

# Perinatal Intensive Outpatient Program

## CURRENTLY TELEHEALTH

Our program is designed to offer hope, healing and empowerment to pregnant and new mothers who have depression and anxiety.

PROGRAM DAYS: **Monday – Thursday**

PROGRAM HOURS: **10:00 am – 1:00 pm (with break)**

**CALL TODAY!**  
**612-274-7494**

### PROGRAM DETAILS

#### SKILLS

- Identity Development
- Emotion Regulation
- Symptom Management
- Coping Skills
- Medication Management

#### TREATMENT

- Cognitive Behavioral Therapy
- Acceptance & Commitment Therapy
- Attachment Theory
- Trauma Based Care
- Circle of Security/Good Enough Mother

### WHY REFER YOUR PATIENT TO IOP

- IOP can be an effective way to access skills and support in 6-12 weeks that typically would take months to acquire.
- IOP provides immediate access to board certified psychiatrists with weekly psychiatry appointments, daily process group and psycho-education as well as bi-weekly check-ins with our lead therapist.
- IOP can help jumpstart a mom's path to recovery.
- IOP helps mothers learn to care for their mental health while simultaneously caring for their infant.
- IOP offers mothers who are on maternity leave daily structure and support.

### TREATMENT TEAM



Lisa Cross, LMFT



Rena Sugarbaker, MD



Katie Fleuriet, LGSW



Sogand Ghassemi, MD



Chelsea Elker,  
Peer Support

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