

High-Intensity Mother Baby Program

The Mother Baby Program is an intensive outpatient program for pregnant and postpartum women with mood and anxiety disorders. The group is meant to provide crisis stabilization and skill building to prevent hospital stays and to allow moms to receive treatment without disrupting the mother and baby bonding. The program includes a psychiatric evaluation, diagnostic assessment, and treatment with therapy, psychiatry, and dietitian services.

Program Details

- ▶ Groups are held Monday-Friday, available 2 hours a day, 5 days a week, for up to 8 weeks
- ▶ A personalized treatment plan will be given to each individual and will help determine the number of sessions per week and number of weeks
- ▶ Offered hybrid, in-person, or virtually

Who is eligible?

- ▶ Women ages 18+
- ▶ Women, who as a result of pregnancy or during postpartum, experience mood and/or anxiety symptoms.
- ▶ Individuals who have previous mental health concerns that have worsened with pregnancy or after pregnancy
- ▶ Most health insurance plans provide coverage

What can I expect?

- ▶ Your first week of contact with our program will consist of an evaluation by a therapist, an evaluation by a psychiatric provider, and an orientation to the group room space.
- ▶ You will participate in group therapy for 2 hours a day, 5 days a week
- ▶ Therapy focus is on building coping skills, regulating emotions, bonding with baby and self-care.
- ▶ You will meet with a Mother-Baby therapist weekly and attend ongoing psychiatry appointments, if appropriate.
- ▶ Part of the group time will be spent with a dietitian to talk about nutrition for you and baby. A segment of the group will also focus on the medical and hormone connection to mood.

What should I bring?

- ▶ We strongly encourage that each group member bring their baby with them to the group, however it is not required. Some of our programming will include activities to help promote bonding with baby. Babies can join the group up until the age of one year old or until the baby is mobile. However, seeing as our focus is on improving the mental health and functioning of mom, we want to reduce the distractions that can happen with mobile babies and toddlers.
- ▶ Bring any supplies you may need for your baby, including diapers, wipes, and prepared bottles.

Please contact us for more information or to schedule an appointment.

In-Person High-Intensity Mother Baby Locations: Baxter, Eden Prairie, Fargo, Otsego, and St. Cloud