



# Perinatal Day Program

IOP Newsletter- July 2026

## 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

**JULY 29, 2026**

**1 YEAR SUPPORTING MOMS & BABIES**

**THANKS FOR BEING PART OF OUR FIRST YEAR!**

## MEET OUR NEWEST TEAM MEMBER



**Brianna Cully, CPSRP, CTRS  
Perinatal RSS**

Brianna is a Certified Peer Support and Recovery Professional (CPSRP) and Certified Therapeutic Recreation Specialist (CTRS) with 4+ years of inpatient psychiatric experience at the IOL.

She brings a compassionate, person-centered approach informed by both clinical expertise and lived experience as a mother of a child with special needs helping diverse populations on their mental health and recovery journeys. In her free time, she enjoys crafting, design, and spending time with family and friends.

## PSYCHOEDUCATION CORNER

### SURVIVING THE SUMMER MONTHS

Mood shifts are common in the summer for pregnant and postpartum parents. Quick tips:

- Prioritize sleep & stay cool
- Eat regularly + hydrate
- Keep connections low-pressure
- Practice brief daily self-care
- Get early sunlight, avoid peak heat
- Listen to your body
- If symptoms worsen, reach out for support.
- [Learn More](#)

## QUOTE OF THE MONTH

***“There is no perfect way to be a mother, but a million ways to be a good one.”***

**– Jill Churchill**

## 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](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)

## CONTACT US

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200 Retreat Ave Hartford, CT 06106**

**Phone: 860.545.7090 Fax: 860.392.3877**

**Email: [IOLPerinatalProgram@hhchealth.org](mailto:IOLPerinatalProgram@hhchealth.org)**

# 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.

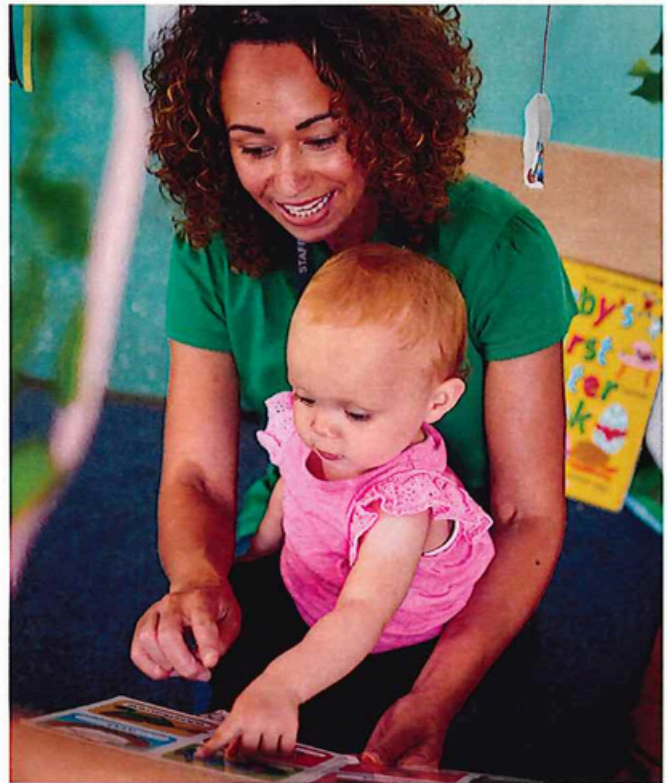
## Overview

- 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)

