **moderate to severe** PMADS symptoms, including:

- Anxiety or panic Depression or low mood
- Intrusive thoughts (ego-dystonic)
- Birth trauma or PTSD symptoms
- Overwhelm, irritability, or emotional numbness
- Sleep disruption
- Identity shifts and adjustment stress
- Attachment or bonding concerns
- Non-acute safety concerns

Babies who are not yet crawling are welcome.

RESOURCES

- [Community Referral Resources](#)
- [IOL Reproductive Mental Health Services/Consultative Clinic](#)
- [IOL Outpatient Perinatal Group Offerings](#)
- Postpartum Support International (PSI): www.postpartum.net
- PSI CT: psictchapter.com
- National Maternal Mental Health Hotline: **1-833-TLC-MAMA (1-833-852-6262)**
- 988 Suicide & Crisis Lifeline: 988lifeline.org
- ACOG PMAD Guidelines: acog.org

PSYCHOEDUCATION CORNER

Postpartum OCD vs. Postpartum Psychosis

Postpartum OCD:

- Intrusive, unwanted thoughts or images: Distressing, repetitive harm thoughts.
- Recognizes thoughts as irrational: Knows thoughts aren't real intentions.
- Compulsive behaviors reduce anxiety: Checks/repeats acts to calm fear.

Postpartum Psychosis:

- Break from reality occurs: Cannot distinguish real from unreal.
- Requires immediate emergency intervention
- High risk of harm: Danger to parent or baby.
- Hallucinations or delusions present: Sees/hears or firmly believes false things

Read more [HERE](#)

QUOTE OF THE MONTH

"The very fact that you worry about being a good mom means that you already are one."

— Jodi Picoult

PROGRAM UPDATES

- **NEW IOP HOURS: 9:15 AM –1:00 PM** every Tuesday, Thursday & Friday for 8 weeks.
- We are accepting new referrals!

HOW PROVIDERS HELP WITH REFERRALS

- Recognize PMAD symptoms in pregnant or postpartum patients via [regular screening](#).
- Start the conversation and normalize mental health support during pregnancy and postpartum: [New Mom Mental Health Checklist](#)—tool created by Postpartum Progress.
- Submit a [provider referral](#) or connect patients to the Perinatal Day Program directly.
- Encourage follow-through and reinforce the value of treatment.

HOW TO REFER

- Providers or client's can self-refer.
- Internal referrals submit an **EPIC ORDER Ref222 for INST PSYPERI** and complete redcap [referral form](#). Note referral is for IOP.
- Non-IOL/HHC referrals; complete referral forms [CLICK HERE TO REFER A CLIENT](#)
- For medication consultation referrals only: please submit referrals to our [Consultative Clinic](#).

CONTACT US

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Quick Referral Guide: IOL Reproductive Mental Health Services

Perinatal Day Program (IOP) vs. Reproductive Mental Health Consultative Clinic

Service	Perinatal Intensive Outpatient Program (IOP)	Reproductive Mental Health Consultative Clinic
Purpose	Short-term, group-based treatment for pregnant & postpartum parents needing more support than weekly therapy	One-time psychiatric consultation for diagnostic clarity, medication and treatment recommendations; 1-2 follow ups if needed.
Format	3-day/week therapeutic program with skills, support, and psychoeducation, and dyadic interventions	90 minute psychiatric evaluation with written recommendations
Who It's For	Parents experiencing moderate-severe PMAD symptoms impacting daily functioning for pregnant* individuals and those from 0 to 18 months postpartum * Patients who are pregnant with first child, and not yet delivered, are not eligible	Patients needing expert reproductive psychiatry input but not intensive treatment; for preconception planning, pregnancy, and up to 12 months postpartum. Perimenopausal patients with new onset of symptoms are also eligible.
Babies Welcome	Yes	Yes
Follow-Up	Ongoing care during the program + discharge planning	Recommendations returned to referring provider; patient continues care with their existing team

Additional Services Offered:

Stepdown medication management clinic

- For patients who have completed IOP
- Short-term treatment for approximately 6 months post-IOP discharge

Outpatient Groups (accepting new members):

- Circle of Security Parenting Group: (8 week attachment-based parenting group for parents with children 0-5 years old)
- Virtual Perinatal Mood & Anxiety Disorders Group- Mondays at 1-2pm

Perinatal Day Program

The Perinatal Day Program at the Institute of Living is a group therapy-based Intensive Outpatient Program (IOP). It provides a therapeutic and nurturing environment tailored to mothers and birthing parents who are pregnant or postpartum and struggling with their mental health, bonding with their baby, maintaining relationships, and managing demands of daily life.

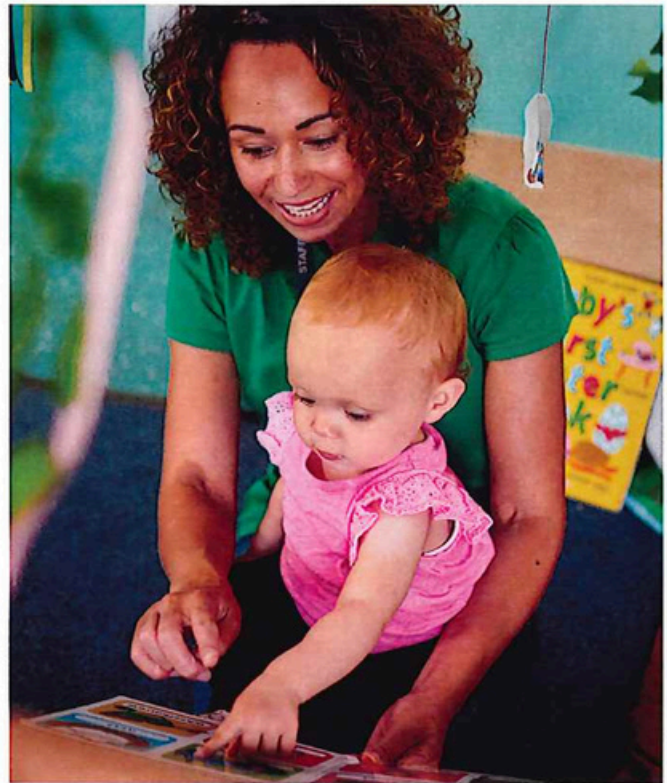
Overview

- The program operates 3 days per week; each program day includes 3 hours of group therapy
- Patients are encouraged to bring their infants to program
- Treatment is offered in-person only
- On-site parent-baby room for babies up to 1 year old or until mobile

Our approach

We recognize that the perinatal period is an especially intense and vulnerable time. Our program is designed to support the parent-child relationship by creating a space where caregivers and their babies can be together during treatment.

Our multi-disciplinary team are experts in perinatal mental health and reproductive psychiatry. We work closely with each parent to address current challenges and symptoms — empowering them to attend to their own emotional and physical needs while caring for their babies.



What we offer

Group therapy that focuses on the perinatal period and its impact, mood and anxiety disorders, relationship changes, and parenting struggles.

- Communication
- Self-care
- Parenting strategies
- Managing intrusive thoughts or worries
- Ways to bond and care for your baby
- Specialized groups, such as infant feeding, sleep and nutrition, consultations with a doula/midwife, and perinatal yoga/pilates

Additional services include:

- Medication management
- Family or couples sessions
- Care coordination

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InstituteofLiving.org/programs-services/perinatal-day-program

