



# MedStar Georgetown University Hospital The Mother-Baby Intensive Outpatient Program



The Mother-Baby program is an intensive outpatient program for pregnant and postpartum individuals with mood and anxiety disorders. It is designed to help support mothers and pregnant people in crisis and guide them as they build the skills they need to feel better, and to develop competence, confidence, and independence as caregivers.

The program allows moms and perinatal individuals (people who are pregnant or within one year of giving birth) to receive treatment while accompanied by their babies, allowing for strongly supportive care without disrupting mother and baby bonding. It includes:

- A diagnostic assessment
- Treatment with individual and group therapies, psychiatry, and perinatal health and wellness services
- Mother-baby relationship support and parenting skills
- Care coordination to help with accessing health care and community resources
- Support from volunteers to help you care for your baby while you get the care that you need

## Program details

Groups are held Mondays, Wednesdays, and Thursdays, from 9 a.m. to 12:30 p.m., for up to 12 weeks. A personalized treatment plan will be developed to help determine the number of weeks of treatment.

## Who is eligible?

- Adults ages 18+, who are either pregnant or within one year of giving birth
- Individuals who are experiencing new depression, mood, and anxiety symptoms
- Individuals who have previous mental health concerns that have worsened during pregnancy or after pregnancy

## What can I expect?

- Your first week will include an evaluation by a clinical mental health provider and an orientation to the program space.
- You will participate in various group therapies each day with a break in between sessions.
- Therapy focuses on building coping skills, regulating emotions, bonding with baby, and self-care.
- Groups will include health and wellness coaching for you and your baby.
- You will also meet with an individual therapist weekly and attend ongoing medication management appointments, if applicable.
- We strongly encourage each group member to bring their baby with them to therapy, however it is not required. Some of our programming will include activities to help promote bonding with baby. Babies can join the group up until the age of one or until the baby is mobile (crawling or walking).
- Couples/family therapy will be provided, when indicated.
- Transportation assistance is available.

## Insurance coverage

D.C. Medicaid plans are accepted as well as many private insurance plans. Please contact the program for specific details regarding your plan.

For more information or to schedule an appointment, please call the Department of Psychiatry at **202-944-5400**.

# It's how we treat people.