Supportive Options and Resources for New Moms (SOAR)

Supportive Options and Resources for New Moms (SOAR) provides behavioral health care services for pregnant women and new moms in Cuyahoga County experiencing depression, anxiety and stress. Services are provided in office-based or home settings for Medicaid clients. Office-based services are available for clients with select commercial insurance providers (some out-of-network and self-pay options available). The program includes assessment, counseling, linkage for pharmacological management, case management and care coordination.

Our treatment consists of therapeutic approaches and self-care coaching strategies with the option for psychiatric referral if needed. Treatment is client-focused and tailored to meet the needs of each individual mother and family.

Why are services needed?
- Approximately 10-15 percent of women experience depression during pregnancy or in the first year after giving birth. Undiagnosed/untreated maternal depression can lead to chronic depression in mothers and have negative, lasting effects on the children.
- Maternal depression can negatively impact a mother’s ability to bond with her child and can have negative impacts on interactions with her child.
- More than 40 percent of women who experienced depression with a previous pregnancy/birth will experience maternal depression with subsequent pregnancies.
- Up to 50 percent of women with maternal depression have family histories of mental health issues.

What is maternal depression?
- Maternal depression is a spectrum of depressive conditions that affect soon-to-be or new moms.
- It is more than just bouts of sadness, irritability or anxiety – sometimes referred to as the “baby blues.”

What are the risk factors?
- The #1 predictor for maternal depression is a personal history of depression.
- Half of all women with depression prior to becoming pregnant will experience maternal depression.
- Many women prefer talk therapy over medication.
- Many moms are reluctant to talk about maternal depression because of mistrust and fear of being judged.
- Other barriers include social stigma, cost/insurance concerns, lack of knowledge, time constraints, and difficulty with child-care.

But you’re not alone! Applewood is here to help you get the services you need – all it takes is a phone call. For SOAR referrals, please call:

216-452-1153
What are the treatment options?

- Self-care strategies
- Psychological/psychosocial treatments
- Therapy, including cognitive behavioral therapy, interpersonal therapy and psychodynamic therapy
- Symptom education and support
- Linkage to medication when necessary

Where are services offered?

- In clients’ homes throughout Cuyahoga County
- In the office at Jones Home campus, 3518 West 25th St., Cleveland; and 2525 East 22nd St., Cleveland

Who is our treatment team?

Our clinicians are licensed by the Ohio Counselor, Social Worker and Marriage & Family Therapist Board and work with clients, their families and significant others in face-to-face sessions and by phone when needed. Our therapists have been trained in several evidence-based practices, including interventions that have been proven effective with this population.

How to Reach Applewood Centers

GENERAL INFORMATION

Cuyahoga County 216-521-6511 | Lorain County 440-324-1300 | www.applewoodcenters.org

INTAKE SERVICES

Phone 216-459-9827
Fax 216-739-3638
Email intake@applewoodcenters.org

PSYCHIATRY SERVICES

Cuyahoga County 216-696-6983
Lorain County 440-324-1300

BECOME A FOSTER PARENT 216-696-6815

BILINGUAL COUNSELING SERVICES 216-741-2241

Ways to Give

Applewood Centers relies on private contributions to run our programming along with corporate donations, government funding, and grants from foundations. Call 216-932-2800 to talk with our development team about various ways to make personal gifts.

Office Locations

CHILDREN’S AID SOCIETY CAMPUS
The Gerson School
Family Counseling | Foster Care | After School Groups
10427 Detroit Avenue
Cleveland, OH 44102-1645
216-521-6511 / fax 216-521-6006

EAST 22ND STREET CAMPUS
2525 East 22nd Street / Cleveland, OH 44115-3266

JONES CAMPUS
Residential | Psychiatry | Counseling | Office | School-Based
3518 West 25th Street
Cleveland, OH 44109-1995
216-741-2241 / fax 216-459-9821

LORAIN COUNTY OFFICE
1865 North Ridge Rd. East, Suite A
Lorain, OH 44055
440-324-1300 / fax 440-277-0409

HOPE GIVING FAMILY CARING

Licensed and certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS); licensed by the Ohio Department of Job and Family Services and the Ohio Department of Education. Accredited by The Joint Commission and the American Psychological Association.

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