

## TREATMENT OPTIONS FOR PERINATAL MOOD AND ANXIETY DISORDERS:

### Brief Treatment:

Rutland Regional Medical Center Behavioral Health Clinic patients seeking brief treatment can contact Jessica Clark-Keeler, LICSW, PMH-C through Clinic Intake at 802-747-1857.

### “Mom’s Therapy Group”:

*Group Therapy for pregnant and postpartum moms experiencing symptoms of depression, anxiety, or other Perinatal Mood/Anxiety disorders.*

This therapy group is provided through Community Care Network’s Adult Outpatient Division.

**Contact:** For intake assessment call (802) 775-4388.

**General Inquiries:** Lori Brown Stone, [lstone@rmhscn.org](mailto:lstone@rmhscn.org)

### EMDR Treatment: For Perinatal Trauma and Maternal-Infant Mental Health

Resolve trauma related to pregnancy, infertility, birth loss, NICU experience, and postpartum mood & anxiety disorders. This treatment is provided through Community Care Network’s Adult Outpatient division with Lori Brown Stone.

**Contact:** For intake assessment, call (802) 775-4388

**General Inquiries:** Lori Brown Stone, [lstone@rmhscn.org](mailto:lstone@rmhscn.org)

### Additional Resources: Private Mental Health Clinicians with Perinatal Mental Health training through Postpartum Support International

Community Care Network maintains a list of private mental health clinicians with perinatal mental health training through Postpartum Support International. For more information, contact Lauren Norford at (802) 786-7388 or [lnorford@rmhscn.org](mailto:lnorford@rmhscn.org).



# Community Care Network

Rutland Mental Health Services | Rutland Community Programs

## Rutland Area Pregnancy Postpartum and Loss Support



In partnership with:



[rmhscn.org](http://rmhscn.org)

802.775.2381 • P.O. Box 222 • 78 South Main St. • Rutland, VT 05701

## SUPPORT, EDUCATION, AND PREVENTION:

### **It Takes a Village:**

#### *Peer Support for Parents and Families in a Community Setting*

It Takes a Village is here to support you during the transition of adding a new baby or child to your family through birth, kinship, adoption, or fostering. Find connection, education, and a community to share with all parents—expecting parents and caregivers are welcome. This group is led by trained facilitators. Learn more at [www.wonderfeetkidsmuseum.org/it-takes-a-village-a-community-of-parents/](http://www.wonderfeetkidsmuseum.org/it-takes-a-village-a-community-of-parents/) or on Facebook: Wonderfeet Kids' Museum

#### **Where:**

Wonderfeet Kids' Museum  
Mondays from 10 to 11:30 a.m.

#### **Contact:**

Danielle Monroe  
(802) 282-2678

\*This program is provided in collaboration with Community Care Network Early Childhood Services, Wonderfeet Kids' Museum, and Vermont Department of Health.

### **Circle of Security Parenting:**

#### *Receive Support, Understand Your Child, and Practice Responsive Parenting*

Evidence-based education and support group for expecting parents or parents with young children. Focus on attachment, reading cues, understanding your child, and responsive parenting. Available 1:1 or in a group setting.

#### **Contact:**

Valerie Judge  
[vjudge@rmhscn.org](mailto:vjudge@rmhscn.org)  
(802) 786-7395

\*This program is provided by Community Care Network Early Childhood Mental Health Services

### **Parents & Babies Program:** *Stress Management for Parents*

This evidence-based program helps expectant or postpartum parents (with kids up to age 5) with stress management, pleasant activities for self and child, cognitive behavioral skills, and social support networks. Available through 1:1 home visits or through group participation

#### **Contact:**

Katie Harris  
[kharris@rmhscn.org](mailto:kharris@rmhscn.org)  
(802) 786-7394

\*This program is delivered through CIS Strong Families nurses and Early Childhood Mental Health providers.

## REFERRALS FOR LACTATION, BIRTH AND FAMILY SUPPORT:

Referrals are available for trained lactation and birth preparation professionals trained in maternal mental health.

#### **Contact:**

Jennifer Wedin, Vermont Department of Health  
(802) 786-5104  
[Jennifer.wedin@vermont.gov](mailto:Jennifer.wedin@vermont.gov)

## MATERNAL MENTAL HEALTH PEER SUPPORT:

### **Holding Hope:**

Community Care Network has a small 1:1 peer mentoring program to support parents who would like a peer mentor for a period of time. Chat with a peer with lived experience. Support available by phone, text or telehealth. To refer or request support, contact:

Katherine Harris  
[kharris@rmhscn.org](mailto:kharris@rmhscn.org)  
(802) 786-7394

*These services and supports are made possible through HRSA STAMPP grant awarded to Community Care Network's Early Childhood Services.*

