

# Postpartum Adjustment Resource Directory

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*A Professional Guide*

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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, provides a safe and supportive group environment for families dealing with postpartum adjustment issues.

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 three 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](mailto: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.**

Troy Family Medicine Center  
44250 Dequindre Rd.  
Sterling Heights, MI 48314

(Enter at the Atrium Entrance. Take elevators at the left to 3<sup>rd</sup> flr. Enter glass doors-classroom on left past the front desk.

### **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

### **Thursdays**

Provided By Tree of Hope Foundation  
For current dates and times, please go to [treeofhopefoundation.org](http://treeofhopefoundation.org)  
St. Joan of Arc Parish Center  
22412 Overlake Dr, St. Clair Shores  
(North of 8 Mile 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@beaumonthospitals.com](mailto:parentingprogram@beaumonthospitals.com).

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

### Classes Include:

[Prenatal Exercise](#) - Meet other expectant moms while keeping fit and healthy throughout your pregnancy.

[Childbirth](#) - Whether you're planning a cesarean section or natural birth, it's best to be prepared and to know what to expect. Take advantage of these classes so you're ready for the big day.

[Breastfeeding](#) - Learn everything there is to know about breastfeeding including positioning baby, pumping and milk storage guidelines.

[Parenting](#) - Babies don't come with an owner's manual which is why we offer numerous classes to help. From learning how to make your own baby food to disciplining your toddler, these classes offer invaluable information. Also available are classes for grandparents and siblings of new babies.

For a full list of classes, please visit our Web site at [www.beaumont.edu/womens-health/obstetrics/classes/classes-overview](http://www.beaumont.edu/womens-health/obstetrics/classes/classes-overview)

Times, fees, and locations vary.

## Beaumont Hospitals, Bereavement Support Group

*Looking ahead:* Bereavement group for infant loss. Meets the second Tuesday of every month from 6:30 - 8:30 p.m. This group meets at Beaumont Hospital, Royal Oak, in the Administration Building, first floor Private Dining Room. Park in the South Deck (green). Enter the Administration Building's main entrance, and follow the signs to the Private Dining Room on the first floor. **For more information, call:**

- Judy Kotzen at (248) 898-7219.



## Legal Aid for Children and Families (LACF)

Legal Aid for Children and Families is an on-site legal assistance program designed to improve the health and welfare of low-income patients and their families. LACF provides free legal assistance to help address the underlying cause of poor health among patients and families. Legal services are provided through Legal Aid and Defender Association, Inc.

To receive legal services through LACF, you must be referred by a medical social worker at Beaumont. Any and all information provided to LACF staff is confidential and will not be released without your permission.

**For more information, call:**  
(248) 898-7595

### Eligibility

You may be eligible if you are:

- A current inpatient or outpatient at Beaumont
- A household family member of a current inpatient or outpatient at Beaumont
- A U.S. citizen or legal 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
- *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 protection orders, child support, guardianship
- *Housing:* foreclosures, landlord/tenant issues, public housing, eviction issues, lead paint abatement
- *Consumer:* auto defects, auto repossession, credit card defaults, garnishments, tax foreclosures

## Beaumont Breastfeeding Support Services

Beaumont's Breastfeeding Support Service offers the following assistance:

- Educational classes to prepare you for breastfeeding before your baby is born
- Help in adjusting to feeding your baby while you're in the hospital
- Availability to answer questions or concerns while you're breastfeeding at home

**Call for a private telephone consultation with a nurse board-certified in breastfeeding.**

Royal Oak - 248-898-0599

Troy - 248-964-6455

Grosse Pointe - 313-473-1777

# Community Support for Infants, Children and Families

## **Children's Special Health Care Services (CSHCS)**

CSHCS strives to enable individuals with special health care needs to have improved health outcomes and an enhanced quality of life through the appropriate use of the CSHCS system of care.

Provides financial assistance for children's special health needs.

### **Eligibility**

- Residency: Must be a Michigan resident
- Citizenship: Must be a US citizen or documented non-citizen admitted for permanent residence or a non-citizen legally admitted migrant farm worker (i.e., seasonal agricultural worker).
- Age: Children must have a qualifying medical condition and be 20 years old or under. Persons 21 and older with cystic fibrosis or certain hereditary blood coagulation disorders commonly known as hemophilia may also qualify.
- Qualifying Medical condition: An MDCH medical consultant reviews each case to determine eligibility. Severity and chronicity of the person's condition as well as the need for treatment by a specialist are factors considered. More than 2,700 diagnoses are potentially eligible. Click here for a list of these diagnoses.

### **To begin the enrollment process:**

- \* Contact your [local CSHCS office](#) or  
Oakland County Public Health Division - CSHCS Unit at (248) 858-0056
- \* Call our CSHCS Family Phone Line at 1-800-359-3722 or
- \* Write to the Family Center at [cshcsfc@michigan.gov](mailto:cshcsfc@michigan.gov)

## **Crystal Home Healthcare & The Modest Foundation**

### **Maternal Infant Health Program**

15819 Schoolcraft  
Detroit, MI 48227  
[www.crystalhhc.com](http://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.

### **Crystal Home Healthcare & The Modest Foundation, cont.**

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
  - Breastfeeding education
  - Food bank membership
  - Housing
  - Employment

### **Eligibility**

- Residents of Wayne, Oakland, Washtenaw, and Macomb Counties
- Pregnant women and infants (0-12 months) on Medicaid or enrolled in a HMO

### **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® – 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.**

Easter Seals Michigan serves and supports people with disabilities or special needs and their families so they can successfully live, learn, work and play in their communities.

2399 E. Walton Blvd.  
Auburn Hills, MI 48326

248-475-6400 | 800-75-SEALS (toll-free)

## **Glovinsky Center for the Child and Family**

7001 Orchard Lake Rd, Suite #230,  
West Bloomfield Township, MI 48322  
(248) 538-9070

Specializes in:

- Developmental challenges
- Learning disabilities
- Sensory disorders
- Emotional problems
- Mood disorders
- Autism spectrum disorders

## **Macomb County Community Mental Health**

### **First Resources and Treatment**

Infant Mental Health Program  
25401 Harper  
St. Clair Shores, MI 48081  
(586) 466-6912

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.

## **Macomb County Health Department**

### **Central Health Service Center**

43525 Elizabeth  
Mt. Clemens, MI 48043  
(586) 469-5235  
Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m.

### **Southeast Health Center**

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

### **Southwest Health Center**

27690 Van Dyke  
Warren, MI 48093  
(586) 573-2210  
Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m.

## **Macomb County Health Department, cont.**

### **Public Health Nursing**

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

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

Services include home visits and referrals for counseling.

### **Eligibility**

- 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**

33130 W. 12 Mile Rd.  
Farmington Hills, MI 48334  
(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](http://www.oakgov.com/health)

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

### **Community 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) 848-5533 (Business hours only)
- E-mail [noc@oakgov.com](mailto: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

# Additional Community Resources

## Food, Housing, Clothing, Emergency and Miscellaneous Needs

### Food Needs

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

- Receive emergency food assistance, call 211. If you are unable to reach Michigan 211 by dialing directly, call the statewide toll-free number: 1-844-875-9211.
- For more information on Michigan 2-1-1 visit [www.uwmich.org/get-help](http://www.uwmich.org/get-help)
- Locate a pantry in your area, visit [www.pantrynet.org](http://www.pantrynet.org).
- Contact the State of Michigan's Food Assistance Program hotline at 1-800-481-4989.
- Locate a Food Bank in Michigan, visit [www.fbcmich.org](http://www.fbcmich.org).
- Locate Michigan statewide food providers, visit [www.fbcmich.org](http://www.fbcmich.org).
- For emergency food assistance in Livingston County, go to [Shared Harvest Pantry](#).
- For emergency food assistance downriver, visit [www.downriverfishhandloaves.org](http://www.downriverfishhandloaves.org).
- For emergency food assistance in Macomb County, go to [www.hopecentermacomb.org](http://www.hopecentermacomb.org)

### United Way 2-1-1 or (800) 552-1183

[www.liveunitedsem.org](http://www.liveunitedsem.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 - Parenting Program..... (248) 545-6411  
Children's Hospital of Michigan ..... (313) 745-5457  
Baby Travels Equipment (Car seat rental program) ..... (313)-247-3855

#### Car Seat Checks

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

#### Child Care Programs

Child Care Council..... (248)-333-9545  
Department of Human Services (Oakland County)..... (248) 858-1293  
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  
Great Start to Quality.....<http://greatstarttoquality.org>

# 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](http://www.haven-oakland.org)

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

HAVEN, a nationally recognized nonprofit leader in Oakland County, promotes a world of safe, equal and accountable communities where sexual assault and domestic violence do not exist. Our mission is to eliminate sexual assault and domestic violence and to empower survivors through advocacy and social change in and around Oakland County.

### **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 Guiding Principles**

- Intimate partner violence affects all of us.
- Women and girls are disproportionately victimized by their partners, dates or other perpetrators. Anyone can become victimized by a partner, date or perpetrator regardless of race, socio-economic status, gender, culture, education or religious beliefs.
- Education at every stage of life is essential to ending intimate partner violence. Everyone needs education on the root causes of abuse so gender inequality and oppression can be examined and confronted.
- All women, children and men have a right to their own identities regardless of tradition, cultural norms or gender roles, some of which support and encourage perpetrators' abusive choices.
- Abuse is a deliberate act of power and control by the perpetrator, and the survivor does not provoke, enjoy or deserve it.
- Survivor-centered services honor survivors as experts of their own experiences.
- All people have the right to live without fear.

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



# Support Online

## **Postpartum Support International**

[www.postpartum.net](http://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](http://www.postpartumdads.org)

Postpartum Dads is a volunteer-based outreach project affiliated with Postpartum Support International ([www.postpartum.net](http://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](http://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](http://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) 898-3234.

## 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

### **Karen Duffy, MA, LPC, NCC**

Roots & Wings Counseling  
245 Barclay Circle, Suite 400  
Rochester Hills, MI 48307  
(248) 218-2576  
[rw@rootswingscounseling.com](mailto:rw@rootswingscounseling.com)  
No Insurance

### **Laura M. Espinosa, PsyD, LP**

39520 Woodward Ave. Suite 215  
Bloomfield Hills, MI 48304  
(248) 925-2250  
Accepting BCBS, BCN, HAP, Medicaid

### **Camille J. Greenwald, PhD, LP**

999 Haynes St., Suite 235  
Birmingham, MI 48009  
(248) 594-8206  
All major insurances accepted except HMOs and Medicaid. In- and out-of-network plans billed directly. Itemized statements provided, & payment plans, some of which include a sliding scale, are individually arranged.

### **Mary Johnson MA, LPC, NCC**

Rockafellow Psychological Services  
1055 South Blvd. East, Suite 210  
Rochester Hills, MI 48307  
(248)-656-0500  
Most insurance accepted, No Medicaid,  
Sliding Scale Fee Available

### **Karen Davis, MA, LLP**

36400 Woodward, Suite 225  
Bloomfield Hills, MI 4830  
(248) 210-8110  
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  
(248) 213-0501 ext. 3138  
-or- 43157 Schoenherr, Sterling Hts., MI 48313  
(248) 417-1181  
Aetna, BCN, Beaumont, Blue Cross, Cigna, HAP,  
Medicare, PPOM

### **Lori B. Jacobs, MA, LLPC, NCC**

Caring Counseling Center  
5777 West Maple Road Suite 175  
West Bloomfield, MI 48322  
(248) 892-2915  
No insurance, sliding scale fee

### **Lisa M. Kruman, LMSW, ACSW**

5640 West Maple Rd. Suite 205  
West Bloomfield, MI 48322  
(248) 684-4919  
No insurance, itemized receipt provided,  
sliding scale fee

## **Therapists**

**Deborah Lancaster, M.S., R.N.**  
2855 Coolidge, Suite 101  
Troy, MI 48084  
Phone: (248)220-1218, Cell: (248)224-1166  
Email: DDL9485@aol.com  
No insurance

**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

**Felix Paulick, LMSW**  
Two Office Locations in  
Ann Arbor, MI  
(734) 883-8701  
[heyfelix@yahoo.com](mailto:heyfelix@yahoo.com)

**Elizabeth Pruzinsky, MA, LLPC**  
117 Cass Ave.  
Mount Clemens, MI 48043  
Phone: (586)216-7480  
Email: ekpcounseling@hotmail.com  
No insurance

**Roberta Toll, PhD**  
31000 Telegraph Rd., Suite 130. Bingham  
Farms, MI 48025  
(248) 594-3337 or 248-613-6666 (cell)  
BCBS, Medicare, MESSA, PPOM

**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

**Pamela Minelli, LLMSW**  
Elm Street Clinic  
700 North Old Woodward, Suite 300  
Birmingham, MI 48009  
248-797-0304  
248-642-8263  
[pminelli@elmstreetclinic.com](mailto:pminelli@elmstreetclinic.com)  
[www.elmstreetclinic.com](http://www.elmstreetclinic.com)  
Accepts most insurance

**Susan Orlando, MA, LLPC, NCC**  
Roots & Wings Counseling  
245 Barclay Circle, Suite 400  
Rochester Hills, MI 48307  
(248) 218-2576  
[ruc@rootswingscounseling.com](mailto:ruc@rootswingscounseling.com)  
No Insurance

**Marina Pessler, MA, LPC**  
Lifestart Counseling  
37875 W. 12 Mile Rd., Suite 204  
Farmington Hills, MI 48331  
(248) 910-1591 or (248) 995-9647 (cell)  
[www.lifestartcounseling.com](http://www.lifestartcounseling.com)  
Most insurances, not BCBS, sliding scale  
fee/pay plans

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

## **Psychiatrists**

**Lopa K. Rana, M.D.**

Outpatient Psychiatric Assessment  
3535 W. Thirteen Mile Rd. Suite 240  
Royal Oak, MI 48073  
(248) 551-1200  
Accepts most insurances

**\*\*When you call to make an appointment with Dr. Rana, please state, "I am an OB patient", so you will be scheduled in the correct time slot.**

**Dr. Dan Guyer, MD**

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

**Dr. Varsha Karamchandani, MD**

Mindful Wellness Center  
575 E. Big Beaver Rd  
Suite 185  
Troy, MI 48083  
(248) 560-7603  
[www.mindfulwellnesscenter.com](http://www.mindfulwellnesscenter.com)  
Accepts most Insurances

**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. Sam Ajluni, MD**

**Comprehensive Psychiatric Services**  
28800 Orchard Lake Rd #150  
Farmington Hills, MI 48334  
(248) 932-2500  
Accepts all major insurances

**Dr. Al Garmo**

26111 West Fourteen Mile Rd., Suite 103  
Franklin, MI 48025  
(248) 562-7823  
Blue Cross, Aetna, Cofinity

**Dr. Sabiha J. Omar, MD**

28592 Orchard Lake Rd, SUITE 333  
Farmington Hills, MI 48334  
(248) 865-7271  
Accepts most insurances

# Postpartum Adjustment Support Groups

## Monday

*In conjunction with Beaumont Hospitals*

Time: 7:00 p.m.

Location:

Troy Family Medicine Center  
44250 Dequindre Rd.

Sterling Heights, MI 48314 (Enter at the Atrium  
Entrance. Take elevators at the left to 3<sup>rd</sup> fl.  
Enter glass doors-classroom on left past the  
front desk.

**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.**

## Thursday

*In conjunction with Tree Of Hope Foundation*

Provided By Tree of Hope Foundation

For current dates and times, please go to  
[treeofhopefoundation.org](http://treeofhopefoundation.org)

Location:

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

## 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](http://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.

# 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, 1<sup>st</sup> floor main hospital*  
Meets every 2<sup>nd</sup> 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 3<sup>rd</sup> Thursday 7:00 - 9:00 p.m.  
Contact: Sue Duff (248) 937-4261

### **Looking Ahead: A Bereaved Parent Group**

Beaumont Hospital - Royal Oak  
3711 W. 13 Mile Rd.  
Royal Oak, MI 48073  
Administration Building, first floor Private Dining Room. Park in the South Deck (green). Enter the Administration Building's main entrance, and follow the signs to the Private Dining Room on the first floor.  
Meets every 2<sup>nd</sup> Tuesday 6:30 - 8:30 p.m.  
Contact: 248-898-7219

## Wayne County

### **Healing Hearts**

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

### **Heart to Heart**

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

### **Infant Bereavement Services**

Beaumont Hospital - Oakwood  
18101 Oakwood Blvd.  
Dearborn, MI 48124  
Contact: (313) 593-7167  
<http://www.oakwood.org/infant-bereavement>

### **Life Beyond loss**

DMC Sinai-Grace Hospital  
6071 W. Outer Dr.  
Detroit, MI 48235  
Room M-202 at the hospital  
Meets every Tuesday 6:30 - 7:30 p.m.  
Contact: (313) 966-3452

# Perinatal Loss Support Groups and Resources

## Genesee County

### **Wings**

Genesys Regional Medical Center  
One Genesys Parkway  
Grand Blanc, MI 48439  
Contact: 810-606-5897

## Jackson County

### **Coping**

Allegiance Health  
Immanuel Lutheran Church  
1505 W Michigan Ave  
Jackson, Michigan 49202  
Tuesdays from 6:30 - 8 p.m.  
Contact: (517) 841-6971

## Macomb County

### **Friends Supporting Parents**

St. Thomas Lutheran Church  
8771 15 Mile Rd.  
Sterling Heights, MI 48312  
Meets every 1<sup>st</sup> Monday 7:00 - 9:00 p.m.  
(586)-904-0355

## Washtenaw County

### **Miscarriage & Newborn Loss Support Group**

Lamaze Family Center  
2855 Boardwalk, Ann Arbor, MI 48104  
Meets every 2<sup>nd</sup> 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 4-14-2016**