



Perinatal Day Program

IOP Newsletter

January 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

- [IOL Reproductive Mental Health Services/Consultative Clinic](#)
- [Community Referral Resources](#)
- [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

PMADs & the Winter Months

Winter can intensify PMAD symptoms due to:

- Reduced sunlight → lower energy, mood dips.
- Isolation → less social support, more overwhelm.
- Weather barriers → harder to get out, attend appointments.
- Sleep disruption → infant sleep + early sunsets.
- Holiday stress → expectations, family dynamics, financial strain.
- Read more on [HERE](#)

QUOTE OF THE MONTH

"You are not failing. You are feeling."

PROGRAM UPDATES

- **Tuesday, Thursday, and Fridays for 8 weeks.**
- **NEW IOP HOURS (Starting January 27, 2026)**
 - **9:15 AM – 1:00 PM** on Tuesday, Thursday & Friday

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. **1 in 5 mothers and 1 in 10 fathers experience a PMAD.**
- Submit a provider referral or connecting patients to the Perinatal Day Program directly.
- Encourage follow-through and reinforce the value of care.
- Share/post our program flyer.

HOW TO REFER

- Providers or client's can self-refer.
- Internal referrals submit an **EPIC ORDER Ref222 for INST PSYPERI IOP** and complete redcap [referral form](#).
- Non-IOL/HHC referrals; complete referral forms

[CLICK HERE TO REFER A CLIENT](#)

CONTACT US

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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.

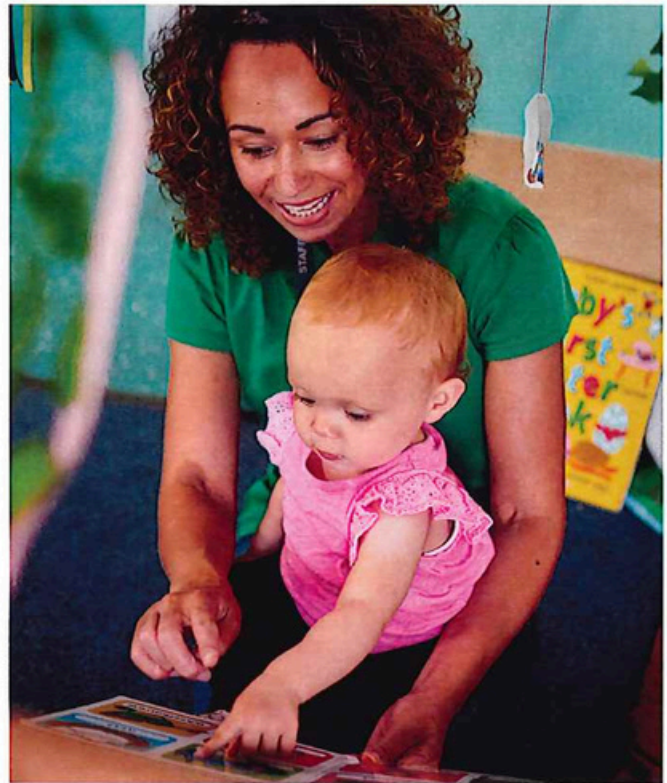
Overview

- 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

