



Perinatal Intensive Outpatient Program

Treatment promotes bonding with baby, mental health healing, and positive parenting

In the Perinatal Intensive Outpatient Program (IOP), parents and partners are welcomed and encouraged to bring their babies with them while they receive treatment for perinatal mood and anxiety disorders. This model has been shown effective in treating anxiety and depression and in facilitating healthy parenting techniques. Our goal is to help our patients become the parents they want to be, learn effective coping skills, and enjoy the parenting journey with confidence.

Program support includes:

- Medication management with perinatal providers
- Multidisciplinary team of perinatal mental health specialists, including psychologists, social workers, therapists, nurses, and chaplains
- Coordination and support from nutritionists, lactation consultants and rehabilitation therapists
- Resources and referrals with community partners for mom and baby supplies, housing, child care, social services and more
- Case management to support therapeutic gains and healthy transition back to work after maternity leave
- Family sessions with support system to promote healthy communication and relationships

In-person and virtual options

The in-person Perinatal IOP meets at Ascension Alexian Brothers Behavioral Health Hospital Monday-Thursday from 9 a.m.-12:30 p.m. Parents who prefer to attend virtually can do so Monday-Thursday from 10 a.m.-1 p.m. Both programs have medication management and curriculum created specifically for the perinatal population.

For more information, contact
Lacey Lemke, PsyD by email at
lacey.lemke@ascension.org.



**Ascension
Alexian Brothers**

ascension.org