

Perinatal Intensive Outpatient Program

In the Perinatal Intensive Outpatient Program (IOP), parents can receive treatment that promotes bonding with baby, mental health healing, and positive parenting.

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.

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 therapist
- 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

The in-person Perinatal IOP will meet at Ascension Alexian Brothers Behavioral Health Hospital Monday through Thursday from 9am-12:30pm. Those who may live too far away or prefer to attend from a distance will meet virtually Monday through Thursday from 10am-1pm. Both programs will have the medication management and curriculum created specifically for the perinatal population.

For more information, contact Kimberly McCue, Ph.D., PMH-C, by email at kimberly.mccue@ascension.org or by phone at 847-278-3079.