



Perinatal Day Program

IOP Newsletter- June 2026

WHO WE TREAT

- Pregnant or up to 18 months postpartum with new or worsening mood/anxiety symptoms.
- Need more support than weekly therapy, daily functioning or bonding are impacted.
- Require structured, frequent care (not inpatient level).
- Non-mobile babies welcome!
- Program Schedule: Tuesday, Thursday, Fridays 9am-1pm for 8 weeks

PSYCHOEDUCATION CORNER

Summertime Impact on PMADS

Many pregnant and postpartum parents report a seasonal shift in symptoms during the summer months. Common triggers are:

- **Heat and Sleep Disruption:** High temperatures, humidity, and nighttime discomfort can worsen fatigue, irritability, and emotional regulation.
- **Childcare Load:** With school-age children home for summer, parents often experience increased demands, reduced downtime, and higher sensory load.
- **Safety-Related Anxiety:** Water safety, heat exposure, and outdoor risks can intensify intrusive thoughts and hypervigilance, especially for parents with perinatal anxiety or OCD.
- **Social Pressure:** Expectations to “enjoy summer,” attend gatherings, or create memories can heighten guilt, comparison, and overwhelm.
- **Return-to-Work Transitions:** Many birthing parents return to work in late spring or summer, a period associated with increased stress, separation anxiety, and logistical strain.
- **Clinical takeaway:** Normalizing the impact summertime can have on PMADS, screening proactively, and offering anticipatory guidance can reduce shame and support earlier intervention.
- [Click here](#) to learn more.

QUOTE OF THE MONTH

“Talk to yourself like you would to someone you love.”

– Brené Brown

PROGRAM HIGHLIGHTS

- We are available to join staff huddles, OB or clinical team meetings. Contact us to coordinate!
- Honored to share that IOL’s Perinatal Day Program was featured as a resource in [Women Are Dying, Deb: Inside America’s Maternal Mental Health Crisis](#).

REFERRAL TIPS OF THE MONTH

- Re-screen during transitions (e.g., return to work, summer changes)
- Refer based on functioning, not just severity.
- Normalize: “IOP is extra support so things don’t get harder”
- Ask about barriers (childcare, schedule)
- Give clear next steps (who to call)
- Earlier referral = better outcomes
- After referral: We outreach, assess fit, and redirect if needed

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

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.

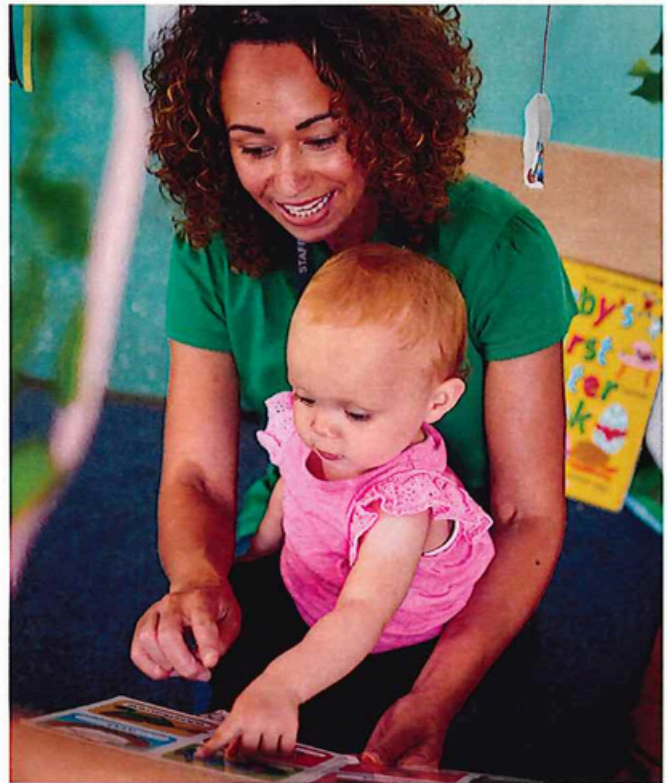
Overview

- 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

