

## HELPFUL INFORMATION FOR EVERY MOM

Most women do not experience all symptoms of maternal mental health mood and anxiety disorders, but may identify with some of the following symptoms:

- › Increased crying or tearfulness
- › Mood swings: highs and lows, feeling overwhelmed
- › Difficulty concentrating
- › Lack of interest in things you used to enjoy
- › Loss of appetite
- › Difficulty falling asleep or staying asleep
- › Panic attacks, nervousness or anxiety
- › Feeling worthless, hopeless, or overly guilty
- › Fearing you cannot care for your baby
- › Less energy and motivation to do things previously enjoyed
- › Irrational thinking
- › Seeing or hearing things that are not there
- › Disturbing, unusual, or intrusive thoughts
- › Thoughts of harming yourself or your baby

**Every woman is at risk regardless of age, race or financial status. You are not alone. Please reach out to us and we can provide more information and support to you during your time of need. You are worthy of help. With help, you can be well.**

## ABOUT THE WOMEN AND INFANTS INSTITUTE:

We are committed to continual innovation to provide dynamic new programs and amenities to meet the diverse health care needs of women in our community. Our highly trained staff treats the whole person, body, mind, and spirit.

- › Baby Friendly Designation
- › Women's Choice Award for Obstetrics, Heart Care and Stroke
- › CHOC Children's at Mission Level III Neonatal Intensive Care Unit
- › Magnet® Designation for nursing excellence
- › U.S. News and World Report Best Regional Hospitals — Number 1 in South Orange County
- › Distinguished Hospital for Clinical Excellence — Healthgrades
- › Adult and pediatric Trauma Center



**St. Joseph Health**   
**Mission Hospital**

**WOMEN'S WELLNESS CENTER**  
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# MATERNAL MENTAL HEALTH AND WELLNESS

## INTENSIVE OUTPATIENT PROGRAM



**Mission Hospital's Maternal Mental Health and Wellness Intensive Outpatient Program offers evidence-based group therapy for pregnant and postpartum moms.** We provide specialized treatment for maternal mental health disorders, also known as, perinatal mood and anxiety disorders. These are a spectrum of disorders that can occur anytime during pregnancy and last up to one year following birth.

**Our program is tailored to help moms improve their ability to cope and function in their daily life,** including caring for themselves, their baby, and their family. We offer a wide variety of therapeutic treatment modalities. We provide a nurturing and nonjudgmental environment for mothers and their babies to bond and develop skills to promote their mental health wellness.

**As part of the baby bonding experience between mother and baby,** we encourage and welcome bringing your newborn or infant with you.

#### **OUR TEAM INCLUDES:**

- › Board Certified Psychiatrist
- › Psychiatric Mental Health Nurse Practitioner
- › Licensed Clinical Social Workers
- › Licensed Marriage & Family Therapists
- › Registered Nurses

#### **OUR GROUP TOPICS INCLUDE:**

- › Coping skills development
- › New mom self care
- › Self-esteem & life balance
- › Emotional growth
- › Mother and baby bonding
- › Grief and loss
- › Mental health education

#### **GETTING STARTED:**

- › **CALL 949-499-7504** to schedule an assessment appointment with one of our licensed mental health clinicians.
- › You will receive a confirmation call following the assessment with information regarding your start date and time.
- › Most insurance plans accepted.

#### **OUR PROGRAM INCLUDES:**

- › Group therapy and individual treatment for a variety of motherhood challenges for women who are pregnant or up to one year after delivery
- › Ongoing psychiatric evaluation, follow up, and medication management throughout the course of treatment by our reproductive psychiatrist & psychiatry team
- › Weekly family groups to gain insight and promote a healthy bonding experience
- › Intensive Outpatient Program level of care:
  - » Three psychotherapy groups a day
  - » 9:30 a.m. to 12:30 p.m.
  - » Monday, Tuesday, Thursday and Friday
- › Connection to aftercare support services for continued wellness

