THE
MOTHERHOOD
CENTER *of New York*

Our Day Program

The Motherhood Center aims to educate, diagnose and treat moms/birthing parents suffering from perinatal mood and anxiety disorders (PMADs) otherwise, known as postpartum depression.

Visit us at:
www.themotherhoodcenter.com

THE MOTHERHOOD CENTER of New York

What are PMADs

- PMADs affect 1 in 5 new or expecting moms/birthing parents.
- Over 50% of new and expecting moms/birthing parents are undiagnosed with a PMAD because of fear, stigma, and shame.
- Moms/birthing parents with a history of mental illness are at a greater risk of developing a PMAD.

PMADs include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder, and psychosis – either during pregnancy or up to one year postpartum.

The good news is that PMADs are treatable!

There are different ways to treat PMADS depending on how distressing they are: support groups, outpatient therapy, and outpatient medication management. And there is a program that puts all of these treatments together in one – **our Day Program.**

What is The Day Program?

Our Day Program is a more intensive level of care that helps new and expecting moms/birthing parents who are having a hard time caring for themselves and/or their baby feel **much BETTER – much FASTER.**

- It's a place where moms/birthing parents who are experiencing PMADs find a sense of community with others that are struggling.
- It teaches new and expecting moms/birthing parents concrete skills and tools to combat their PMAD symptoms, allowing them to be in control over how they are feeling, and the ability to look at experiences and situations differently.
- It's a place where moms/birthing parents learn to trust themselves – and build confidence in their abilities to care for their child(ren).

What Does a "Day in the Day Program" Look Like?

Morning

Morning Interpersonal Psychotherapy:
10:00 AM – 11:00 AM

Mommy and Me:
11:00 AM – 11:45 AM

Behavioral Skills Group:
11:45 AM – 12:45 AM

Afternoon

Lunch:
12:45 PM – 1:15 PM

Expressive Therapy:
1:15 PM – 2:00 PM

Afternoon Process + Plan:
2:00 PM – 3:00 PM

Additional

Expressive Therapy:
Restorative Movement, Art Therapy and Behavioral Sleep Interventions.

Additional Offerings:
Baby Care, Body Talk, and More!

More About The Motherhood Center's Day Program

Day Program attendees typically meet with their individual treatment team once or twice a week during the day. An individual treatment team is comprised of a perinatal therapist and a reproductive psychiatrist.

A Partner's Support Group runs every Friday morning for dads and partners to learn more about the program, how to better support their significant other as they are working so hard to feel better and to experience a sense of community of their own.

Inclusivity at The Motherhood Center

No birth story or parenting journey is identical. That's why The Motherhood Center strives to make all therapeutic services as accessible and accommodating as possible for parents of all identities and backgrounds. We acknowledge that not all pregnant people identify as women, and thus encourage LGBTQIA+ pregnant and postpartum people to seek clinical care with us and join our community. The Motherhood Center is a place to talk about the hard parts of parenting as they intersect with race, identity, gender, sexual orientation, and other important aspects of identity. Our commitment is to be an anti-racist / anti-oppressive organization.

No matter how you identify, The Motherhood Center is here for you.

FAQ's

Q. The Day Program feels like too much of a time commitment—how will I ever be able to do it 5 days a week?

This is the **number one concern** we hear from moms/birthing parents contemplating the Day Program. It's hard to imagine committing to this program while pregnant, with a baby, with older kids— or a combination of the above. And while it can take a few days to acclimate— **moms/birthing parents quickly come to appreciate and enjoy the structure**, the interaction with others, and most of all—the rapid reduction of distressing symptoms. We want you to feel comfortable, and we know that life happens, so if you or the baby have a doctor's appointment or you are not feeling well—you can notify the treatment team

Q. What do I do with my baby during the Day Program?

We love seeing your baby! **Your baby is very much a part of your care.** Dyadic Therapy is a treatment form that includes mom/birthing parent and baby by enhancing bonding and attachment. Babies are often present—sleeping, eating, crying, and playing.

Q. What if I have older children?

Many people that participate in the Day Program also have older children. We welcome them too! To ensure that you get the most out of the program, we will help you find ways to participate as much as possible during Day Program hours.

Q. What skills will I learn?

The Day Program pulls from a number of empirically proven therapeutic best practices, including interpersonal therapy, cognitive behavioral therapy, dialectical behavioral therapy, dyadic therapy, family therapy, and more. All of these therapeutic modalities offer skills that will assist moms/birthing parents to better **manage their anxious and depressive symptoms.**

Q. How many people are in the groups each day?

The Day Program usually has 10 attendees in each group, with special programming for expecting moms/birthing parents.

Q. How long are people typically in the Day Program?

Everybody in the Day Program experiences their own journey responding to treatment and feeling better. That said, the average length of stay in the Day Program is currently anywhere from 4—6 weeks.

Q. Is the Day Program covered by insurance?

Yes, most insurance plans will cover your stay in the program, assuming all applicable deductible and out-of-pocket costs have been met. At The Motherhood Center, we never want cost to be a barrier to care. If you are considering the Day Program, or have been recommended for admission, our dedicated billing team will meet with you one-on-one to discuss how we work with insurance (including courtesy billing), review any out-of-pocket costs and answer all your questions. We also know that when you're not feeling well, it might be too much to work through the insurance piece on your own. Our team is always happy to speak with partners or family members so that everyone has the information and understands any financial obligation before your admission.

Q. Does the Day Program **actually** work?

YES! Those who graduate from the Day Program experience a remarkable decrease in symptoms.

Testimonials From The Motherhood Center*

"Being a part of the Day Program at The Motherhood Center has been life-changing for me. I am a different person than when I started this program and am so grateful for the work that they do."

"This program saved my life. I was having very concerning symptoms of a PMAD, and the support provided by the Motherhood Center met all of my needs. I feel like myself again."

"When I first started the Day Program, I was suffering from radical mood swings and was frightened by the pattern of my thoughts. Being surrounded by like-minded women and a care team who were genuinely interested in helping has saved my life."

"The program may feel hard at the beginning but stick with it! Do rely on the group for support; it will help you heal. If you have challenges, speak with your care team, don't fester in how you feel. It does work!"

"I came in feeling rejected by my baby and unable to care for her or myself. I'm leaving "whole", able to care for my baby, myself, get back to work even."

"When you become a mother, ultimately you are expected to take care of everything and fix whatever is wrong with this world. As a mother, being taken care of by TMC was the consolation that was essential to my own reality to enter motherhood."

"This program has given me my life back. A new, more rich life with my son. I didn't want to be in my life, I was trying to escape my reality, filled with regret. Now I have a life I could never imagine, with joy, excitement and connection with my son."

"This has been one of the most rewarding, supportive, and helpful experiences in all aspects. I won't only recommend the program I will say you need the program, especially first-time moms. I will forever be in touch!"

"It is life-changing. It's like a warm hug with friends you never knew you needed all working together to help each other."

Contact The Motherhood Center:

Call us at 212-335-0034 or fill out the "new patient" form on our website to inquire more about The Motherhood Center's services and Day Program.

Learn more about The Day Program on our Youtube Channel.

- Watch our PSA here.
- Watch our feature in Scary Mommy here.

Testimonials used with permission from previous parents