

## 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 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



### 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.

## INTENSIVE OUTPATIENT PROGRAM

### Medical Office Building 1

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Mission Viejo, CA 92691

949-499-7504

[www.Mission4Health.com](http://www.Mission4Health.com)

