



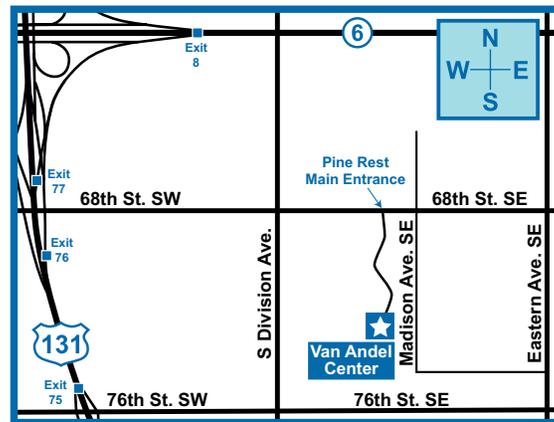
## Contact Information

The Mother and Baby Postpartum Depression Program is located within the Van Andel Center on the main campus of Pine Rest Christian Mental Health Services. For questions, referrals or admission to the program, please call the Pine Rest Contact Center at 800-678-5500. Information is also available at [www.pinerest.org](http://www.pinerest.org).



## Treatment Groups include:

- Group Therapy
- Skill Building
- Communication
- Mother/Baby Bonding
- Nutrition for Mom and Baby
- Stress management
- Medication Education
- Emotional Management



## Mother and Baby Program



### Mother & Baby Program

Pine Rest Main Campus  
300 68th Street SE  
Grand Rapids, MI 49548  
800-678-5500  
[www.pinerest.org](http://www.pinerest.org)





## Mother & Baby Program

The Pine Rest Mother and Baby Program provides a unique opportunity for women with perinatal mood disorders (PMD) to receive treatment in an environment which enhances mother/baby bonding. Our program includes the addition of a nursery, allowing mothers to bring their babies with them on a daily basis. This feature eliminates many barriers to women seeking treatment such as separation from the baby, as well as childcare and feeding issues.

Further, women will learn skills to help deal with stress, anxiety and intrusive thoughts that may occur when caring for their child. Groups and classes will focus on parent/infant attachment. Clinicians can help mothers learn skills to care for their child.

### Program Description

The Mother and Baby Program is a Partial Hospitalization Program. It is a short-term, intensive treatment program for individuals experiencing significant symptoms of postpartum depression and other perinatal mood disorders.

The program is for women who are pregnant or up to one year postpartum. They must meet criteria for admission and cannot be adequately treated through traditional outpatient services. Services are provided by a multi-disciplinary treatment team including psychiatrists, physician's assistants, nurses, case managers, activity therapists, chaplains, and a clinical psychopharmacology specialist. In addition to a regular schedule of treatment groups, patients meet individually with his/her psychiatrist, physician's assistant, and case manager. These professionals will work together with the patient and the rest of the multidisciplinary team to establish treatment goals, strategies and a comprehensive aftercare plan.

The Mother and Baby Program will operate five days a week Monday through Friday from 8:30 a.m. until 4:00 p.m. Women can enter the program any day in that time frame.

Each day, women will attend a 90-minute group therapy session led by a licensed clinician. Mothers can bring their babies to group sessions if they desire. Mothers will attend daily educational sessions on a variety of topics including nutrition, relaxation, infant soothing skills, mother/baby bonding and self-care. The program also includes meetings with a psychiatrist upon admission, and at scheduled times before or after the program day.

### Patient Benefits

Women receiving services in the Mother and Baby program will benefit in a number of ways, offering many services not available in current treatment programs:

- Mothers will be able to bring their babies into treatment with them, eliminating factors that discourage treatment such as separation, childcare, and infant feeding issues.
- The program helps prevent inpatient hospitalization and provides quick access to care.
- Participants will benefit from spending time with women struggling with the same issues, encouraging follow up with support groups after program completion.
- Women will benefit from treatment provided by psychiatrists and clinicians specifically trained in PMD. Clinical staff trained in PMD will help women with pharmacologic and non-pharmacologic treatment options while considering physical needs such as pregnancy and lactation.
- Women can learn skills to help bond with their child and manage challenging symptoms under the encouragement and supervision of clinical staff.
- Treatment will help reduce the long term effects of the illness on children.
- Program outcomes must show that depression and mood disorders are improved. All program activities will be focused on helping the patient get better.