



What Patients Have to Say

The Mother and Baby Program has provided hope and healing to hundreds of women since it opened in December 2012. Here's what a few had to say:

"Thank you so much Mother and Baby Program. You all have been so kind and understanding. When I came here, I felt so alone and helpless, but now I feel hopeful and know that I will get better."

"This program saved my life!! Thank you for this program and your incredible care!"

"Thank you for helping me during my difficult pregnancy. I absolutely loved the program."

"I came very pessimistic and afraid that I would just feel worse and even more confused. I have learned so much from everyone and feel so grateful."

"I am in love with my new baby."

"Keep doing what you are doing. You are touching so many lives during difficult times."

"Thank you for giving me hope and confidence that I will get better."

"Coming to this program has saved my life."

"Your program has given me the tools I need to help me move forward in a healthy, positive way."

"Thank you for giving my life back. I had such scary thoughts and now I love being with my baby."

What is PMAD?

Perinatal Mood and Anxiety Disorders (PMAD) are the most common complication of childbirth, affecting 15-20% of pregnant women and moms with young children. PMAD includes depression, anxiety, post-traumatic stress, bipolar disorder, obsessive compulsive disorder and psychosis occurring during pregnancy until three years after a baby is born.

Untreated, a PMAD can lead to serious complications in mother, baby and family. Consequences include disruption in mother-baby bonding, interruption in the infant's development, family and relationship conflicts, and in serious cases, can lead to suicide or infanticide.

PMAD Signs & Symptoms

- Anxiety
- Excessive worry, nervousness
- Sadness, depression
- Difficulty concentrating
- Scary thoughts
- Guilt
- Hopelessness
- Sleep problems
- Fatigue
- Loss of interest in normal activities
- Change in appetite
- Irritability
- Difficulty making decisions



Additional Services for PMAD

Outpatient Services. We have many conveniently located outpatient clinics, all with comfortable environments and accommodations for those with PMAD. Our dedicated staff includes many professionals with advanced training in the treatment of perinatal mood and anxiety disorders. Special attention is given to the unique needs of parents in this time of life.

Specialized services include:

- Individual and family therapy available in our clinics and via teletherapy
- Psychiatric evaluations
- Medication management
- Support and therapy groups (available at certain locations)
- Urgent counseling appointments

Women and men are welcome to bring support persons, as well as baby, to treatment. Call 866.852.4001.

Inpatient Hospitalization. For women and men with severe symptoms, our inpatient program provides a safe space for patients who are in crisis and require 24 hour supervision to remain safe. Often pregnant and postpartum patients will step down to our Mother and Baby Program after hospitalization. Call 800.678.5500.

 **PINE REST** Christian Mental Health Services
pinerest.org/moms

Mother and Baby Program



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Mother and Baby Program

One of the first in the country, the Pine Rest Mother and Baby Program provides a unique opportunity for women with perinatal mood and anxiety disorders to receive treatment in an environment which enhances mother/baby bonding.

Our program includes a nursery, allowing mothers to bring their babies up to eight months old with them on a daily basis. This feature eliminates many barriers to women seeking treatment such as separation from the baby, as well as child care and feeding issues.

Childcare for children nine months and older may be able to be arranged through our partnership with the Safe Families Program operated by Bethany Christian Services.

Services

The program operates Monday – Friday, 8:30 a.m. – 3:15 p.m. Women attend daily and may enter the program any day of the week.

Services are provided by a multi-disciplinary treatment team specifically trained in perinatal mood and anxiety disorders. The program includes meetings with a psychiatrist upon admission and at scheduled times before or after the program day. Patients also meet individually with an advanced level practitioner for medication reviews, if needed, and a 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.

Group Sessions

The Mother and Baby Program is a group based treatment modal. The groups and classes are led by licensed clinicians who are trained to help women learn the skills to cope with stress, anxiety and disturbing thoughts that may occur when caring for their children.

Group topics include:

- Cognitive Behavioral Therapy
- Communication
- Dialectical Behavior Therapy
- Emotional Management
- Mother-Baby Bonding
- Nutrition for Mom and Baby
- Relaxation
- Self-care
- Stress Management

Benefits

The Mother and Baby Program provides a number of benefits, including:

- Quick access to care and prevention of hospitalization
- Medication education with a physician for expecting and nursing mothers
- Improved depression, mood disorder and anxiety symptoms
- Supportive peer-to-peer environment by spending time with other women
- Recommendations from PMAD specialists for treatment options which take into consideration pregnancy and lactation
- Skill-building to help mothers bond with their children and manage challenging symptoms
- Follow-up with support groups after program completion is encouraged
- Reduction of the long term effects of the illness on mother and children

More Information

For additional program information, a virtual tour and more information about PMAD, please visit pinerest.org/moms.



Contact Information

For referrals or admission to the program, please call 800.678.5500.

Our Location

Building E, Entrance E2
300 68th Street SE
Grand Rapids, MI 49548

