

Perinatal Day Program

IOP Newsletter- November 2026

Hartford HealthCare Institute of Living
200 Years of Recovery

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).
- Non-mobile babies welcome!

PROGRAM HIGHLIGHTS

- **NOT CURRENTLY ACCEPTING NEW REFERRALS** . We hope to reopen referrals in mid-November 2026.
- If patients need support now, please consider:
  - **Professionals Program** (for working adults and caregivers)
  - **Adult Day Treatment Program**
  - **Postpartum Support International (PSI)** for support groups and resources.

PSYCHOEDUCATION CORNER

MATERNAL MENTAL HEALTH & PRETERM BIRTH

November is Prematurity Awareness Month

- About 1 in 10 babies in the U.S. are born preterm, meaning they are born before 37 weeks of pregnancy. [1,2]
- Mental health conditions such as depression and anxiety affect about 1 in 5 mothers during pregnancy and the first year after birth.
- Depression, anxiety, and other mental health concerns during pregnancy have been linked to an increased risk of preterm birth.
- Having a baby born early can increase a parent's risk of depression, anxiety, and stress, especially when a baby requires NICU care.
- Babies born prematurely may be more likely to experience health and developmental challenges, including breathing, feeding, learning, and behavioral difficulties.
- Early mental health screening, treatment, and support can improve outcomes for both parents and babies. Professional organizations recommend routine mental health screening during pregnancy and after birth.
- **Key Message for patients:** Taking care of your mental health is an important part of taking care of your baby. Help is available, and you do not have to go through it alone.
- **CLICK HERE** to learn more!

QUOTE OF THE MONTH

"You never know how strong you are until being strong is your only choice." — Bob Marley

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**
- Talk It Out CT – Parent support line: **833-258-5011**
- CTSafeConnect.org– IPV hotline: **888-774-2900**

CONTACT US

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Hartford HealthCare
Institute of Living

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