

THE
MOTHERHOOD
CENTER *of New York*

*Virtual Treatment for the Perinatal Population in
the Time of Covid-19*

OUR MISSION

The Motherhood Center aims to effectively diagnose and treat women in New York City suffering from perinatal mood and anxiety disorders (AKA Postpartum Depression)

Perinatal Mood and Anxiety Disorders

Each year, over half a million new U.S. mothers do not receive adequate treatment for postpartum mood and anxiety disorders (PMADs)

What are PMADS?

PMADs, or perinatal mood and anxiety disorders, are a group of illnesses that affect at least 1 in 5 women during pregnancy and the postpartum period, causing emotional and physical problems that make it hard for women to function adequately (ie care for themselves/babies/family).

PMADs include:

- **Perinatal Depression** – low mood, sadness, helplessness, hopelessness
- **Perinatal Anxiety** – constant worry, intrusive thoughts, can turn off brain
- **Perinatal OCD** – obsessive thoughts, rituals, avoidance of obsessive stimuli
- **Perinatal PTSD** – tension, nightmares, flashbacks
- **Postpartum Psychosis** - delusions, hallucinations, paranoia, disorganization

Why are PMADs important?

- In general, 1 in 5 women experience a PMAD in the perinatal period
- Up to 80% of cases go undiagnosed or untreated due to stigma, lack of awareness and scarcity of specialized treatment options
- Up to 40% of low-income women experience a PMAD in the perinatal period
- 50% of PMADs develop during pregnancy
- PMADs are the number one complication associated with childbirth
- Untreated PMADs can lead to poor mother / baby attachment and developmental delays in children
- PMADs are the #2 reason for maternal mortality in the U.S.
- In the most severe cases, untreated PMADs can lead to suicide and / or infanticide

PMAD RISK FACTORS

- History of mental illness – personal or familial
- Stressful life events and circumstances: finances, relationships, physical/sexual abuse, substance use, recent or unresolved loss, coronavirus, etc.
- Previous PMAD (50-75% chance of repeat)
- Unplanned or unwanted pregnancy
- Traumatic birth or NICU experience

THE MOTHERHOOD CENTER'S VIRTUAL CLINICAL TREATMENT OFFERINGS

IN THE TIME OF COVID-19

TMC'S Virtual Day Program

- The Motherhood Center has responded swiftly to the COVID-19 national crisis by moving our one-of-a-kind Perinatal Partial Hospitalization Program to a tele-mental health platform as of March 16, 2020.
- This Tele-Perinatal PHP provides high-quality, intensive treatment for women who are pregnant or postpartum experiencing acute symptoms of anxiety, depression, bipolar disorder, PTSD, OCD or postpartum psychosis.
- The Motherhood Center's Tele-Perinatal Partial Hospitalization Program and all treatment modalities are being offered at a REDUCED COST.
- The Tele-Perinatal PHP is available to pregnant and postpartum women in the Tri State area including New York, New Jersey and Connecticut.
- All tele-mental health services are provided through ZOOM, a HIPAA-compliant platform that keeps patient information secure by encrypting all audio, video, and screen sharing data.

TMC's Virtual Day Program

To prevent further worsening of illness, it is imperative that women get the evidence-based mental health treatment they need during this critical time. The Motherhood Center's Tele-Perinatal PHP provides women with necessary therapeutic treatment, which includes but is not limited to:

- **skills development** to manage acute symptoms;
- **dyadic interventions** to increase bonding and attachment;
- **medication management** to mitigate mood and other mental health symptoms. These specialized interventions are provided by our highly trained licensed clinicians who are experts in treating perinatal mood disorders.

TMC's Virtual Day Program

Every patient admitted to the Tele-Perinatal PHP endorses moderate to severe mood and/or anxiety symptoms that impair daily functioning in one or more key areas: *ability to care for self, baby/children, household, or employment.*

Common symptoms include:

- passive suicidal ideation,
- obsessional ruminations,
- sleep and appetite disturbance,
- disrupted attachment (in pregnancy or to infant),
- depressed mood,
- panic attacks,
- irritability (often resulting in conflicts with partners/family members)
- “scary thoughts” where they fear harm will come to baby.

TMC's Virtual Day Program

The main goals of the Tele-Perinatal PHP are to:

- stabilize acute symptoms that put mothers and their families at risk of harm to self or others;
- prevent in-patient hospitalization which results in separation between mother and baby;
- provide step-down care from in-patient hospitalization stays;
- reduce acute symptoms and return patient to adequate level of functioning;
- increase effective coping skills to decrease impaired functioning and judgment;
- address attachment/bonding impairment between mother and baby;
- stabilize the family system during this vulnerable period of adjustment to new roles.

TMC's Virtual Day Program

Group therapy is central to the Tele-Perinatal PHP and patients connect and participate with other expectant and new mothers, along with their babies, in daily therapeutic groups through Zoom's HIPAA compliant video platform led by our skilled psychologists, psychiatrists and social workers. Evidence-based groups provided include:

- Interpersonal Psychotherapy
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Trauma-Informed Movement Therapy
- DBT-Informed Art Therapy
- Dyadic (mother/baby attachment) Therapy
- Partner's Support Group

TMC's Virtual Day Program

In addition to the daily groups, each Tele-Perinatal PHP patient receives:

- a comprehensive psychiatric evaluation and psychosocial assessment upon admission
- a treatment plan with agreed upon treatment goals, updated every two weeks
- risk assessment and safety planning (daily when indicated)
- 1-2 medication management sessions per week
- 2-3 individual therapy sessions per week
- family sessions
- collaboration with other providers as needed
- virtual nursery services
- after-hours support via staffed urgent line
- partner's support group
- discharge planning to ensure appropriate continued treatment and connection to step-down resources

TMC's Virtual Day Program

Virtual Nursery and Dyadic Therapy

Women have the support of a virtual therapeutic nursery during their treatment in Tele-Perinatal PHP. Dyadic Therapy is a well-researched innovative therapeutic modality which shows a direct impact throughout our patients' recovery and is a crucial part of our PHP program. These high yield interventions directly focus on mother and baby interactions to address impaired bonding or disrupted attachment in real time.

TMC's Virtual Day Program

Mother / Baby Attachment

Attachment and bonding have notably long-lasting impacts on physical and mental health of both mother and baby, and these interventions impact the mother-baby relationship immediately, while having ripple effects on families and communities for generations.

Studies are increasingly showing that a sole focus on the mother cannot entirely address postpartum depression and anxiety symptoms; teaching the mother how to engage with her infant through caring and feeding behaviors and addressing worries about sleeping and eating patterns has the power to reduce maternal depression. Simply facilitating, “the positive interaction of the mother with the infant can be therapeutic in itself.”

VIRTUAL SUPPORT GROUPS

- Perinatal Mood and Anxiety Support Groups for New and Expecting Moms
 - Partners Support Group
 - CBT-I Adult Sleep Support Group
 - Pregnancy During the Time of Covid-19 Support Groups
 - Miscarriage and Loss Support Group
 - Supporting Health Relationships for Couples
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EDUCATIONAL WEBINAR SERIES

- **Managing Anxiety in the Time of Coronavirus as a Parent**
- **Pregnancy, Delivery and the Postpartum Period in the Time of Coronavirus**
- **Navigating your Relationship in the Time of Coronavirus – Under One Roof**
- **Mindfulness to Reduce Stress and Worry**
- **Virtual Day Program Open House**
- **Sleep Strategies for Mom's and Babies During Times of High Anxiety**
- **Raising Kids at Home in the Time of Coronavirus with Attention to Special Needs Children**
- **Infertility in the Time of Coronavirus**

The Motherhood Center Space

- 8,000 sq. ft. facility located at 32nd street and Lexington in Manhattan
 - Two large group rooms
 - Nine offices
 - Breakroom / Art Therapy Room / Communal Kitchen
 - Nursery





THE
MOTHERHOOD
CENTER

Group Therapy
Room



Nursery Room

Thank You!

<https://www.youtube.com/watch?v=I8Opk7Rsff0>

*For additional information or to follow up please
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