

# THE **MOTHERHOOD** CENTER

## The Day Program

When you need a higher level of care  
to feel much better— much faster.

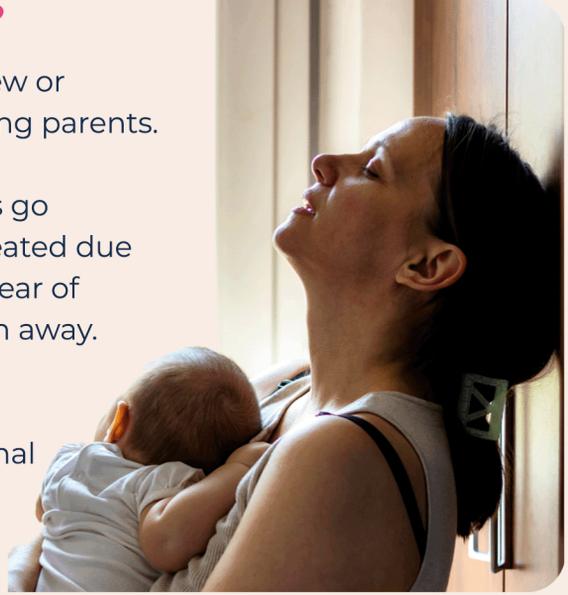


## What are PMADs?

PMADs affect **1 in 5** new or expecting moms/birthing parents.

**80%** of all PMAD cases go undiagnosed and untreated due to shame, stigma, and fear of having one's baby taken away.

Untreated PMADs are a leading cause of maternal mortality in the U.S.



### Types of PMADs

Perinatal Depression

Perinatal Anxiety

Perinatal Obsessive-Compulsive Disorder

Perinatal Post-Traumatic Stress Disorder

Postpartum Psychosis

Conditions can occur either during pregnancy or up to one year postpartum.

**Good news—PMADs are treatable!**

There are different ways to treat PMADs depending on how acute the symptoms are. Treatment options include support groups, therapy, medication management, and a special program that puts all of these pieces and more 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 struggling with caring for themselves and their baby feel much better, much faster.

It's a place where pregnant and postpartum people experiencing PMADs find a sense of community with others that are struggling too.

It's a place that teaches pregnant and postpartum people concrete tools and skills to combat PMAD symptoms, tolerate the distress of difficult experiences and situations, and be in better control of feelings and actions.

It's a place where pregnant and postpartum people learn to trust themselves and build confidence in their abilities to care for their child(ren).



## What does the Day Program look like?

### MORNING

Interpersonal psychotherapy

Dyadic group

Expressive therapy

### AFTERNOON

Lunch

Behavioral skills group

Afternoon process + plan

### ADDITIONAL

Expressive therapy: restorative movement, music therapy, art therapy and behavioral sleep interventions

Baby care, body talk, and more!

The Day Program runs 5 days a week for 5 hours a day, either virtually or in-person and has a nursery with skilled childcare professionals for those who bring their babies. Attendees typically meet with their individual treatment team once or twice a week. An individual treatment team is comprised of a perinatal therapist and a reproductive psychiatrist.

A partner's support group runs every Friday morning for fathers/non-birthing parents to learn more about the program, how to better support their significant other and to experience a sense of community of their own.

## FAQs

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

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 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 are not feeling well—you can notify your 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. For in-person attendees, we have an onsite nursery with skilled childcare providers. Whether you are virtual or in-person, dyadic therapy is a treatment form that includes mom/birthing parent and baby by enhancing bonding and attachment.

**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 stay in the Day Program is currently from 4 to 8 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. 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. Our team is happy to speak with partners or family members, so that everyone has the necessary information and understands any financial obligation before admission.

## FAQs

### Q. What if I do not live close enough to attend in-person?

Navigating a perinatal mental health condition can be incredibly challenging, and for many families, accessing the highest quality care means traveling long distances. With very few specialized perinatal Partial Hospital Programs available in the U.S., families turn to The Motherhood Center for the expert care they need and deserve.

To ease the financial burden for families that need to travel long distances to attend the Day Program and require in-person treatment, The Motherhood Center has partnered with Ronald McDonald House New York to provide free, temporary housing for pregnant and postpartum women and their families.



Ronald  
McDonald  
House®  
New York

Located on East 73rd Street in Manhattan, Ronald McDonald House New York offers a comfortable, supportive environment with private suites for up to four family members, allowing families to stay close together during treatment. Ronald McDonald House New York also facilitates seamless access to The Motherhood Center with daily transportation, nutritious meals, and additional kitchens for personal use. Families benefit from wellness amenities like a gym, community spaces, and activity rooms, creating a warm and supportive atmosphere that fosters connection and healing.

Through this partnership, The Motherhood Center and Ronald McDonald House New York eliminate housing and financial barriers, making life-changing maternal mental health treatment accessible to families nationwide. Together, we ensure that no mother or birthing person has to face PMADs alone and that they receive the highest level of care available.

## Testimonials



*“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, saved my life.”*

*“Being 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 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, which was 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. 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.”*



The Motherhood Center also offers  
PMAD outpatient support groups, therapy,  
and medication management.

With the right help,  
everyone can feel better.

Call today for a free initial PMAD screening.

212-335-0034

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[www.themotherhoodcenter.com](http://www.themotherhoodcenter.com)

