

Meet Your P3 TEAM



The P3 Program is a comprehensive maternal mental health follow-up program through Mon Health's OB/GYN offices. Our team of experts offer education, support groups, feeding support, and referrals to specialized care for those experiencing mood changes during pregnancy or postpartum. *Regardless of screening, our team will be contacting you to help navigate through pregnancy and postpartum.*



**Jennifer Bender,
RN-C, IBCLC**

Perinatal Nurse Navigator
**Internationally
Board-Certified Lactation
Consultant**

- Provides comprehensive follow-up and care coordination to postpartum families
- Offers individualized feeding support to parents based on their feeding goals
- Facilitates weekly virtual support groups to cultivate community among pregnant and postpartum patients



**Lora McDonald,
MSW, MPA, LGSW**

Perinatal Social Worker

- Provides supportive outreach to pregnant patients that screen at-risk for perinatal mood symptoms
- Manages referrals and follow-up for specialized mental health care
- Facilitates weekly virtual support groups to cultivate community among pregnant and postpartum patients



**Kristen Frisco-Strosnider,
RMA**

OB Coordinator

- Provides individualized orientation and navigation to all patients throughout pregnancy
- Serves as a resource and point of contact for healthcare-related questions and care facilitation
- Offers strength-based education and empowerment for pregnant patients



**Mindy Mussano,
RN, ADN**

Perinatal Nurse Navigator

- Provides comprehensive navigation and coordination of services for expectant families based on their individual needs
- Offers strength-based education and empowerment for pregnant and postpartum patients
- Facilitates support for those experiencing mental health or substance use related concerns



Scan Code

Scan here to add the P3 Program's text # to your contacts or call your OB/GYN office to get in touch!



Choose Mon Health. *Feel the Difference.*