

**Department of Psychiatry
Perinatal Mental Health Postpartum support Group**

Effective Date: November 2013
Reviewed:
Revised:

<p>Issued By:- Perinatal Mental Health Program Approved by:- Dr. Ariel Dalfen</p> <p>Title:- PERINATAL MENTAL HEALTH POSTPARTUM SUPPORT GROUP</p>
<p>Policy Number:</p>
<p>Key Words: Perinatal Mental Health, Postpartum support, Group Therapy</p>
<p>Stakeholders: Department of Psychiatry-Perinatal Mental Health Program, Women’s and Infants,</p>
<p>Policy Statement: Purpose: This policy provides guidance about the referral criteria and care delivery of Postpartum Support Group at Mount Sinai Hospital. This group is for women who are at risk for, or who are currently suffering from, postpartum anxiety and/or depression. Providing Group therapy and social support offers the opportunity for multiple-contact intervention that is likely to support the reduction of postpartum depression (Dennis & Dowswell, 2013).</p>
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Group Leaders: <ul style="list-style-type: none"> • Kayli Balaban, MD, FRCPC, Staff Psychiatrist, Department of Psychiatry, Mount Sinai Hospital • Melissa Goldband, Social Worker, Perinatal Mental Health Program, Mount Sinai Hospital 2. Inclusion criteria: <ul style="list-style-type: none"> • within one year postpartum • at risk of developing psychiatric problems due to strong history of mental illness 3. Exclusion criteria: <ul style="list-style-type: none"> • over one year postpartum 4. Referrals are from any hospital, clinic, private practice or self referrals are welcome. Please contact Melissa Goldband at (416) 586-4800 x 5461 or mgoldband@mtsinai.on.ca. 5. Referrals should include patient’s full name and telephone number(s) and date of delivery 6. All potential recruits are subsequently contacted by telephone in order to clarify the purpose and nature of the group. 7. The group meets at Mount Sinai Hospital. This is a 8 week-session that requires weekly attendance <p>References Dennis, CL. & Dowswell, T (2013). Psychosocial and psychological interventions for preventing postpartum depression (Review). <i>The Cochrane Library</i>, Issue 2, p.1-102.</p>
<p>Appendix:</p>