



# Perinatal Day Program

IOP Newsletter

April, 2026

## WHO WE TREAT

Pregnant and postpartum individuals up to 18 months postpartum experiencing a new or worsening mood or anxiety disorder.

## GROUP TOPICS

### Attachment & Bonding

- Understanding baby cues and strengthening the parent–infant connection.

### Mind–Body Connection

- Grounding, breathing, and mindfulness to support emotional balance.

### Coping Skills

- CBT/DBT/ACT skills for anxiety, mood, intrusive thoughts, stress, and sleep challenges.

### Communication Skills

- Asking for help, expressing needs, and navigating difficult conversations.

## RESOURCES

- Postpartum Support International (PSI): [www.postpartum.net](http://www.postpartum.net)
- PSI CT: [psictchapter.com](http://psictchapter.com)
- National Maternal Mental Health Hotline: **1-833-TLC-MAMA (1-833-852-6262)**
- 988 Suicide & Crisis Lifeline: [988lifeline.org](http://988lifeline.org)
- ACOG PMAD Guidelines: [acog.org](http://acog.org)

## PSYCHOEDUCATION CORNER

### Birth Trauma

- Birth trauma is physical or emotional pain experienced before, during, or after childbirth.
- Affects up to 1 in 3 birth mothers in the U.S.
- **Why does it happen?**
  - Physical: Injury and medical emergencies.
  - Emotional: Feeling unsupported, or a lack of control.
- **Symptoms:**
  - Nightmares or intrusive thoughts about the birth.
  - Avoiding reminders of the experience
  - Constant anxiety or worry about your baby's safety
- Read here for [MORE](#)

## QUOTE OF THE MONTH

***"The best mothers are not the ones who never struggle, but the ones who never give up."***

**— Sharon Jaynes**

## PROGRAM HIGHLIGHTS

- **NEW HOURS:** Tuesday, Thursday, Friday 9:15am–1pm
- **Baby Support Volunteers Needed!!**
- **Donations are welcome:**
  - Diapers (size 1–3) & wipes
  - Clothes 3m–12m
  - Formula

## HOW YOU CAN HELP

**Step 1:** Screen regularly for Depression and Anxiety.

- At first prenatal visit
- At least once during the 2nd & 3rd trimesters
- At 6-week postpartum visit (or first postpartum visit)
  - EPDS Score  $\geq 13$  → Refer to Perinatal IOP
  - GAD-7 Score  $\geq 10$  → Refer to Perinatal IOP

See complete screening recommendations [here](#).

**Step 2:** Share our program information with your network of providers and patients.

**Step 3:** Encourage early referral for parents showing signs of perinatal mood disorders.

**Step 4:** Contact us for educational sessions or materials to support your team's understanding of perinatal mental health.

## 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.

[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.

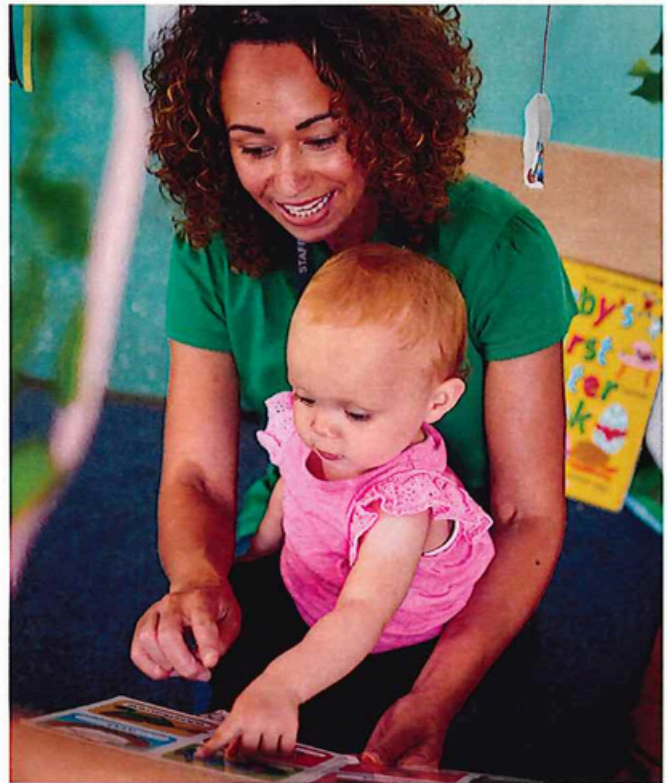
## Overview

- 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](http://InstituteofLiving.org/programs-services/perinatal-day-program)

