



Perinatal Day Program

IOP Newsletter- August 2026

August 1-7, 2026 is [World Breastfeeding Week!](#)

WHO WE TREAT

- Pregnant or postpartum (up to 18 months) with new or worsening mood/anxiety symptoms.
- Need more support than weekly therapy, and/or daily functioning or bonding are impacted.
- Require structured, frequent care (not inpatient level).
- Non-mobile babies welcome!

PROGRAM HIGHLIGHTS

- **Join the Perinatal Day Program at Hartford Hospital's World Breastfeeding Week Celebration on 8/4/2026 from 11am-1pm!**
- **Perinatal Day ran an Infant Massage demonstration at the Black Maternal Mental Health Community Conversation & Resource Fair on 7/22/26 at Meriden Public Library.**

Did you know?

- **Peri Day IOP group members can receive lactation and feeding support, as well as psychoeducation on the 4th trimester from an LC and a doula on site or**

PSYCHOEDUCATION CORNER

Breastfeeding & Maternal Mental Health: Supporting the Whole Parent

Breastfeeding struggles can impact maternal mental health—and maternal mental health can impact breastfeeding success.

Support the Parent, Not Just the Feeding Plan

- ✓ Screen for postpartum depression and anxiety regularly—
- ✓ Ask about feeding experiences at every visit
- ✓ Normalize common breastfeeding challenges
- ✓ Refer early to lactation and mental health specialists
- ✓ Promote a judgment-free, family-centered approach

When families experience feeding challenges, consider:

- EPDS screening
- Lactation consultation
- Perinatal mental health referral
- Peer support resources

[Click here to learn more!](#)

QUOTE OF THE MONTH

"Fed is best."

REFERRAL TIPS

🔴 URGENT – IMMEDIATE ACTION

- SI / HI
- Harm to baby + intent
- Psychosis (delusions, paranoia, confusion)
- Can't care for self/baby
- Mania (↓ sleep, erratic behavior)

👉 ED / same-day evaluation

🟡 HIGH RISK – REFER NOW

- Moderate–severe screening score
- Intrusive thoughts (distressing)
- Panic, severe anxiety
- Not bonding with baby
- Persistent guilt / hopelessness
- Rage / severe irritability
- Not improving with outpatient care

👉 Refer to perinatal MH (IOP)

🟡 MONITOR CLOSELY

- "Baby blues" > 2 weeks
- Tearful, overwhelmed
- Avoidance / withdrawal
- Poor sleep even when baby sleeps

👉 Re-screen + consider referral

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**. Type "IOP" in Comment Section

[CLICK HERE TO REFER A CLIENT](#)

RESOURCES

- 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

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



World Breastfeeding Week Celebration



Tuesday, August 4



11:00 AM – 1:00 PM



Front Lawn of
Hartford Hospital

Join us as we honor our colleagues and community members for protecting, promoting, and supporting breastfeeding. There will also be local vendors and resources at the event.



Hartford Hospital

Breastfeeding *Support* Group

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- *Opportunity to ask questions with an International Board Certified Lactation Consult*
 - *Receive Tips & Advice on Breastfeeding*
 - *A scale will be available to track baby's weight*
 - *Casual gathering for new parents, babies & family members*
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Every Tuesday
11:00am - 12:00pm

Hartford Hospital
Lactation Center
Sixth Floor

No Registration Required
For Questions, call 860-972-9812

