

## A Menu of Treatment Options: Stepped Care, Evidence Based Prevention and Treatment Options for Maternal Mental Health

This “menu” of treatment options was adapted from the MCPAP for Moms Adult Provider Toolkit, to note the range of overlapping evidence-based prevention and treatment options that are available.

Prevention Strategies & Treatment Options <sup>103</sup>	Limited to no symptoms	Mild symptoms	Moderate symptoms	Severe symptoms
– Self-care, including sleep-hygiene and grooming, as desired	x	x	x	x
– Nutrition including adequate omega-3 fatty acids, vitamin D, folate	x	x	x	x
– Exercise	x	x	x	x
– Dyadic mother-baby support for dysregulated baby; crying, sleep, feeding problems	x	x	x	x
– Consider as augmentation: complementary/alternative therapies (bright light therapy, acupuncture, massage, yoga, meditation)	x	x	x	x
– Reducing isolation by getting outdoors/outside of the home	x	x	x	
– Reducing isolation by socializing and community support (including receiving emotional support from partner, friends, family or others; attending support groups or new baby care/parenting classes, home visiting, community health workers)	x	x	x	x
– Practical support (from partner*, friends, family*, or postpartum doula with household duties and baby/child care)	x	x	x	x
– Support groups for depression/anxiety		x	x	x
– Therapy for mother		x	x	x
– Dyadic therapy for mother/baby				
– Consider medication		x	XX**	XX**
– Consider inpatient hospitalization when safety or ability to care for self is a concern			x	x

Treatment options in each column may overlap.

\*This may include fathers or grandparents taking job-protected unpaid leave under the Family Medical Leave Act. \*\*Strongly consider.