

Postpartum Adjustment Resource Directory

A Professional Guide

- Second Edition, 2010 -

Beaumont® Children's Hospital

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Postpartum Adjustment Issues

After women give birth, as many as 80 percent experience some sort of emotional upheaval in the early weeks. One in eight women experience more significant symptoms of depression or anxiety. Postpartum depression/anxiety can begin during pregnancy, right after birth or anytime within the first year. The symptoms can range from mild baby blues to total despair. Postpartum mood disorders are highly treatable. Recognizing the problem, admitting that it is real and getting help are the first steps towards recovery. This directory will give you community resources for assisting families dealing with postpartum depression.

The Baby Blues

Typical Symptoms Include:

Mood swings, tearfulness, lack of concentration, irritability and anxiety

Facts:

- Caused by major lifestyle changes and changing hormone levels
- Affects between 70 - 80 percent of new moms
- Begins within one week postpartum
- Symptoms may persist up to three weeks
- Can occur when weaning from breastfeeding

Treatment:

The baby blues generally do not require treatment from a health care provider. Adequate rest, support from family and friends, contact with other moms and joining a support group can help.

Postpartum Depression/Anxiety

Typical Symptoms Include:

Uncontrollable crying, irritability, poor concentration, anxiety, hopelessness, feelings of failure, guilt, intrusive and disturbing thoughts, and appetite and sleep disturbances.

Facts:

- Caused by a combination of hormonal, psychological and environmental factors
- Affects about 10 - 20 percent of moms, regardless of background
- Symptoms can range from mild to severe
- Emotions may include intense fear and guilt
- Discomfort around baby or lack of feelings towards baby
- Mom may break off all social contact and give up activities she used to enjoy
- Physical symptoms or complaints without apparent physical cause

Treatment:

Postpartum Depression is a serious condition however it is very treatable. Early specialized intervention is crucial to start the healing process. Women with a personal/family history of depression or anxiety during pregnancy are at an increased risk of developing the illness.

Postpartum Psychosis**Typical Symptoms Include:**

Inability to sleep even when exhausted, seeing things or hearing voices that are not there, refusing to eat, extreme confusion, distrusting other people, and thoughts of harming self, baby or others.

Facts:

- Very rare, occurs in one or two per 1,000 women
- This is a medical emergency. Go to the Emergency Center.

Treatment:

This requires immediate medical attention. Contact a health care provider or have a support person take the mother directly to an emergency center. For emergencies, call 911.

Note: The preceding information provides a broad-spectrum explanation of Postpartum Adjustment Issues. For more detailed information regarding signs and symptoms, please refer to the book, *Beyond the Blues*, listed in the Recommended Reading section of the Resource Guide.

Early Screening for Postpartum Adjustment Issues

Risk Factors

- History of any of the following
 - Postpartum depression or anxiety
 - Personal depression or anxiety
 - Severe premenstrual syndrome
 - Family history of depression, anxiety or bipolar disorder
- Difficult birth and/or pregnancy
- Recent loss
- Family illness
- Recent stressful events

Obstetricians, pediatricians and family physicians are encouraged to carefully assess new moms for signs of postpartum depression/anxiety. At the time of the six-week postpartum check-up or pediatric visit, a woman can already be in a deep depression with lasting consequences.

Suggested Sample Questions to Ask

- How do you feel about being a new mom?
- Are you enjoying your new baby?
- Do you find that your baby is easy or difficult?
- How is your family life?
- How is your appetite?
- How are you sleeping?
- During the past month, did you feel more anxious, irritable or stressed than usual?

Commonly Used Assessment Tools

- Edinburgh Postnatal Depression Scale (EPDS)
- Postpartum Depression Screening Scale (PDSS)

Responding to an Emergency Call

- Keep mom on the phone.
- Get her name, phone number and address.
- Talk to anyone else who is available such as a spouse, family member, neighbor or friend. Tell them to take mom to Emergency Center or the nearest hospital for immediate evaluation.
- If no one else is available, call the police.
- Identify mom's physician or midwife; notify them as soon as possible.

Support from Beaumont Hospitals

Beaumont Hospitals, Postpartum Adjustment Program – (248) 898-3234

The Postpartum Adjustment Program, a component of the Parenting Program, and the Tree of Hope Foundation have partnered to create a safe and supportive group environment for families dealing with postpartum adjustment issues. The Tree of Hope Foundation was officially launched in the summer of 2005 to create greater awareness of the issues of postpartum depression.

Together, our vision is to strengthen and support families because we know that the complexities of postpartum issues are real, common and treatable. We strive to provide accurate information, current resources and support for as long as it is necessary.

Specialists are available four times a week to support mothers experiencing a difficult transition to parenthood or difficulty with postpartum mood disorders. This is done on an individual and group basis.

For more information, contact:

- Kelly Ryan, Postpartum Adjustment Coordinator
 - (248) 898-3234
 - E-mail: kryan@beaumont hospitals.com

Postpartum Adjustment Support Group Meetings

Come and meet with other parents and a specially trained professional counselor or social worker. Support groups meet every week, require no registration, and are provided at no cost. Babies and support people are welcome to attend. Please also see the comprehensive list of postpartum support groups on pages 18 - 19.

Mondays 7:00 – 8:30 p.m.

Wellpointe Building
1701 South Boulevard E., Suite 200
Rochester Hills, MI 48307
(Near M-59 and Dequindre)

Tuesdays 10:00 – 11:30 a.m.

PNC Center
755 W. Big Beaver Rd., Suite 249
Troy, MI 48084
(Between Livernois and Crooks)
Enter at flag poles, then up to the second floor, Community Education Classroom

Wednesdays 7:00 – 8:30 p.m.

Beaumont Medical Building
6900 Orchard Lake Rd., Room 311
West Bloomfield, MI 48322
(Between Maple and 14 Mile Rd.)



Thursdays 7:00 p.m.

St. Joan of Arc Parish Center
 22412 Overlake Drive
 St. Clair Shores, MI 48080
 (North of 8 Mile Rd. and East of Greater Mack)

Beaumont Hospitals, Parenting Program – (248) 898-3230

The Parenting Program offers support and resources to all first-time parents who deliver their babies at Beaumont Hospitals. Pediatricians on staff may refer families based on identified postpartum depression/anxiety by faxing a prescription for services to (248) 898-3236.

Services are focused in four areas: Individual Family Support, Parent Groups, Neonatal Intensive Care and Postpartum Adjustment. New parents are matched with carefully trained, experienced parent volunteers. Hospital staff, community professionals and volunteers provide resources and information. Our goals are to increase parents' self-confidence, promote understanding of early childhood development, establish healthy patterns for future parenting and provide a support network.

For more information, contact:

- (248) 898-3230
- E-mail: parentingprogram@beaumont hospitals.com.

Beaumont Hospitals, Prenatal & Family Education – (800) 633-7377

Offers classes such as:

- Childbirth education
- Beyond birth
- Infant massage
- “As Your Baby Grows” series

For a full list of classes, please visit our Web site at www.beaumont hospitals.com/services-programs/classes.

Times, fees, and locations vary.

For more information, call:

- Mary Anne Kenerson, RN PFE Coordinator at (248) 273-6323
- Sharon Haley, PFE Program Assistant at (248) 273-6324

Beaumont Hospitals, Bereavement Support Group

Looking ahead: Bereavement group for infant loss. This group meets the second Tuesday of the month from 6:30 – 8:00 p.m.

For more information, call:

- Joanne Mulhere at (248) 898-6582.

Beaumont Children's Hospital Legal Aid for Children (LAC)

Legal Aid for Children (LAC) is an on-site legal assistance program at Beaumont Children's Hospital, designed to improve the health and welfare of low-income children and their families. LAC provides free legal assistance to help address the underlying causes of poor health among children. Legal services are provided by Legal Aid for Children directly through the Legal Aid and Defender Association, Inc.

To receive services, you must complete a referral form with Medical Social Work at Beaumont Hospital.

For more information, call:

- (248) 898-7595

Eligibility

You may be eligible if you are:

- A current pediatric inpatient at Beaumont Children's Hospital
- A current patient of a pediatric clinic at Beaumont Children's Hospital
- A household family member of a current pediatric inpatient or clinic patient at Beaumont
- A U.S. citizen or permanent resident

Issues Handled

We handle a variety of legal issues that affect your child's health. The level of service provided may depend on the type of issue presented. Issues handled include, but are not limited to:

- *Income support:* Social Security, SSI, State Disability Assistance, Department of Human Services, unemployment issues
- *Health insurance:* Medicaid, state health insurance programs, private insurance programs
- *Education:* Special education, early intervention, school expulsions and suspensions
- *Family law:* Domestic violence, restraining orders/personal protections orders, child support, guardianship
- *Housing:* Foreclosures, landlord/tenant issues, public housing, Section 8, eviction issues, lead paint abatement
- *Consumer:* Auto defects, auto repossession, credit card defaults, garnishments

Community Support for Infants, Children and Families

Children's Special Health Care Services (CSHCS)

Provides financial assistance for children's special health needs

Eligibility Criteria

- Families with children who have chronic physical health problems or disability
- Children who qualify will receive a pre-application
- Must have a Michigan identification
- Screening for eligibility available for out of country residents

To begin the enrollment process, contact:

- Oakland County Public Health Division - CSHCS Unit at **(248) 858-0056**
- or -
- Family phone line for further information on parent-to-parent support and/or support groups, as well as locating CSHCS in your county at (800) 359-3722

Crystal Home Healthcare & The Modest Foundation

Maternal Infant Health Program

15819 Schoolcraft
Detroit, MI 48227
www.crystalhhc.com

The Maternal Infant Health Program is a non-medical, preventive health service designed to lower the infant mortality rate. In addition, we focus on increasing positive health outcomes for moms and babies who fall into high-risk medical categories.

Our professional staff will provide services in the comfort and convenience of the client's home at an agreed upon time. Crystal Home Healthcare's team will help develop a plan of care for mothers-to-be during their pregnancy and for mom and baby after delivery.

This program provides moms and babies with:

- Instruction on personal care
- Case management services that assess the home for newborn safety and necessities
- Psychosocial counseling (case management & counseling)
- Nutrition and diet support services
- Care plan coordination with primary care physician
- Childbirth and/or parenting education classes
- Transportation referral for clinical appointments
- Referral to community agencies to assist with:
 - Acquiring baby items
 - Food bank membership
 - Employment
 - Breastfeeding education
 - Housing

Eligibility Criteria

- Residents of Wayne, Oakland and Macomb Counties
- Pregnant women on Medicaid
- Infants (0 - 12 months) on Medicaid who meet risk criteria

For more information or to enroll, contact:

- (800) 493-4902. Please have the following information available: your name, estimated due date, address, telephone number, prenatal care doctor's name and telephone number.

Early On® Services – Oakland County

Early On® is a public system of services for families with children from birth to three years who have a health condition and/or a developmental delay. The system includes a collection of activities, support, service, and resources provided by many different agencies and programs. Funding for this program is provided by every school district.

Referrals may be initiated by a health care provider or families may be self-referred.

For more information, contact:

- (248) 209-2084 or toll free (866) 456-2084
- Call (800) EARLY-ON for referrals for your school district

Easter Seals – Michigan, Inc.

Family Mental Health

2387 E. Walton Blvd.
Auburn Hills, MI 48326
(248) 475-6300

Infant Mental Health Services (IMS) – Early Intervention

Characteristically non-judgmental and unobtrusive, IMS advocates for families and attends to the resolutions of real-life problems. This home-based program:

- Supports and nurtures parents in their role as primary caregivers
- Provides information about infant behavior
- Encourages parent-infant interaction

Eligibility Criteria

- Children from birth to age 6
- Must be an Oakland County resident

Accepted Insurance

- Straight Medicaid, no insurance

For more information, contact:

- Joseph G. Castine, MS, LLP: (248) 395-6374
- Denise M. Arbaugh, RN, MS, LPC, NCC: (248) 395-6342

Healthy Start/Healthy Families Oakland

Healthy Start is a home visiting program that helps parents reach their potential and provide the best possible care for their child. The techniques and materials used in the program have been tested through research and have been designed by experts in the fields of families and child growth and development.

Families can enroll in the program when pregnant or before their child turns 4 months old. A trained Family Support Specialist will make regular home visits and provide information on care, activities to promote bonding and what to expect at different stages of development. Assistance is provided on health services, health care needs and referrals for other services are made as needed. Most importantly, the Family Support Specialist is there to listen and support families at a critical time in a child's development. Services are available for up to five years depending on each family's needs.

For more information, contact:

- Karol Wilson at (248) 335-5638

Interdisciplinary Center for the Family

6022 W. Maple
West Bloomfield, MI 48322
(248) 538-9070

- Specialized in parent-child therapeutic intervention
- Focuses on benefits of infant massage
- Provides therapy for children up to age 5
- Flexible appointments; evenings available

Accepted Insurance:

- Blue Cross & Blue Shield
- Willing to work with other insurance providers

For more information, contact:

- Julie Ribaldo at (248) 538-9070
- Dr. Jennifer Dyschryver at (248) 890-4077

Macomb County Community Mental Health

First Resources and Treatment

Infant Mental Health Program
25401 Harper Suite 2
St. Clair Shores, MI 48081

Provides in-home infant mental health treatment to low-income families where there is a concern for the parent-infant relationship and capacity to nurture. Accepting infants from birth to 18 months in isolated families with transportation difficulties and no social support. Services include family and individual psychotherapy, infant development and parenting education, infant massage instruction, linking to community resources, and psychiatric and medication management. Medicaid accepted.

For more information, contact:

- Pam Pitlanish, MSW, LMSW, IMH-E(IV)ACSW, CIMI at (586) 466-6912 or fax her at (586) 498-8581

Macomb County Health Department

Central Health Center

43525 Elizabeth
Mt. Clemens, MI 48043
(586) 469-5520
Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m.

Southeast Health Center

25401 Harper, Suite 2
St. Clair Shores, MI 48081
(586) 466-6800
Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m

Southwest Health Center

29600 Civic Center Blvd.
Warren, MI 48093
(586) 573-2210
Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m

Public Health Nursing

Macomb County Public Health Nurses take a holistic view of health. They provide anticipatory guidance for:

- Postpartum care
- Parenting
- Safety
- Infant growth and development
- Nutrition

Services include home visits and referrals for counseling.

Eligibility Criteria

- All Macomb county residents are eligible and there is no cost.

For more information, contact the location nearest you.

Macomb County Community Services Agency (MCCSA)

Early Head Start

Free services for pregnant women and children birth to age three.

Head Start Preschool

Free preschool for 3 and 4 year old children.

For more information, contact (586) 469-5215.

Medisense Care Maternal Infant Health Program

Georgetown Professional Building

3058 Metropolitan Pkwy., Suite 110
Sterling Heights, MI 48310
(586) 258-3875

Medisense Care is an expert team of nurses, social workers and nutritionists. Our priority is to help better your pregnancy and help with your infant through the services we provide. We are certified by the Michigan Department of Community Mental Health and Medicaid. Serving Oakland, Macomb and Wayne counties, we provide services to mothers and babies who are covered by Medicaid from pregnancy through the baby's first year. Our services are free to those who qualify and are provided in your home.

For more information, contact (586) 258-3875.

Oakland County Health Division

Department of Health & Human Services

27725 Greenfield Rd.
Southfield, MI 48076-3625
(800) 848-5533
www.oakgov.com/health

Oakland County's Health Division provides the following free services to eligible new families:

Field Nursing

- Information about safety, parenting, growth and development, and other health topics
- Home visits and school visits (for teen moms)
- Referrals to other resources

A public health nurse usually visits an eligible new mom at home about 7 - 10 days after delivery. Postpartum Depression is always addressed at that time. There is no time line for services. Mom and baby receive follow-up as long as indicated.

At each visit the Public Health Nurse also carefully assesses baby's physical and mental development and provides prompt referrals to the appropriate resources, if necessary.

For more information, contact:

- Nurse on call at (800) 843-5533 (Business hours only)
- E-mail noc@oakgov.com
- The Oakland County Health Division at any of the following locations:

27725 Greenfield Rd.
Southfield, MI 48076
(248) 424-7000

1200 N. Telegraph Rd., Building #36E
Pontiac, MI 48341
(248) 858-1280

1010 E. Maple Rd.
Walled Lake, MI 48390
(248) 926-3300

Priority Health Services, Inc.

11455 E. 13 Mile Rd., Suite 201
Warren, MI 48093
(586) 979-2267

Priority Health Services, Inc. provides the Maternal Infant Health Program, which is a specialized and comprehensive in-home assistance program for pregnant mothers and infants (from birth to age one) who are in high-risk situations. Assistance includes:

- Accessing transportation to medical appointments
- Information on labor and delivery
- Education on child growth and development
- Referrals for baby supplies, counseling, and childbirth/parenting classes
- Accessing mental health treatment
- Nutrition counseling and much, much more

Referrals can be completed online, by fax, mail or phone.

For more information, contact:

- Phone: (586) 979-2267
- Fax: (586) 979-1185
- Online: www.priorityhealthservices.com

Tree of Hope Foundation

P.O. Box 806482
St. Clair Shores, MI 48080
877-HOPE-311
www.treeofhopefoundation.org

Our mission of hope is to lift the dark shadow of Postpartum Depression from the lives of women and families afflicted with this disease through the following initiatives:

- Increase Postpartum Depression awareness and understanding among new parents, parents-to-be, and members of the medical community-at-large through the development of educational programs, literature and government/community/business partnerships;
- Provide easily accessible support to people currently in the throes of Postpartum Depression;

- Promote research geared specifically toward understanding mood disorders and the development of increasingly more effective ways to treat them.

The Tree of Hope Foundation offers Postpartum Support Groups every week. The groups require no referral and are provided at no charge to the participants. Please see comprehensive list of Postpartum Adjustment Groups on pages 20 - 21.

Additional Community Resources

Food, Housing, Clothing, Emergency and Miscellaneous Needs

Food Needs

There are several ways to reach emergency food providers throughout Michigan.

- To receive emergency food assistance, call 211 or go to www.uw211southcentralmi.org.
- To locate a pantry in your area, visit www.pantrynet.org.
- Contact the State of Michigan's Food Assistance Program Hotline at (800) 481-4989.
- To locate a food bank in Michigan, visit www.fbcmich.org.
- For emergency food assistance Downriver, visit www.downriverfishandloaves.org.
- To locate Michigan statewide food providers, visit www.fbcmich.org.

UNITED WAY 2-1-1 or (800) 552-1183

www.uwsem.org

2-1-1 is here to help improve the lives of individuals and families with thousands of local resources for rent assistance, food, shelter, support groups and more.

Mother/Baby Resources

Car Seat Assistance Programs

CareNet Pregnancy Center (Referral Required)	(248) 545-6411
Children's Hospital of Michigan	(313) 745-5457
Baby Travels Equipment (Car seat rental program).....	(734) 455-2526

Car Seat Checks

Safety City.....	(248) 551-0100
All Local Fire Departments	

Child Care Programs

Child Care Council.....	(866) 424-4532
Department of Human Services (Oakland County).....	(248) 975-4803
Baldwin Church Center (Low Cost Daycare).....	(248) 332-6262
YMCA South Oakland (Low Cost Daycare).....	(248) 547-0030
Cedar Crest Lutheran Church.....	(248) 698-3820

Crisis Support

Common Ground Crisis Support

(800) 231-1127

24 hours a day / 7 days a week

Common Ground provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and runaway and homeless youths. Helping people in need for more than 35 years, Common Ground serves more than 40,000 per year and the majority of services are free of charge.

Help Against Violent Encounters Now (HAVEN)

(877) 922-1274

www.haven-oakland.org

Domestic violence crisis support 24 hours a day / 7 days a week

HAVEN is a nationally recognized nonprofit leader providing comprehensive solutions and innovative programs promoting violence-free homes and communities. Our mission is to eliminate domestic violence and sexual assault across Oakland County and the surrounding communities through treatment and prevention services.

Our Goals

- Provide direct services to any child, adult or family experiencing domestic violence and/or sexual assault.
- Provide direct intervention services to perpetrators of domestic violence in order to prevent future occurrences.
- Eliminate domestic violence and sexual assault through prevention education services.
- Positively impact community efforts related to domestic violence and sexual assault.

Our Philosophy

- We believe all people have a right to violence-free lives. Domestic violence, sexual assault and child abuse should never be tolerated or condoned. These acts have a devastating effect on victims, their families and society as a whole.
- We believe abuse is an act of power and control that the victim does not provoke, enjoy or deserve. Victims can regain control of their lives through appropriate support services.
- We believe all women, children and men have a right to their own identities and need not define themselves according to cultural traditions, some of which may tolerate abuse. It is our mission to eliminate the root causes of abuse. Education is a vital component in working toward the prevention of physical and sexual violence.

For more information, contact (877) 922-1247 or (248) 334-1274.

Support Online

Postpartum Support International

www.postpartum.net

Postpartum Support International is dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth. They also work to educate family, friends and healthcare providers so that moms and moms-to-be can get the support they need and recover.

- A national information center and research guide for postpartum depression/anxiety.
- Offers a rich variety of resources for new parents, members and researchers, including written and online materials.
- Provides a social network and refers callers to local support groups and professionals.
- Organizes an annual PPD conference.
- Has an online chat room available.

Postpartum Dads

www.postpartumdads.org

Postpartum Dads is a volunteer-based outreach project affiliated with Postpartum Support International (www.postpartum.net).

Postpartum Dads provides a mutual support network for dads with partners who are working through PPD/anxiety. Contains information on warning signs, how to work with the treating physician and how to help with the recovery. There is an online chat room available.

POSTPARTUM STRESS CENTER

www.postpartumstress.com • (610) 526-7527

This is a support and counseling service for postpartum depression, postpartum stress syndrome, pregnancy loss, postpartum obsessive-compulsive disorder, postpartum anxiety disorders and prenatal depression.

Established in 1988, the Center seeks to provide a better understanding and comprehensive clinical intervention for any woman who suffers from the range of postpartum psychiatric disorders. Resources are available for both new mothers and mental health professionals. There is an online chat room available.

Online PPD Support Group

www.ppdsupportpage.com

The purpose of this Web site is to offer information, support and assistance to those dealing with postpartum mood disorders, their families, friends, physicians and counselors. There is an online chat room available.

Postpartum Adjustment Referral Directory — A Professional Guide

This is a listing of postpartum depression-trained mental health care providers who accept referrals from the Parenting Program Postpartum Adjustment Program. Please make certain you mention the Parenting Program's Postpartum Adjustment Coordinator referred the client. For questions, please call the Parenting Program at (248) 898-3230.

Therapists

Joseph G. Castine, MS, LLP

Archway Associates, P.C.
217 Knowles St.
Royal Oak, MI 48067
(248) 414-3840 or (248) -827-8801 (pager)
No insurance, sliding scale fee

Elizabeth Clancy, MA, LPC

Lifestart Counseling, PLLC
37875 W 12 Mile Rd., Suite 204
Farmington Hills, MI 48331
(248) 703-2578
No insurance, sliding scale fee/pay plans

Karen Davis, MA, LLP

36400 Woodward, Suite 225
Bloomfield Hills, MI 4830
(248) 210-8110
No insurance, sliding scale fee

Karen Duffy, MA, LLPC

Counseling in the comfort
of your own home.
Serving Macomb County, Rochester & Troy
(586) 344-5627
No insurance, sliding scale fee

Ranya Elmoursi, MA, TLLP

7071 Orchard Lake Rd., Suite 225
West Bloomfield, MI 48322
(248) 841-5081
No insurance, itemized receipt

Deborah Greening, PhD

Advanced Counseling Services
29201 Telegraph Rd., Suite 550
Southfield, MI 48034
-or-
43157 Schoenherr
Sterling Hts., MI 48313
(248) 213-0501 ext. 3138 or (248) 417-1181
Aetna, BCN, Beaumont, Blue Cross, Cigna,
HAP, Medicare, PPOM

Camille J. Greenwald, PhD, LP

380 N. Old Woodward, Suite 156
Birmingham, MI 48009
(248) 594-8206
All major insurances accepted except HMOs
and Medicaid. Both in- and out-of-network
plans are billed directly. Itemized statements
are also provided, and payment plans, some
of which include sliding scale fees, are
individually arranged.

Lori B. Jacobs, MA, LLPC, NCC

Caring Counseling Center
6020 W. Maple Rd., Suite 105
West Bloomfield, MI 48322
(248) 892-2915
No insurance, sliding scale fee

Therapists

Mary Kalil, LMSW

Pioneer Counseling Center
28511 Orchard Lake Rd., Suite A
Farmington Hills, MI 48334
(248) 489-1550 or (248) 995-5663 (pager)
Most insurance, Medicaid, HMOs

Lisa M. Kruman, LMSW, ACSW

5640 West Maple Rd. Suite 207
West Bloomfield, MI 48322
(248) 684-4919
No insurance, itemized receipt provided,
sliding scale fee

Carol Leach, MA, LLP

Advanced Counseling Services
29201 Telegraph Rd., Suite 550
Southfield, MI 48034
(248) 213-0501 ext. 3121 or (248) 830-6357
BCN, Beaumont, Care Choices, BCBS, Magellan,
Teamsters, Value Options

Shannon Leveille, MA, LPC

18316 Middlebelt Rd.
Livonia, MI 48152
(248) 798-4402 (cell)
Some ins. accepted, sliding scale fee

Claire Maurer, M.A., LLPC

8391 Commerce Rd., Suite 101
Commerce Twp., MI 48382
(248) 387-9188
No insurance, sliding scale fee

Joanne Mulhere

1408 Webster
Birmingham, MI 48009
(248) 330-2740
No insurance, sliding scale fee

Tracy Niyo, LMSW, ACSW

1225 E. Eleven Mile Rd.
Royal Oak, MI 48067
(248) 224-3754
No insurance, sliding scale fee

Marina Pesserl, MA, LPC

Lifestart Counseling
37875 W. 12 Mile Rd., Suite 204
Farmington Hills, MI 48331
(248) 910-1591 or (248) 995-9647 (cell)
Major insurances, sliding scale fee/pay plans

Phyllis Roelofs, LMSW

Behavioral Medical Center-Troy
1639 E. Big Beaver Rd., Suite 201
Troy, MI 48083
(248) 528-9000 ext. 33 or
(248) 459-2002 (cell)
BCBS and most commercial insurances

Marla Ruhana, MSW

25490 Little Mack
St.Clair Shores, MI 48081
(586) 447-2162
PPOM

Laura M. Espinosa, PsyS, TLLP

11111 Hall Rd., Suite 303
Utica, MI 48317
(248) 925-2250
Some insurance accepted

Melisa Schuster, LMSW

500 Little Lake Dr., Suite 300
Ann Arbor, MI 48103
(734) 302-0033
No insurance, sliding scale fee

Kim Steggle, MA, LLP

1460 Walton Blvd. ,Suite 101
Rochester Hills, MI 48309
(248) 404-7075 *sliding scale fee

Therapists

Roberta Toll, PhD

31000 Telegraph Rd., Suite 130
Bingham Farms, MI 48025
(248) 594-3337 or 248-613-6666 (cell)

BCBS, Medicare, MESSA, PPOM

Carnigee Truesdale, Psy.D, LP

Indianwood Psychology Group
1251 South Lapeer Rd.
Lake Orion, MI 48360
(248) 909-4242

BCBS PPO

Shurkela Mason, MA, LLPC

2849 Miller Rd.
Flint, MI 48503
(810) 853-9795

Eraina N. Crosby-Lillard, MA, RAC

2849 Miller Rd.
Flint, MI 48503
(810) 853-9795

Psychiatrists

Dr. Tariq Abbasi, MD

Advanced Counseling Services
29201 Telegraph Rd., Suite 550
Southfield 48034

(248) 213-0501

BCBS, BCN, Beaumont, Cigna, HAP, Medicare,
Priority Health, Corp Health, Teamsters, Value
Options

Dr. Laura McMahon, MD

50505 Schoenherr Rd., Suite 270
Shelby Twp. 48315

(586) 731-4100 or (586) 717-2432 (pager)

Aetna, BCBS, PPOM, commercial insurance

Dr. Dan Guyer, MD

131 Kercheval Ave., Suite 390
Grosse Pointe. Farms 48236
(313) 885-6400

Accepts all major insurances

Postpartum Adjustment Support Groups

Monday

In conjunction with Beaumont Hospitals

Time: 7:00 p.m.

Location:

Wellpointe Building
1701 South Blvd. E., Suite 200
Rochester Hills, MI 48307
(M-59 and Dequindre)

For information, call (248) 898-3230.

Tuesday

In conjunction with Beaumont Hospitals

Time: 10:00 a.m.

Location:

PNC Center
755 W. Big Beaver Rd., Suite 249
Troy, MI 48084 (Between Livernois and Crooks)
*Enter at flag poles. Community Education
Classroom on the second floor.*

For information, call (248) 898-3230.

Wednesday

In conjunction with Beaumont Hospitals

Time: 7:00 p.m.

Location:

Beaumont Medical Building
6900 Orchard Lake Rd., Suite 311
West Bloomfield, MI 48322
(Between 14 Mile Rd. and Maple)

For information, call (248) 898-3230.

HARMONI
(Helping Arms Reassuring Moms of
Newborns & Infants)

In conjunction with Hurley Hospital

Time: 5:30 p.m.

Location:

Hurley Hospital
1 Hurley Plaza, 8W Conference Room
Flint, MI 48503-5993
Please park on the 4th level of the parking ramp.

For information, call (810) 262-6873.

Thursday

In conjunction with Huron Valley-Sinai Hospitals

Time: 6:45 p.m.

Location:

Charach Center Conference Room, Garden Entrance
1 William Carls Drive
Commerce Twp., MI 48382

For information, call (248) 937-5220.

In conjunction with Beaumont Hospitals

Time: 7:00 p.m.

Location:

St. Joan of Arc Parish Center
22412 Overlake Drive
St. Clair Shores, MI 48080-2405
(North of 8 Mile Rd., East of Greater Mack)

For information, call (248) 898-3230.

Postpartum Doula Referral List

The word “doula” comes from the ancient Greek meaning “a woman who serves” and is now used to refer to a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.

Research evidence shows that the quality services of a postpartum doula can ease the transition that comes with the addition of a baby to a family, improve parental satisfaction and reduce the risk of mood disorders.

A postpartum doula:

- Offers education, companionship and non-judgmental support during the postpartum fourth trimester.
- Assists with newborn care, family adjustment, meal preparation and light household tidying.

- Offers evidence-based information on infant feeding, emotional and physical recovery from birth, infant soothing and coping skills for new parents and makes appropriate referrals when necessary.

To learn more or find a postpartum doula near you, contact:

DONA International

www.dona.org

DONA International began in 1992, when a small group of some of the foremost experts in childbirth at that the time had come to promote the importance of emotional support for mothers and their partners during birth and the postpartum period. They provide information about doulas, as well as lists of DONA certified doulas in your area.

Doulas Care

www.doulascare.org

Doulas Care is a non-profit organization working to improve maternal and infant health outcomes and reduce health disparities by matching qualified volunteer doulas with pregnant women and adolescents who have limited resources. Qualifying low-income women receive these services for free. We offer affordable postpartum services on a sliding scale for families outside the income range of our free services. As special mentors, doulas provide educational, emotional, physical and logistical support to women and their families.

Perinatal Loss Support Groups and Resources

Oakland County

HELP: Handling Emotional Loss of Pregnancy

St. Joseph Mercy Hospital, Oakland
44405 Woodward Ave.
Pontiac, MI 48341
Volunteer Lounge, 1st floor main hospital
Meets every 2nd Thursday 7:30 - 9:00 p.m.
(248) 858-3526

HUGS: Help, Understanding, & Grief Support

Huron Valley Sinai Hospital
1 William Carls Dr.
Commerce Twp., MI 48382
Meets every 3rd Thursday 7:00 - 9:00 p.m.
Contact: Sue Duff (248) 937-4261

Looking Ahead: A Bereaved Parent Group

William Beaumont Hospital
3601 W. 13 Mile Rd.
Royal Oak, MI 48073
Heart Center Conf. Rm., 1st floor Central Tower
Meets every 2nd Tuesday 6:30 - 8:30 p.m.
Contact: Joanne Mulhere, LMSW
(248) 898-7595

Parents Supporting Parents

Providence Hospital
16001 W. Nine Mile Rd.
Southfield, MI 48037
Meets 3rd Wednesday 7:00 - 9:00 p.m.
Also at Providence Park Hospital
47601 Grand River Ave. Novi, MI 48374
Meets 4th Thursday 7:00 - 9:00 p.m.
Contact: Adrienne or Debi (248) 424-5342

Wayne County

Healing Hearts

Oakwood Annapolis Hospital
33155 Annapolis St.
Wayne, MI 48184
(734) 467-5588

Heart to Heart

Henry Ford Wyandotte Hospital
2333 Biddle Ave.
Wyandotte MI 48192
Contact: Andrea Carlson (734) 246-7111

Infant Bereavement Services

Oakwood Hospital
18101 Oakwood Blvd.
Dearborn, MI 48124
Adray Conference Room D
Meets every 4th Thursday 7:30 - 9:00 p.m.
Contact: Lynne or Darlene (313) 593-7167

Pregnancy and Infant Loss Support Group

DMC Sinai-Grace Hospital
6071 W. Outer Dr.
Detroit, MI 48235
Srere Women's Resource Center, Rm. 120
Meets every 4th Tuesday 6:30 - 8:00 p.m.
Contact: Mary Madonis (313) 966-3452

Sunrise Sunset

Children's Hospital
3901 Beaubien St.
Detroit, MI 48201
Meets every 2nd Tuesday
Contact: Marilyn Bahena (313) 745-5917

Genesee County**Wings**

Genesys Regional Medical Center
 One Genesys Parkway
 Grand Blanc, MI 48439
 Contact: Pam Raymond (810) 606-5780

Jackson County**Coping**

Allegiance Health
 205 N. East Ave. Jackson, MI 49201
Anderson Building, 2nd Floor
 Meets every 4th Monday 7:00 p.m.
 Contact: Kim Johnson-Crisanti (517)796-6474

Lapeer County**Tender**

Trinity United Methodist Church
 1310 N. Main St.
 Lapeer, MI 48446
 Meets every 3rd Wednesday 7:00 – 9:00 p.m.
 Contact: (810) 664-9941

Macomb County**Friends Supporting Parents**

St. Thomas Lutheran Church
 8771 15 Mile Rd.
 Sterling Heights, MI 48312
 Meets every 1st Monday 7:00 – 9:00 p.m.
 (586) 268-2170

Washtenaw County**Miscarriage & Newborn Loss Support Group**

Lamaze Family Center
 2500 Packard Rd., Suite 101
 Ann Arbor, MI 48104
 Meets every 2nd Tuesday 7:00 – 9:00 p.m.
 (734) 973-1014

Recommended Reading

Bennett Ed.D., MFT, S., & Indman, Ph.D., P. (2006). *Beyond the blues: A guide to understanding and treating prenatal and postpartum depression*. San Jose, CA: Moodswings Press.

Bennett, Ph.D., S. S. (2007). *Postpartum depression for dummies* (1 ed.). New York, NY: For Dummies.

Dunnewold, Ph.D., A., & Sanford, Ph. D. (1994). *Postpartum survival guide* (1st printing/original Cover Art ed.). Oakland, CA: New Harbinger Publications.

Kleiman, MSW, K., & Raskin, M.D., V. (1994). *This isn't what I expected: Overcoming postpartum depression* (1 ed.). New York, NY: Bantam.

Poulin, S. (2006). *The mother-to-mother postpartum depression support book*. Calgary, AB: Berkley Trade.

**This directory was developed by the Postpartum Adjustment Committee:
Beaumont Hospitals
Community Agencies
Private Practitioners**

For more information, contact
The Beaumont Parenting Program
(248) 898-3230

Updated 1.17.2011