

# Perinatal Mental Health Community Resources

Resources for treating mothers who may be experiencing postpartum depression or anxiety, or be in need of support during pregnancy or the postpartum period.

## Postpartum Support International (PSI) – Greater Washington, DC Area

PSI's coordinators are trained to provide supportive counseling and local resource and referral information to mothers, their families, and the providers who serve them. Providers are welcome to refer their patients to PSI coordinators directly, or to contact coordinators themselves to obtain information and referrals.

Washington DC	Maryland	Virginia
<b>Postpartum Support DC</b> 202-643-7290 <a href="mailto:info@postpartumdc.org">info@postpartumdc.org</a> Website: <a href="#">PSI: DC Support Groups</a>  DC Coordinator: Michelle High	<b>Postpartum Support Maryland</b> 240-432-4497 <a href="mailto:mdpostpartum@gmail.com">mdpostpartum@gmail.com</a> Website: <a href="#">PSI: MD Support Groups</a>  MD Coordinator: Nadia Monroe	<b>Postpartum Support Virginia</b> 703-829-7152 <a href="mailto:info@postpartumva.org">info@postpartumva.org</a> Website: <a href="#">PSI: VA Support Groups</a>  VA Coordinator: Adrienne Griffen
To contact coordinators in other states and countries, please visit: <a href="http://www.postpartum.net">www.postpartum.net</a>		

## Outpatient Treatment Programs Specific to Perinatal Mental Health (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<b>Akoma Counseling Concepts</b> 817 Silver Spring Ave Maryland, MD 20910 Silver Spring- Red Bus: F4, 16,17,20,28 P: 202-905-2725  <a href="http://www.Akomacounselingconcepts.com">www.Akomacounselingconcepts.com</a>	<ul style="list-style-type: none"> <li>Individual counseling, online counseling, family counseling, perinatal mental health counseling and consults. In home therapy for pregnancy and 6 months postpartum moms (self-pay only). Short-term self-care planning (4 sessions). Shivonne Odom, owner and therapist, specializes in providing care to women of color.</li> </ul> Languages: English	Ages 16+	<b>Insurance:</b> Cigna, CareFirst BCBS, self-pay options available. <b>Referral:</b> Schedule appointments online anytime or via email Shivonne.Therapist@akomacounselingconcepts.com. <b>Availability:</b> Accepting New Patients.
George Washington University Medical Center, Department of Psychiatry & Behavioral Sciences - <b>The Five Trimesters Clinic</b>  Medical Faculty Associates Building 2120 L Street NW 6th Floor WDC 20037	<ul style="list-style-type: none"> <li>Help women assess need for treatment before, during or after pregnancy for mood or anxiety disorder. Each woman meets once or twice with a psychiatrist-in-training; partners may be included. Each case is reviewed by senior psychiatrists specializing in perinatal mental health.</li> <li>Services include: outpatient evaluation and</li> </ul>	Child-bearing age women	<b>Insurance:</b> Patients with Medicaid receive services for free. For all others, intake appointments are \$60 and subsequent follow ups are \$20. If cost is an issue, patients can negotiate a

<p>Foggy Bottom/GWU – Orange and Blue Bus: D1, D3, D5, D6, H1, L1, N3, 38B</p> <p>P: 202-741-2888 and specify that you want to be seen in the 5 Trimesters Clinic.</p> <p><a href="http://www.gwdocs.com/psychiatry/women's-mental-health">http://www.gwdocs.com/psychiatry/women's-mental-health</a></p>	<p>screening; short-term individual therapy and medication management; couples and family therapy; access to community resources.</p> <p>Languages: English</p>		<p>sliding scale fee.</p> <p><b>Referral:</b> Asks that patient tells intake coordinator the referring physician to ensure appropriate referral.</p> <p><b>Availability:</b> Generally 2 weeks to 1 month</p>
<p><b>Lynne McIntyre, Tele-Maternal Mental Health Practice</b></p> <p>E: <a href="mailto:lynne@lynnemcintyre.com">lynne@lynnemcintyre.com</a> P: +1-202-744-3639</p> <p><a href="http://www.lynnemcintyre.com/">http://www.lynnemcintyre.com/</a></p>	<ul style="list-style-type: none"> <li>Lynn is a mental health professional, trained and licensed in the United States and living in Barcelona. She has a HIPPA-compliant website and is able to provide psychotherapy remotely to mothers based in the US.</li> </ul> <p>Languages: English, Spanish, Catalan, French</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> \$60 per session</p> <p><b>Referral:</b> Email or call Lynne at <a href="mailto:lynne@lynnemcintyre.com">lynne@lynnemcintyre.com</a> or +1-202-744-3639</p> <p><b>Availability:</b> Call for availability.</p>
<p><b>Mamatoto Village</b></p> <p>311 47th Street, NE WDC 20019 Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>Main: 202-248-3434 Intake: 202-248-2877</p> <p><a href="http://www.mamatotovillage.org">www.mamatotovillage.org</a></p>	<ul style="list-style-type: none"> <li>Provides expectant and new mothers with expansive ancillary and wraparound services during the perinatal period. These services are only available for pregnant women and up to 3 months postpartum so program is most beneficial if enrolled while pregnant or shortly after giving birth. Services include, Labor Support; Postpartum Support (Day or Night); Lactation Consultations; Mama Mingles (group for breastfeeding, pregnant and new mothers); Education (breastfeeding, parenting, nutrition, fitness, single motherhood); care coordination and in-home visits. Mama Mingles is the first and third Wednesday of every month from 11-1pm call or email to reserve spot. Services are most beneficial for women with a racially or ethnically diverse background with an array of psychosocial factors and social determinants of health.</li> </ul> <p>Languages: English</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> Amerihealth, Amerigroup, Trusted, and HSCSN. There are some pro-bono spots every year if insurance is a barrier to care.</p> <p><b>Referral:</b> Providers can refer through the online platform or call the office for emergency appointments (202-248-2877). Once a referral is made, the organization will follow-up directly with the patient within the first 24-48hrs and can get them linked to services within a week. Provides feedback to the referring provider.</p> <p><b>Availability:</b> Accepting New Patients.</p>
<p><b>Mary's Center, Mental Health Department, Maternal Mental Health Program</b></p> <p>2333 Ontario Road NW WDC 20010</p>	<ul style="list-style-type: none"> <li>Perinatal mental health therapist</li> <li>Support/education/therapy groups for pregnant and postpartum women.</li> <li>Please call the Maternal Mental Health Program to check on status</li> </ul>	<p>Child-bearing age women</p>	<p><b>Insurance overview:</b> Aetna, AmeriHealth, Beacon (Behavioral Health), Amerigroup, CareFirst, DC FFS Medicaid, HSCSN, Trusted,</p>

<p>Bus: 90, 93, 96, X3, S1, S2, S4, S9</p> <p>3912 Georgia Avenue NW Washington, DC 20011 Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8</p> <p>P: 202-545-2061: Maternal Mental Health Program</p> <p>P: 202-846-8053: Behavioral Health appointment scheduling line (specify that you are calling for Maternal Mental Health)</p> <p><a href="http://www.maryscenter.org/mental-health">http://www.maryscenter.org/mental-health</a></p>	<p>Languages: English/Spanish</p>		<p>Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi), MD Medicaid, Uninsured DC residents.</p> <p><b>Referral:</b> No referral necessary. Call to schedule.</p> <p><b>Availability:</b> Accepting new patients.</p>
<p><b>MedStar Georgetown University Hospital- Perinatal Mental Health Clinic</b></p> <p>2115 Wisconsin Avenue Suite 200 WDC 20007 Bus: 30N, 30S, 31, 33</p> <p>P: 202-944-5400 for appointments</p> <p>Director: Aimee Danielson, PhD. Psychiatrist: Nicole Perras, MD Providers should call 202-944-5400 with questions.</p> <p><a href="http://www.medstargeorgetown.org/our-services/psychiatry/treatments/womens-mental-health">http://www.medstargeorgetown.org/our-services/psychiatry/treatments/womens-mental-health</a></p>	<ul style="list-style-type: none"> <li>• Offers outpatient evaluation and treatment of psychiatric disorders and adjustment problems experienced by women who are transitioning into motherhood. Provide diagnostic evaluations and multidisciplinary treatment for women experiencing mood and anxiety disorders during pregnancy and postpartum, infertility-related distress, pregnancy loss, and difficulty with the transition to motherhood.</li> <li>• In cases where psychiatric medication is necessary, psychiatrists with expertise in use of medication in pregnant and lactating women are available.</li> <li>• Reproductive psychiatrists on staff, as well as residents in training, and part-time therapists who specialize in perinatal mental health.</li> <li>• Services are generally time-limited for 1 year postpartum (may be longer dependent on when woman is diagnosed)</li> </ul> <p>Languages: English/Spanish</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> Most major private insurance and DC Medicaid (AmeriHealth and FFS)</p> <p><b>Referral:</b> No referral necessary. Call to schedule.</p> <p><b>Availability:</b> Accepting new patients.</p>
<p><b>MedStar Washington Hospital Center- Women’s Mental Health Clinic</b></p> <p>110 Irving St NW Room 5 in the OB clinic on the ground floor</p>	<ul style="list-style-type: none"> <li>• Dr. Nicole Perras is a psychiatrist who specializes in maternal mental health. Clinic hours are Tuesdays 8am-3:30pm.</li> <li>• Services include psychiatric evaluations, medication management, consultations for psychiatric</li> </ul>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> DC Medicaid, most major insurance plans.</p> <p><b>Referral:</b> Women must be receiving services at WHC and/or delivered at WHC to</p>

<p>WDC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>Clinic hours are 8:30-5, Mondays, Tuesdays, and Wednesdays</p> <p>P: Health care providers- 202-877-6321 P: Patient- 202-877-6333</p>	<p>medications in pregnancy, short-term therapy, grief and loss counseling, and fertility support. Languages: English, Spanish.</p>		<p>qualify for services. Providers should call Thalia Nash at 202-877-6321 to refer a patient, or have the patient call 202-877-6333 to make an appointment. <b>Availability:</b> Currently accepting new patients.</p>
<p><b>Ruthie Arbit Counseling</b></p> <p>5225 Connecticut Avenue, Suite 705 Washington, DC 20015 Bus: D31, D33, D34</p> <p>P:240-863-2618 <a href="http://www.arbitcounseling.com">www.arbitcounseling.com</a></p>	<ul style="list-style-type: none"> <li>Maternal and Pediatric Psychotherapy. Ruthie has certification in CBT and DIR/Floortime model and uses a blended behavioral and emotionally-focused approach. Language: English, Spanish, Hebrew</li> </ul>	<p>0-10, &amp; adults</p>	<p><b>Insurance:</b> No insurance accepted. \$150-\$190/Session. Sliding Scale available and limited number of home visits available. <b>Referral:</b> Call to schedule <b>Availability:</b> No waitlist</p>
<p><b>SPRING Project</b></p> <p>Multiple locations in NW Washington, MD, &amp; VA Metro and bus accessible: Red, Blue, Yellow lines</p> <p>P: 301-654-2322, Dr. Laura Hickok P: 703-356-4710, Elizabeth Fritsch <a href="http://www.springproject.org">www.springproject.org</a></p>	<ul style="list-style-type: none"> <li>The SPRING Project offers affordable psychotherapy for expectant and postpartum mothers and their families experiencing perinatal mood problems. The Project has a network of experienced psychodynamic therapists trained in work with this population committed to working on a reduced fee basis with session fees set as low as \$20/session for a period of up to one year.  Languages: English</li> </ul>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> Fees are set based on need. Within network insurance availability is limited but all providers will work on a reduced fee basis so that insurance limitations are not a concern.  <b>Referral:</b> Contact Dr. Laura Hickok, <a href="mailto:Laurahickok@verizon.net">Laurahickok@verizon.net</a> or Dr. Elizabeth Fritsch, <a href="mailto:DrElizabethFritsch@gmail.com">DrElizabethFritsch@gmail.com</a> and the patient will be connected to an available, conveniently located provider.  <b>Availability:</b> Contact will be made within 48 hours and wait times are minimal.</p>

## Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>Ascensions Psychological &amp; Community Services</b></p> <p>1526 Howard Road SE WDC 20020 Anacostia - Green Line Bus: W2, W3, W6, W8, &amp; 94 P: 202-889-4344</p> <p><a href="http://www.2ascend.org/index.html">http://www.2ascend.org/index.html</a></p>	<ul style="list-style-type: none"> <li>Provides family therapy, individual therapy, parenting education/support/therapy groups; clinical evaluations to assess if other community services and referrals are needed (such as special education, rehabilitation, and/or medication); home structuring visits to assist with developing house rules, consequences and reward; parenting classes to teach alternatives to physical discipline, and school based interventions</li> </ul> <p>Languages: English</p>	<p>Unable to verify.</p>	<p><b>Insurance:</b> Clients seen regardless of financial situation. Sliding scale fee available. Accept Aetna, AmeriHealth, APS, Blue Cross Blue Shield, Cigna, Healthright, Kaiser-Permanente, Magellan, Maryland Medicaid, MHN, Tricare, United</p> <p><b>Referral:</b> No referral necessary.</p> <p><b>Availability:</b> Immediately.</p>
<p><b>Behavioral and Educational Solutions</b></p> <p>8609 2nd Avenue, Suite 404B Silver Spring, MD 20910 Silver Spring- Red Bus: 1, 5, 11, 28 (+ buses that stop at Silver Spring/ Paul S. Sarbanes Transit Center) P: 240-398-3514</p> <p><a href="https://www.afreshstarttherapy.com/">https://www.afreshstarttherapy.com/</a></p>	<ul style="list-style-type: none"> <li>Offers Cognitive Behavioral Therapy in addition to perinatal mental health counseling, support, resources, solutions, respite, and education</li> </ul> <p>Languages: English/Spanish</p>	<p>Child-bearing age women</p>	<p><b>Insurance:</b> MD Medicaid, DC Medicaid MCOs (HSCSN, Amerigroup, Trusted, Carefirst FEP, BCBS (PPO only)</p> <p><b>Referral:</b> No Referral Necessary.</p> <p><b>Availability:</b> 1 month waitlist for intake but services start immediately (depends on age and insurance type).</p>
<p><b>Capitol Hill Pregnancy Center</b></p> <p>713 Maryland Ave NE WDC 20002 Union Station-Red Eastern Market- Orange or Blue Bus: X8, 90, 92, D6 P: 202-546-1018 or 1-800-395-HELP</p> <p><a href="http://www.capitolhillpregnancycenter.org/">http://www.capitolhillpregnancycenter.org/</a></p>	<ul style="list-style-type: none"> <li>Provides pregnancy support, prenatal and parenting classes, maternity and baby clothing and supplies, post-abortion peer support, case management, free pregnancy tests.</li> </ul> <p>Languages: English</p>	<p>Families</p>	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> No Referral Necessary.</p> <p><b>Availability:</b> Unable to verify</p>
<p><b>DC Department of Behavioral Health Access HelpLine</b></p> <p>888-7WE-HELP or 888-793-4357</p>	<ul style="list-style-type: none"> <li>Access line for perinatal mental health services. Determine what services are available and get connected with core service agency if appropriate. Get emergency psychiatric care. Determine whether to seek ongoing mental health services or other types of services.</li> </ul>	<p>All Ages</p>	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> No Referral Needed</p> <p><b>Availability:</b> 24/7. Legal guardian call for intake. Have Medicaid ID# available. Crisis supports available immediately, wait for general</p>

	Languages: English		mental health services once matched to CSA.
<p><b>DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE) Healthy Start</b></p> <p>821 Howard Road SE WDC 20020 Anacostia – Green Line Bus: P18, W14, B2, W2, W4, 90, 94, A42, A46, A48, P6, A2, A7, A8, A4, W5, W6, W8, W2, W3, A9, Circulator P: 202-698-1838</p>	<ul style="list-style-type: none"> <li>Healthy Start works with moms with depression/other mental health issues who have a child birth-3 years. Includes psycho-educational parenting group, and home visits if mother is too ill for office-based services.</li> </ul> <p>Languages: Can utilize interpreter service if necessary</p>	Mother and child 0-3	<p><b>Insurance:</b> Accepts all DC Medicaid MCOs and DC FFS Medicaid. Serves all individuals regardless of ability to pay.</p> <p><b>Referral:</b> Referral from physician not necessary, but helpful. Referral form obtained by calling 202-698-1838.</p> <p><b>Availability:</b> 1-2 weeks, including psychiatrists.</p>
<p><b>DC Healthy Start</b></p> <p>P: 1 (800) MOM-BABY or 1 (800) 666-2229</p>	<ul style="list-style-type: none"> <li>Offers home visiting services from nurses and family support workers, as well as screenings and assessments, case management, and health and parenting education. Serves District of Columbia residents from Wards 5, 6, 7, and 8. Women who are pregnant or who have infants up to 3 months old can enroll, and can receive services until the child is 2 years old.</li> </ul> <p>Languages: Can utilize interpreter service if necessary</p>	Women who are pregnant or who have infants up to 3 months old can enroll, and can receive services until the child is 2 years old.	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> No Referral Necessary</p> <p><b>Availability:</b> Unable to verify.</p>
<p><b>Healthy Babies Project</b></p> <p>4501 Grant Street NE WDC, 20019 Minnesota Ave – Blue/Orange Bus: V2, V4, X9 P: 202-396-2809</p> <p><a href="https://healthynewmoms.org/">https://healthynewmoms.org/</a></p>	<ul style="list-style-type: none"> <li>Supports pregnant and parenting women and children to move out of the cycle of poverty. Collaborates with service provider partners to connect women and families to resources including health care, housing, nutrition, mental health services, educational support, skills building, substance abuse support, and employment.</li> <li>Free classes offered for pregnant or parenting young adults. The Teen Parent Empowerment Program is every Wednesday from 5-7pm and Ready for Baby is the 2nd and 4th Tuesday from 12pm-2pm.</li> <li>Participants in the program and/or classes can access a Psychologist on Monday evenings.</li> <li>Free child care and transportation.</li> </ul> <p>Languages: English</p>	13-24	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> Register for all classes by calling (202) 396-2809 or sending an email to hbpprograms@gmail.com. Intake must be completed which includes proof of income, mom and baby's SS card or birth certificate, proof of residency, and ID card. Can be faxed or shown in person.</p> <p><b>Availability:</b> No wait</p>

<p><b>Healthy New Moms: Maryland's Maternal Mental Health Campaign</b></p> <p>P: 443- 901- 1550, ext. 215: Kari Gorkos, Director of Youth &amp; Family Programs</p> <p><a href="https://healthynewmoms.org/">https://healthynewmoms.org/</a></p>	<ul style="list-style-type: none"> <li>Comprehensive and current regional directory of support groups, resources, local organizations, and other clinical resources pertaining to perinatal mental health in MARYLAND.</li> </ul> <p>Languages: English</p>	Families	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> No Referral Needed</p> <p><b>Availability:</b> 24/7</p>
<p><b>Multicultural Human Services</b></p> <p>Locations throughout Northern Virginia. 6400 Arlington Blvd</p> <p>P: 571-748-2800 OR 571 for reception OR 748-2818 for intake coordinator</p> <p><a href="http://www.nvfs.org/">http://www.nvfs.org/</a></p>	<ul style="list-style-type: none"> <li>Provides Individual, Couples, Group, &amp; Family Therapy; Domestic Violence Counseling; Anger Management Counseling; Batterers Intervention Program; Program for Survivors of Torture &amp; Severe Trauma (PSTT); Parenting Classes; Substance Abuse Education &amp; Counseling; Medication Management/Consultation with Psychiatrist.</li> </ul> <p>Languages: English, Spanish, French, Arabic, Amharic, Portuguese, Farsi, Japanese</p>	Children and Adults	<p><b>Insurance:</b> Self-Pay, Sliding Scale,</p> <p><b>Referral:</b> Unable to Verify</p> <p><b>Availability:</b> Must call to confirm availability</p>
<p><b>Prestige Healthcare Resources</b></p> <p>143 Kennedy Street, NW, Suite 1 WDC, 20011 Bus:E4</p> <p>P: 202-558-2448</p> <p><a href="http://prestigementalhealth.com/services/">http://prestigementalhealth.com/services/</a></p>	<ul style="list-style-type: none"> <li>Adult core service agency that can provide psychology and psychiatry to postpartum women, though they do not specialize in perinatal mental health.</li> <li>Provides group counseling, diagnostic needs assessments, interactive psychotherapy, medication management, anger management, and support in cases of domestic violence.</li> </ul> <p>Languages: English</p>	18+	<p><b>Insurance:</b> Amerigroup, AmeriHealth, Trusted, HSCSN</p> <p><b>Referral:</b> Call Access Helpline at 888-793-4357 or email/call the clinic directly at 202-558-2448 or info@prestigewecare.com</p> <p><b>Availability:</b> No wait</p>
<p><b>The Northwest Center</b></p> <p>2702 Ontario Rd NW, WDC 20009</p> <p>P: 202-483-7008</p> <p><a href="http://www.northwestcenter.net/">http://www.northwestcenter.net/</a></p>	<ul style="list-style-type: none"> <li>Provides prenatal and postnatal counseling, education, free pregnancy testing, health education referrals, transitional housing for pregnant women, case management. Does not offer Cognitive Behavioral Therapy but their social workers can make the appropriate referral if necessary. Services are for pregnant women and up to three months postpartum.</li> </ul> <p>Languages: English/Spanish</p>	Women of childbearing age	<p><b>Insurance:</b> Free</p> <p><b>Referral:</b> Provider or patient can call directly or schedule an appointment online.</p> <p><b>Availability:</b> &lt;1 week. Same day appointments might be available depending on the day.</p>

## Parenting and New Mother Groups

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>The Breastfeeding Center of Greater Washington DC</b></p> <p>1020 19th St, Suite 150 WDC 20036</p> <p>202-293-5182. Farragut- West (blue/orange/silver)</p> <p><a href="http://breastfeedingcenter.org/services/">http://breastfeedingcenter.org/services/</a></p>	<ul style="list-style-type: none"> <li>Provides one on one prenatal, lactation, and follow-up consultations with experienced IBCLCs that can take place in office, in home or over skype. Phone consultations are also available.</li> <li>Provides a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and much more.</li> </ul> <p>Languages: English</p>	<p>Women of child-bearing age</p>	<p><b>Insurance:</b> Most Aetna and United plans accepted. Reserved spots in paid classes for moms on Medicaid or WIC to take for free. Also offers 1 free lactation consultation for moms on Medicaid. If follow-up is needed, moms can utilize our volunteer trade program (2 hours of volunteer time in exchange for one consultation). For low-income moms not on Medicaid, we offer the volunteer option to everyone (and for classes too) and offer payment on a sliding scale based on income.</p> <p><b>Referral:</b> Fill out online referral form to schedule appointment.</p>
<p><b>East of the River Lactation Support Center</b></p> <p>2101 Martin Luther King Jr. Ave. SE WDC 20020</p> <p>P: 202-476-6941 <a href="http://dcbfc.org/EastRiverLactation/">http://dcbfc.org/EastRiverLactation/</a></p>	<ul style="list-style-type: none"> <li>Provides prenatal breastfeeding education classes, community lactation support services, Mom-to-Mom Breastfeeding support groups, Back-to-Work Breastfeeding consults</li> </ul> <p>Languages: English</p>	<p>Women of child-bearing age</p>	<p><b>Insurance:</b> Free but call to confirm schedule of events.</p>
<p><b>The Family Place</b></p> <p>3309 16th St NW, WDC 20010</p> <p>P: 202- 265- 0149 <a href="http://www.thefamilyplacedc.org/">http://www.thefamilyplacedc.org/</a></p>	<ul style="list-style-type: none"> <li>Provides prenatal and parenting classes on prenatal development, infancy, parenting, and nutrition.</li> <li>Provides a domestic violence support group, case management, referrals and emergency services (food, clothing, diapers).</li> </ul> <p>Languages: English/Spanish</p>	<p>Women of child-bearing age</p>	<p><b>Insurance:</b> Free but call to confirm schedule of events.</p>
<p><b>Latin American Youth Center</b></p>	<ul style="list-style-type: none"> <li>Services include prenatal and parenting classes with stipends, food, childcare, transportation and</li> </ul>	<p>Parents aged 24 years and</p>	<p><b>Insurance:</b> For DC residents: DC FFS Medicaid, Trusted, and</p>

<p>1419 Columbia Road NW WDC 20009</p> <p>Columbia Heights Metro Station – Green/Yellow Bus: 52, 53, 54, H1, H2, H3, H4</p> <p>P:202-319-2225 or 202-319-2229</p> <p><a href="http://www.layc-dc.org/">http://www.layc-dc.org/</a></p>	<p>mentorship</p> <ul style="list-style-type: none"> <li>• Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support.</li> <li>• Provides Child-Parent Psychotherapy (CPP).</li> </ul> <p>Languages: Spanish</p>	<p>under</p>	<p>AmeriHealth.</p> <p>For MD residents: MD Medicaid, UnitedHealth care. Also CareFirst, Aetna, Cigna, United Healthcare.</p> <p>Sliding scale fee available or qualifying individuals.</p> <p><b>Referral:</b> Needed from primary care physician. Form can be found online.</p> <p><b>Availability:</b> Assessments ~1 month, Psychiatry ~2 weeks after assessment. Spanish sessions have longer wait.</p>
<p><b>Mamatoto Village</b></p> <p>311 47th Street, NE WDC 20019 Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>P: 202-248-3434</p> <p><a href="http://www.mamatotovillage.org">www.mamatotovillage.org</a></p>	<ul style="list-style-type: none"> <li>• Provides expectant and new mothers with expansive ancillary and wraparound services in addition to classes and groups. Groups include: <ul style="list-style-type: none"> <li>○ <b>Childbirth:</b> 1- Day intensive course</li> <li>○ <b>Breastfeeding Essential</b></li> <li>○ <b>Your Happiest Baby- Baby Care Basics</b></li> <li>○ <b>Belly Strides</b> fitness class. Every 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturday</li> <li>○ <b>Mama Mingles</b> meet-up with other expectant and new mothers. Bi-weekly mingles group to share joys and challenges of motherhood. Must have a child 3 months or less. Every 2<sup>nd</sup> Wednesday.</li> </ul> </li> </ul> <p>Also offers other resources like food and diapers.</p> <p>Languages: English</p>	<p>Child-bearing age women</p>	<p><b>Registration Fee:</b> \$25 <b>Class Donation:</b> \$60 -\$175 <b>BellyStrides:</b> \$10 (drop-in) <b>Mama Mingles:</b> FREE</p> <p>No one will be turned away. Contact us if you are experiencing financial burden.</p> <p>Class sign up: <a href="http://www.bookwhen.com/mamatoto">www.bookwhen.com/mamatoto</a></p> <p>*AmeriHealth Caritas DC, Family Choice, Amerigroup DC, and Trusted Health Plan members are covered by insurance, call for a registration code.</p>
<p><b>Mary's Center</b></p> <p>3912 Georgia Avenue NW</p>	<ul style="list-style-type: none"> <li>• Free monthly peer support group at their Georgia Avenue location.</li> </ul> <p>Languages: English/Spanish</p>	<p>Pregnant women and new mothers</p>	<p><b>Insurance:</b> Aetna, AmeriHealth, Amerigroup, Beacon (Behavioral Health), CareFirst,</p>

<p>Washington, DC 20011 Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8</p> <p>P: 202-545-2061: Morgan Gross, Manager, Maternal Mental Health Program</p> <p>P: 202-420-7122: Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff for scheduling</p> <p><a href="http://www.maryscenter.org/course/behavioral-health-services">http://www.maryscenter.org/course/behavioral-health-services</a></p>			<p>DC FFS Medicaid, HSCSN, Truist, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi), MD Medicaid, Uninsured DC residents.</p> <p><b>Referral:</b> No referral necessary. Call Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff</p> <p><b>Availability:</b> Accepting new patients.</p>
<p><b>Medstar Washington Hospital Center TAPP program</b></p> <p>110 Irving St NW Washington, DC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-877-0693</p>	<ul style="list-style-type: none"> <li>Free Monthly parenting group on the 1<sup>st</sup> Fridays of the month from 12-1 PM in Room 7128</li> <li>Transportation can be arranged and food will be provided. Gift cards available to enrolled TAPP patients.</li> </ul> <p>Languages: English</p>	<p>All parents</p>	<p>No cost for group but call ahead to confirm date and time.</p>
<p><b>Momease</b></p> <p>110 Irving St. NW WDC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 703-739-2832 <a href="http://momease.com/">http://momease.com/</a></p>	<ul style="list-style-type: none"> <li>Classes for expectant parents, new parents and their families including CPR, baby care basics, breastfeeding, introducing pets to babies, and infant massage.</li> </ul> <p>Languages: English</p>	<p>Child-bearing age women</p>	<p>Sliding scales for almost all the classes they are offering.</p> <p>Register and pay online for classes.</p>
<p><b>Postpartum Support International</b></p> <p>Michelle High P: 202-643-7290 <a href="mailto:info@postpartumdc.org">info@postpartumdc.org</a></p>	<ul style="list-style-type: none"> <li>Twice-monthly peer support group in Tenleytown neighborhood of NW DC (English)</li> </ul> <p>Languages: English/Spanish/French</p>	<p>Child-bearing age women</p>	<p>No cost for group or other services. Email or telephone communication with PSI volunteer is necessary before attending first group.</p>
<p><b>PACE</b></p> <p>General information &amp; Public Relations contact Beth Morgenstern: <a href="mailto:beth624@gmail.com">beth624@gmail.com</a> <a href="http://www.pacemoms.org/">http://www.pacemoms.org/</a></p>	<ul style="list-style-type: none"> <li>Provides educational and emotional support groups for new and second time around mothers in the DC area led by professional mental health educators.</li> </ul> <p>Languages: English</p>	<p>New and second time mothers</p>	<p>\$175-\$325 depending on chosen workshop</p>

<p><b>THEARC</b></p> <p>1901 Mississippi Avenue SE WDC 20020</p> <p>Southern Ave – Green Line Bus: 30S, 32, W1, W2, W3</p> <p>P: 202-436-3076 (ask for Ellen Wiggins)</p>	<ul style="list-style-type: none"> <li>6-week parenting class offered for free at THEARC for families who are primary care patients at Children’s National (any site). Run class series every 8 weeks.</li> </ul> <p>Languages: English</p>	<p>Parents and caregivers</p>	<p>Free to any family who is a primary care patient at Children’s National</p>
<p><b>Washington DC Public School New Heights Program</b></p> <p>1200 First Street, NE, Washington, DC 20002</p> <p>P: 202- 442-5885</p> <p><a href="https://dcps.dc.gov/publication/new-heights-program-information">https://dcps.dc.gov/publication/new-heights-program-information</a></p>	<ul style="list-style-type: none"> <li>The New Heights Program for Expectant and Parenting Students provides expectant and parenting DCPS students (male or female) with the assistance, support and guidance they need to handle the responsibilities of raising a child and graduating from high school.</li> </ul> <p>Languages: English</p>	<p>Male or female DCPS students</p>	<p>No cost for group but call ahead to confirm date and time.</p>
<p><b>Other Support Groups for Expectant/New Moms (not clinically led/based)</b></p>	<ul style="list-style-type: none"> <li><u>Mamistad</u>: Groups in DC and NoVA <a href="http://www.meetup.com/Mamistad/">http://www.meetup.com/Mamistad/</a></li> <li><u>Moms on the Hill</u> (MOTH - A virtual and real-world community for parents living in Capitol Hill.) <a href="https://www.facebook.com/pages/Moms-on-The-Hill/83988628593">https://www.facebook.com/pages/Moms-on-The-Hill/83988628593</a></li> <li><u>Mothers of North Arlington, VA</u> (MONA is a local social and support group for mothers) <a href="https://www.monamoms.org/">https://www.monamoms.org/</a></li> <li><u>Takoma Moms and Families Group</u> (free, meets weekly at a library) email takomamamas@gmail.com</li> </ul>	<p>Child-bearing age women</p>	<p>Mamistad – one-time fee of \$50 if placed in private group</p>

### Online Resources

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>Healthy New Moms: Maryland’s Maternal Mental Health Campaign</b></p> <p>Kari Gorkos, Director of Youth &amp; Family Programs</p>	<ul style="list-style-type: none"> <li>PMADs website and newsletters including crisis &amp; warm lines; support groups, family and partner resources, general childbirth resources, and research opportunities.</li> <li>Comprehensive and current regional directory of</li> </ul>	<p>Families</p>	<p>Free</p>

<p>P: 443- 901- 1550, ext. 215</p> <p><a href="https://healthynewmoms.org/">https://healthynewmoms.org/</a></p>	<p>support groups, resources, local organizations, and other clinical resources pertaining to perinatal mental health in MARYLAND.</p> <p>Languages: English</p>		
<p><b>LactMed – Drugs and Lactation Database</b></p> <p><a href="http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a></p>	<ul style="list-style-type: none"> <li>Contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. Includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced.</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>
<p><b>Motherisk</b></p> <p>P: Helpline for mothers and health care providers: 1-877-439-2744</p> <p><a href="http://www.motherisk.org">www.motherisk.org</a></p>	<ul style="list-style-type: none"> <li>Provides evidence-based information and guidance about the safety; or risk to the developing fetus/infant; of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents.</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>
<p><b>MothertoBaby</b></p> <p>P: Helpline for mothers, health care professionals, and the general public: 1-866-626-6847</p> <p><a href="http://www.mohtertobaby.org/">http://www.mohtertobaby.org/</a></p>	<ul style="list-style-type: none"> <li>Provides evidence-based information about medications and other exposures during pregnancy and while breastfeeding.</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>
<p><b>DMV Perinatal Mental Health Resource Guide</b></p> <p><a href="http://www.dmvpmhresourceguide.com">www.dmvpmhresourceguide.com</a></p>	<ul style="list-style-type: none"> <li>Comprehensive and current regional directory of specialized mental health providers, support groups, advocacy organizations, and other clinical resources pertaining to perinatal mental health.</li> <li>It can be helpful to cross reference the list of providers with a list of in-network providers given by your insurance.</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>
<p><b>Smart Patients</b></p> <p><a href="https://www.smartpatients.com/">https://www.smartpatients.com/</a></p>	<ul style="list-style-type: none"> <li>Free online support groups specializing in postpartum depression.</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>
<p><b>Text4Baby</b></p> <p><a href="http://www.text4Baby.org">www.text4Baby.org</a></p>	<ul style="list-style-type: none"> <li>Parenting Support text messages</li> </ul>	<p>Child-bearing age women</p>	<p>Free</p>

## Research Studies

Organization	Services Provided	Ages Served	Insurance, Referral, & Availability
<p><b>National Institute of Mental Health</b>  <i>Behavioral Endocrinology Branch</i></p> <p>Annie Shellswick, LCSW-C            P: 301-402-9207  <a href="mailto:annieshellswick@mail.nih.gov">annieshellswick@mail.nih.gov</a>  <a href="https://www.nimh.nih.gov/labs-at-nimh/join-a-study/adults/adults-postpartum-depression.shtml">https://www.nimh.nih.gov/labs-at-nimh/join-a-study/adults/adults-postpartum-depression.shtml</a></p>	<ul style="list-style-type: none"> <li>Series of outpatient studies to learn more about the cause of and effective treatments for PPD.                Languages: English/Spanish</li> </ul>	Contact NIMH for details	No charge; participants may be compensated.

**Source:** DC Collaborative for Mental Health in Pediatric Primary Care’s Child & Adolescent Mental Health Resource Guide available at:  
<http://dchealthcheck.net/resources/healthcheck/mental-health-guide.html>

### UPDATES, QUESTIONS OR COMMENTS?

Contact Pennie Theodorou at [ptheodoro2@childrensnational.org](mailto:ptheodoro2@childrensnational.org) or complete this form to provide feedback:  
<https://cri-datacap.org/surveys/?s=pi8ike9vu6>