What is PMD?
Perinatal Mood Disorders (PMD) are the most common complication of childbirth, affecting 15-20% of pregnant women and moms with young children. PMD includes depression, anxiety, post-traumatic stress, bipolar disorder, obsessive compulsive disorder and psychosis occurring during pregnancy until three years after a baby is born.

Untreated, a PMD can lead to serious complications in mother, baby and family. Consequences include disruption in mother-baby bonding, interruption in the infant’s development, family and relationship conflicts, and in serious cases, can lead to suicide or infanticide.

PMD Signs & Symptoms
• Anxiety
• Excessive worry, nervousness
• Sadness, depression
• Difficulty concentrating
• Scary thoughts
• Guilt
• Hopelessness
• Sleep problems
• Fatigue
• Loss of interest in normal activities
• Change in appetite
• Irritability
• Difficulty making decisions

What Patients Have to Say
The Mother and Baby Program has provided hope and healing to hundreds of women since it opened in December 2012. Here’s what a few had to say:

“Thank you so much Mother and Baby Program. You all have been so kind and understanding. When I came here, I felt so alone and helpless, but now I feel hopeful and know that I will get better.”

“This program saved my life! Thank you for this program and your incredible care!”

“I came very pessimistic and afraid that I would just feel worse and even more confused. I have learned so much from everyone and feel so grateful.”

“I am in love with my new baby.”

“Keep doing what you are doing. You are touching so many lives during difficult times.”

“Thank you for giving me hope and confidence that I will get better.”

“Coming to this program has saved my life.”

“Your program has given me the tools I need to help me move forward in a healthy, positive way.”

“Thank you for giving my life back. I had such scary thoughts and now I love being with my baby.”

Additional Services for PMD
Outpatient Services. We have many conveniently located outpatient clinics, all with comfortable environments and accommodations for both women and men with PMD. Our dedicated staff includes many professionals with advanced training in PMD treatment. Special attention is given to the unique needs of parents in this time of life. Call 866.852.4001.

Inpatient Hospitalization. For women and men with severe symptoms, PMD-sensitive treatment is available on our inpatient units. Staff includes nurses trained as lactation consultants, and social workers and physicians with advanced training in PMD. Call 800.678.5500.

Pregnancy & Postpartum HOPEline. Have questions or concerns about symptoms, resources or treatment? Call one of our toll-free and confidential HOPElines. All are welcome. Calls are returned within one business day.

HOPEline in Michigan
844.MOM.HOPE (844.666.4673)

HOPEline in Iowa
844.PMD.HOPE (844.763.4673)
Mother and Baby Program

One of only a few in the country, the Pine Rest Mother and Baby Partial Program is a short-term, intensive day program for women experiencing significant symptoms of postpartum depression and other perinatal mood disorders (PMD) to receive treatment in a setting which includes a nursery for their infants up to one year of age. Not only does this approach enhance mother/baby bonding, it eliminates many obstacles to attending daily treatment such as separation from the baby, childcare arrangements and feeding issues.

The program is for women who are pregnant or up to three years postpartum and meet criteria for admission.

Services
The program operates Monday through Friday from 8:30 a.m. to 4 p.m. Women attend daily and may enter the program any day of the week.

Services are provided by a multi-disciplinary treatment team specifically trained in perinatal mood disorders. The program includes meetings with a psychiatrist upon admission and at scheduled times before or after the program day. Patients also meet individually with an advanced level practitioner for medication reviews, if needed, and a case manager. These professionals will work together with the patient and the rest of the multidisciplinary team to establish treatment goals, strategies and a comprehensive aftercare plan.

Group Sessions
Daily group education and therapy sessions are led by a licensed clinician to help women learn the skills to cope with stress, anxiety and disturbing thoughts that may occur when caring for their children. Mothers are welcome to bring their babies to group sessions if they desire.

Group topics include:
• Cognitive Behavior Therapy
• Communication
• Dialectical Behavior Therapy
• Emotional Management
• Medication Education
• Mother/Baby Bonding & Infant Massage
• Nutrition for Mom and Baby
• Relaxation
• Self-care
• Stress Management

Benefits
The Mother and Baby Program provides a number of benefits, including:
• Quick access to care and prevention of hospitalization
• Improved depression, mood disorder and anxiety symptoms
• Supportive peer-to-peer environment by spending time with other women
• Recommendations from PMD specialists for treatment options which take into consideration pregnancy and lactation
• Skill-building to help mothers bond with their children and manage challenging symptoms
• Follow-up with support groups after program completion is encouraged
• Reduction of the long term effects of the illness on mother and children

More Information
For additional program information, a virtual tour and more information about PMDs, please visit pinerest.org/moms.

Contact Information
For questions, referrals or admission to the program, please call 800.678.5500.

Our Location
The Mother and Baby Program is located in the Van Andel Center on our campus.