

What to Expect in the Pine Rest Mother & Baby Partial Hospitalization Program

What is the Mother & Baby Partial Hospitalization Program?

The Mother & Baby Partial Hospitalization Program is a behavioral health treatment program with the goals of assessing and stabilizing current acute mental health symptoms that occur during pregnancy and up to three years postpartum. Though patients in partial hospitalization programs are experiencing psychiatric symptoms, they must be able to commit to using a safety plan. They are not a risk to self or others, not intoxicated or detoxing, and are able to function and tolerate a full day of programming.

Partial Hospitalization Programs are a step up in treatment from outpatient therapy and can be used as an alternative to inpatient hospitalization, if the patient is able to maintain safety, commit to using a safety plan and able to engage in and attend programming daily.

How can I refer myself or someone else to the Mother Baby Program?

The first step for a referral, whether it is made by self or someone else, is to call the Pine Rest Contact Center at (616)455-9200 and ask to speak with an intake clinician.

What are the program hours of the Mother & Baby PHP?

Monday-Friday, 8:30am-3:15pm.

How long will I be in the Mother & Baby PHP?

Women participate in the program about 7-10 days. It is recommended that patients attend 7-10 days; however, *criteria can affect the length of stay.*

What will I do in the Mother & Baby PHP?

Patients participate in psychotherapy groups and psychoeducation groups. In addition, patients will have individual appointments with a Case Manager/Therapist for initial assessment and to set/discuss treatment goals as well as individual meetings with a psychiatric provider (psychiatrist or Nurse Practitioner) about 1-3 times per week for ongoing care and evaluation. Patients WILL NOT meet with psychiatric provider daily. Our providers will manage psychiatric medications only; all other medical issues will need to be addressed by primary care providers.

What will I learn from all this?

Our patients learn: how to regulate her emotions and why this regulation is important, how therapy works and relates to effectiveness of outpatient therapy, and how to apply a variety of strategies such as mindfulness, coping skills, communication skills, and relationship skills.

Who will be caring for me?

Patients become part of a small group that includes peers in addition to a core group of staff. The staff on each unit functions as a multidisciplinary team including a psychiatrist, nurse practitioner (NP), case manager/therapist, registered nurse, activity therapist, & discharge planner, as well as a chaplain and dietician if desired.

Can I bring my baby?

Yes, the Mother & Baby Partial Hospitalizations Program has a nursery that accepts Infants 6 months and younger.

Will I be able to breastfeed and/or pump in the program?

Yes! Patients are free pump at any time, wherever they feel most comfortable. There is a pump available in the program for patient use and a breast milk refrigerator on the unit for storage.

What is expected of me in the Partial Hospitalization Program?

- Participation in the admissions day, the first day is filled with intake assessments, please plan to be present a full program day.
- Participate in groups and classes.
- Take medications every day as prescribed & fill new prescriptions on the day they are prescribed.
- Attendance each day ALL DAY unless ill. If patient is ill or has an existing appointment that cannot be rescheduled call 616-281-6363 ext. 7035. At times absences are to be expected, however, if patient is absent two consecutive days; the patient will be discharged from the program.
- Share concerns, ask questions, and let staff know how they can best help.

How is transportation handled in the Partial Programs?

While in the Mother Baby Partial Hospitalization Program, the patient is responsible for arranging or providing her own transportation.

Can I continue to see my therapist and/or psychiatric provider while in the Mother & Baby Partial Hospitalization Program?

Unfortunately, no. Insurance will only cover the services of one provider and one therapist at a time. However, know that you will be seen regularly (1-3 times per week) by a psychiatric provider throughout the duration of stay. Due to the importance of full participation in treatment, we ask that all other appointments (dentist, family doctor, etc.) be put on hold. If the patient has existing appointments during their stay, the discharge planner will reschedule them following discharge.

What can I bring to the Partial Hospitalization Program?

It is important that patients have their binder with them each day. A lunch voucher is provided on the first day but thereafter, patients can either bring their own lunch or money for the cafeteria. Patients should bring any medications that they take throughout the day. Staff cannot hold medication or dispense medications to patients. Please note that Pine Rest is a tobacco free facility, meaning no smoking or vaping is allowed in or on Pine Rest property.

What is a discharge plan?

One of the most important goals in the partial hospitalization program is the development of a plan to establish services and routines that will help patients maintain the progress made during her time in the program. Some of these services may include, but are not limited to: outpatient therapy, psychiatry, medication management and community support groups/resources.

Can I complete psychological testing while in the partial program?

Unfortunately, no. All psychological testing for ADHD, dementia, autism, cognitive issues, forensic issues, etc. must be done at the Psychological Consultation Center upon completion of the program.

How can my family be involved in my treatment?

Family and supports are vital to one's treatment in mental health. Your therapist can give you information that can help your loved ones understand your diagnosis. They can also reach out to one support person if needed.

Can a family member call and receive information about my care?

Yes, HOWEVER, for family to call and receive information regarding treatment from a staff member, the patient must sign a consent form giving Pine Rest permission to speak with family members. Without a written consent, Pine Rest will not be able to speak to family or acknowledge a patient's presence in the program. Please note that naming someone as an emergency contact person is not the same as written consent to speak with someone about care being provided in treatment.