



Perinatal Day Program

IOP Newsletter- October 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).
- Non-mobile babies welcome!

PROGRAM HIGHLIGHTS

We are proud to share that Kate Fagan, LCSW, PMH-C and Dr. Molly Chodakewitz, MD, presented HHC's Inaugural Maternal Mental Health Conference at HOCC on September 19!

In addition, Kate Fagan was interviewed by WFSB+ to discuss postpartum psychosis and the importance of early recognition, treatment, and support.

[CLICK HERE](#) to watch the interview!

PSYCHOEDUCATION CORNER

PERINATAL LOSS AND MATERNAL MENTAL HEALTH

October is a time to remember babies lost through miscarriage, stillbirth, infant death, and other forms of pregnancy loss. Perinatal loss can have a significant impact on the emotional well-being of parents and families, making compassionate support and timely referral to specialized services essential.

For Healthcare & Community Partners:

Consider screening for:

- Depression, anxiety, trauma, and grief following loss
- Increased support needs during subsequent pregnancies
- Social isolation and lack of community support

Recommended Resources for Parents/Families:

- **March of Dimes:** [Pregnancy Loss & Grief Support](#)
- **Return to Zero: H.O.P.E.:** [Support After Pregnancy or Infant Loss](#)
- **Star Legacy Foundation:** [Bereavement & Stillbirth Resources](#)
- **Share Pregnancy & Infant Loss Support:** [Support Groups & Resources](#)
- **The Compassionate Friends:** [Support for Grieving Families](#)
- **First Candle:** [Infant Loss Bereavement Support](#)
- **Institute for Reproductive Grief Care**
- **Postpartum Support International** - [resources, support groups](#)

[CLICK HERE](#) to learn more about perinatal loss and maternal mental health.

QUOTE OF THE MONTH

"You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know." -A.A. Milne

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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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

