

PERINATAL INTENSIVE OUTPATIENT PROGRAM **TELEHEALTH**



PrairieCare
A Division of Newport Healthcare

Our program is designed to offer hope, healing and empowerment to pregnant and new mothers experiencing any perinatal mood and anxiety disorders.

PROGRAM DETAILS

SKILLS	<ul style="list-style-type: none"> • Identity Development • Emotion Regulation • Symptom Management • Coping Skills • Medication Management
TREATMENT	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy • Acceptance and Commitment Therapy • Attachment Theory • Trauma Based Care • Circle of Security/Good Enough Mother
SCHEDULE	<ul style="list-style-type: none"> • Process Group Therapy: 10:00–11:30 am • Break: 11:30–11:50 am • Psycho-Education Group: 11:50 am–1:00pm • Weekly psychiatry appointments with perinatal psychiatrist • Bi-weekly treatment plan update sessions • Optional to add on: couples/support person session(s)
HOURS	<p>Monday–Thursday, 10:00 am–1:00 pm (with break)</p>

For perinatal referrals please email us at perinataliop@prairie-care.com or call **612-274-7494**.

PERINATAL INTENSIVE



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Why refer your patient to IOP?

IOP can be an effective way to access skills and support in 6-12 weeks that typically would take months to acquire.

IOP provides immediate access to board certified psychiatrists with weekly psychiatry appointments, daily process group and psycho-education as well as bi-weekly check-ins with our lead therapist.

IOP can help jumpstart a mom's path to recovery.

IOP helps mothers learn to care for their mental health while simultaneously caring for their infant.

IOP offers mothers who are on maternity leave daily structure and support.

Hope, Healing, and Empowerment

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No cost mental health
screening, program
information, and referrals.