Table 1. Program & Patient Characteristics, N =15 (as reported by program directors or designees)

Variable	N (%) unless otherwise noted
Program Characteristics	
Type of program	
Outpatient (IOP, PHP)[a.]	13 (87)
Inpatient (has outpatient services too)	2 (13)
Primary Setting	
Hospital	4 (27)
University	2 (13)
Outpatient	6 (40)
Hospital + University	1 (7)
Hospital + Outpatient	1 (7)
Hospital + Outpatient +University	1 (7)
Referral Sources	
Private practice	14 (93)
Hospital	13 (87)
Self (e.g., internet search, social media)	13 (87)
Outpatient Clinic	12 (80)
University	2 (13)
Other (doula, community group, midwives, Postpartum Support International [PSI], inpatient unit, visiting nurse associations, Women Infants & Children program [WIC])	9 (60)
Years in operation	
1-3	11 (73)
6-10	3 (20)
18	1 (7)
Estimated total number of women enrolled across all programs	8,879 (range 10 - 5,000)
Program leadership (some indicated multiple leaders[b])	
Psychiatrist	10 (67)
Social worker	6 (40)
Psychologist	5 (33)
RN	4 (27)
CRNP/APRN	2 (13)
Provider intake (some indicated multiple intake providers[b])	
Psychiatrist	10 (67)
Social Worker	8 (53)
Psychologist	6 (40)
CRNP	3 (20)
LMFT	3 (20)
RN	3 (20)
LPC	1 (7)
OT	1 (7)

Team care coordination meetings	13 (87)
# women attend per week[c]	
1-5	6 (40)
6-10	5 (33)
>10	3 (20)
#days attended per week[c]	
2-4	8 (53)
5-7	6 (40)
# hours attended per day[c]	
2-4	6 (40)
5-9	6 (40)
Mean number of women in program at one time	12 (range 5-22)
Mean Length of Stay (days)	18 (range 7-35)
Treat pregnant women	9 (60)
Treat women with infertility/pregnancy loss	4 (27)
Barriers to attendance	
Transportation	5 (33)
Work conflict	5 (33)
Childcare	4 (27)
Program location	4 (27)
Health insurance	3 (20)
Symptom severity	2 (13)
Schedule conflict	2 (13)
Group therapy conflict	2 (13)
Poor match	2 (13)
Psychosocial stressors	1 (7)
Moved	1 (7)
Other (reason not specified)	1 (7)
Types of therapies provided (some listed several therapies)	
CBT	14 (93)
Medication	14 (93)
Psychoeducation	14 (93)
Parent infant Attachment	13 (87)
IPT	8 (53)
DBT	8 (53)
Mindfulness	6 (40)
Infant massage	5 (33)
ACT	5 (33)
Art therapy	3 (20)
Yoga	3 (20)
Behavioral activation	2 (13)
Trauma therapy	2 (13)
Other (expressive therapy, exposure and response prevention, spirituality, Child Life Therapy, Psychodynamic, process groups,	8 (53)

reflective parenting, skill building, exercise, supportive, occupational, shame resiliency, relational)

Infant developmental assessment	3 (20)
Therapy format	
Individual	13 (87)
Group	13 (87)
Mother-infant	11(73)
Family	11 (73)
Couples	9 (60)
Other (e.g., multifamily)	1(7)
Infant babysitting provided	5 (33)
Babysitting older children	0
Patient navigator	4 (27)

Characteristics of women served

Average maternal age (mean years)	31 (range 16-46)
Employment status (mean %)	
Full time	68% (0-80%)
Part time	16%
Unemployed	25%
Marital Status (mean %)	
Single	17% (0-30%)
Married	69% (40-90%)
Partnered	18% (0-90%)
Separated/Divorced	6% (0-20%)
Race/Ethnicity (mean %)	
African American/ Black	18% (0-55%)
Asian	10% 1-25%)
Hispanic	17% (2-50%)
White	57% (20-82%)
Native American	<1% (0-2%)
Pacific Islander	<1% (2-5%)
Other	1% (2-11%)
Insurance/payment type (mean %)	
Commercial	65% (0-100%)
Medicaid	17% (0-53%)
Sliding scale	2.5% (0-30%)
Self-pay	<1% (0-5%)
MediCal	0%
Maternal Diagnoses (mean %, includes co-morbidities)	
Postpartum Depression	22% (0-100%)
Major Depression	37% (0-80%)
Generalize Anxiety Disorder	28% (0-80%)
Obsessive Compulsive Disorder	8% (0-40%)
Panic disorder	10% (0-60%)
Post-Traumatic Stress Disorder	7% (0-30%)

Bipolar I	6% (0-25%)
Bipolar II	5% (0-20%)
Psychosis	2% (0-5%)
Schizophrenia	1% (0-10%)
Substance use	<1%
Borderline	<1%
Primipara (yes)	61% (25-90%)

[a]IOP: Intensive outpatient program; PHP = partial hospital program
[b]Certified registered nurse practitioner = CRNP, Licensed Marriage & Family Therapist = LMFT, Registered Nurse = RN, Licensed Professional Counselor = LPC, Occupational Therapist = OT
[c]Percentage reported out of total number of programs that answered the question