

# Just the Facts



## The Program

Part of Baptist Medical Center, The Motherhood Space Day Program is an intensive outpatient program designed for anyone who is expecting a baby or who has had a baby in the past 18 months and could use some additional support.

## The When and Where

Monday, Wednesday, and Thursday from 9 am to noon at the Baptist Healthy Living Center located in the Winston Family YMCA, 221 Riverside Avenue in Jacksonville, FL 32202.

## The Time Commitment

Participation tends to be two to three weeks, so that means you would likely participate for a total of six to nine days.

## The What

You and a small group of moms will participate in groups that will provide you with strategies and skills that research has shown to be effective in managing the emotional adjustment of being pregnant or having a baby.

## The Schedule

Each day will include three 45-minute groups and two 15-minute breaks. Each day will include one wellness-inspired group (walking therapy, yoga, etc.).

## The Amenities

There is a KidZone on site for childcare at no cost. You will have access to the YMCA amenities outside of program time, including their exercise equipment, pool, steam room and locker rooms also at no cost. You are not required to use either the childcare or the YMCA amenities, but they are available.

## The First Day

You will arrive at 8:30 am to complete some additional paperwork and have time to walk your child(ren) to KidZone. Those utilizing KidZone will be banded as an additional security layer and escorted to KidZone.

## The KidZone

KidZone will not heat or mix any bottles, so please have those ready to go when you arrive. They cannot provide snacks in KidZone to prevent any outbreak of food allergies, and they do not change diapers. Moms are welcome to stop in for diaper changes and/or feedings as needed.

## The Stuff

Please bring a breast pump and cooler to store breast milk (if applicable), fully mixed formula, diapers, wipes and/or extra clothes for child(ren). We recommend that you wear comfortable shoes/clothes that you can move in with ease, a hat and/or spf, and your own water bottle. The facility has stations to refill your water. Lockers will be available to you for storing your belongings. Please note that you will not be able to use your cell phone in the room where group is held to adhere to privacy standards.

## FAQs

### This is all group? Will I ever get to meet with anyone one-on-one?

The program includes three daily groups. However, the goal of the team is to make sure you have an individual check-in with a psychologist once weekly during the program.

### What if I need more or less than two to three weeks?

Insurance tends to cover two to three weeks of the program. However, we will be tracking your progress throughout the program to determine what makes sense for you as far as time in the program.

### **I think I'm going to need to have some medicine or to meet with a psychiatrist.**

During your intake, the psychologist will discuss options for meeting with a prescribing provider to discuss medication options.

### **Tell me more about the KidZone.**

Babies and children from age six weeks to 11 years of age can participate in the KidZone. For more information, visit: <https://fcmca.org/programs/child-care/kidzone/>

### **Can I bring my baby to the Day Program?**

There will be portions of the programming that will include babies/kids (walking therapy group and mommy and me yoga). However, there will also be portions where it will make sense to have adults-only.

### **I'd rather not use the childcare, but I do want to use the Y.**

That's perfectly fine! These amenities are simply available to you during the program.

### **I'm breastfeeding/pumping, so I need to factor that into my time in the program.**

If you'd like to breastfeed at any point, that is fine. We also have a private lactation room available – just make sure to bring your pump and cooler for storage.

### **How much will this cost?**

The cost of the program depends on your insurance. Typically, you will only pay a co-pay. However, please connect with your insurance company to answer any specific financial questions you may have.

### **Do I have to talk in the groups?**

Groups can be a little daunting for most people. You are not required to speak in group, but rest assured you will be with others who might feel a little nervous and with psychologists who will help put you at ease. A lot of the groups will also be informational, so you'll just be taking in information in those groups. Some of the groups will include movement as well, which sometimes puts people's minds at ease.

### **How do I share this with my family/friends?**

Sometimes it's helpful to let people know how common perinatal mood and anxiety disorders (PMADs) are and share resources. Check out some of the resources below. Most people do better with support. We're excited that you're gaining great support so you can be there for yourself and your family.

### **Where can I find more information or resources on pregnancy and postpartum?**

Check out our website that includes no-cost videos on all things pregnancy and postpartum.

- [baptistjax.com/services/behavioral-health/maternal-mental-health](http://baptistjax.com/services/behavioral-health/maternal-mental-health)
- You can also view our YouTube series directly: [youtube.com/@themothertoodspace](https://youtube.com/@themothertoodspace)
- **Postpartum Support International (PSI)** is the world's leading volunteer organization dedicated to educating professionals and supporting pregnant and postpartum families. To learn more, call or text PSI at this non-emergency line 800.944.4PPD (4773) or visit [www.postpartum.net](http://www.postpartum.net).

### **What if I need more immediate support?**

- **National Suicide Prevention Lifeline – Lifeline.org**  
Available 24 hours in English and Spanish  
Call: 988
- **Crisis Text Line – crisistextline.org**  
Text HOME to 741741 from anywhere in the United States, anytime. A live, trained crisis counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.