

Call to ACT

The Maternal Mental Health Alliance's (MMHA) Everyone's Business campaign is calling for all women throughout the UK with perinatal mental health conditions to receive the treatment they need, where and when they need it, as outlined in numerous national guidelines.

Take Action

Mental health implementation plan examined



*NHS England
Chief Executive
Simon Stevens
launching the LTP*

At the beginning of the year, NHS England (NHSE) released its **Long Term Plan (LTP)**, for the next 10 years, which included ambitions for perinatal mental health (PMH).

What are the LTP's ambitions for PMH?

1. **More women** to be able to access specialist services
2. Support available **2 years after birth**
3. Greater access to **psychological therapies**
4. **Fathers/partners** offered mental health assessments
5. Creation of **maternity outreach clinics**

In July 2019, the **Mental Health Implementation Plan** was released, which detailed how the commitments in the Long Term Plan will be fulfilled.

What does the Plan helpfully show for PMH?

A. BREAKDOWN OF FUNDS: There is a clear outline of the funds pledged for PMH. As the table below shows, a percentage of the money will go directly into Clinical Commissioning Group (CCG) budgets, whilst other funds will be held centrally to deliver specific initiatives, such as testing models for planned maternity outreach clinics.

B. DELIVERY TIMEFRAMES: Each PMH goal has a specified timeframe for delivery, some of which are fixed (increasing access to specialist services) and others flexible (extending care to 24 months and partner assessments) to allow CCGs to develop local plans.

C. ROLES REQUIRED: To implement the PMH aspects of the LTP, more staff will be needed across the different functions of multi-disciplinary specialist teams.

Three concerns

1. FUNDING TRANSPARENCY: The LTP further expands the money available to local areas, however current spending by CCGs on PMH is not openly reported. **We call** for these figures to be made public as we continue to be concerned about local competition for funds and how money will be spent. With the extra investment within the LTP, the need for financial transparency is essential in order to hold local areas to account.

Funding Type (£ Million – Cash prices)	Base line	Year 1	Year 2	Year 3	Year 4	Year 5	
	2018/ 2019	2019/ 2020	2020/ 2021	2021/ 2022	2022/ 2023	2023/ 2024	
Specialist Community Perinatal Mental Health	Central / Transformation	60	32	31	28	19	16
	CCG baselines	0	76	140	174	217	223
	Total	60	108	171	201	236	239

2. MATERNITY OUTREACH CLINIC REMIT: Initially, funding will be held centrally and used to pilot outreach clinics in selected areas before a phased rollout. The exact remit of these clinics, and criteria for support, needs to be carefully developed and the detail of this will be critical.

3. WORKFORCE: **Our summer e-bulletin** expressed concern about perinatal staffing levels. The ambition stated in the implementation plan places further pressure on the workforce. For women and families to receive the PMH care required, recruiting a sufficient workforce **specially trained in PMH**, will be essential.

We also need to know how roles employed outside the NHS but which also play a vital part within PMH care (e.g. health visitors and social workers) will be invested in.

It is critical that the next Government honours the PMH commitments in the LTP and also provides sufficient funding for the whole pathway of care for women and families.

Wales

Attempts to expedite Mother and Baby Unit plans

In **October 2019's update** to The Children, Young People and Education Committee, the Minister for Health and Social Services raised concerns that the timescale to re-establish a Mother and Baby Unit (MBU) in Wales had slipped to 2021. He explained that options for an interim solution and/or to accelerate planning are being explored urgently.

We welcome the public commitment to providing MBU provision and the resolve to ensure this happens quickly. **It is essential that the provision is appropriate as without the right specialist support, women's lives in Wales are being put at risk.**

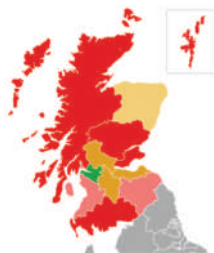


Vaughan Gething, Minister for Health and Social Services

Scotland

Will pledged funding deliver for women and families?

The Perinatal and Infant Mental Health Programme Board was established in April to advise on how the **Government's investment** (announced March 2019) should be allocated, and a robust **plan for 2019/20** has now been delivered.



We're encouraged by the experience and evidence led approach to developing community PMH services and look forward to seeing the delivery plan realised. However, we will be actively seeking answers to **the questions that remain** around:

- 1. Spend:** Is the pledged £52m going to be enough?
- 2. Sustainability:** How will services be sustained beyond the 5 years covered by this funding pledge?
- 3. Workforce:** Will there be enough staff for the new and current specialist community services and MBUs?

Northern Ireland

Decision-making time

The Public Health Agency has submitted their business case to the Department of Health in the summer, outlining considerations for specialist PMH community teams and MBU.

While we await word on the next steps, staff, champions and members work closely with media partners and others to maintain pressure.



From left: Lindsay Robinson (Have you seen that girl?), Michelle Bradley (We Are Pangs), Dr Julie Anderson (Chair of RCPsych NI's Perinatal Faculty)

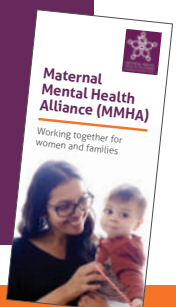
Why NI urgently needs specialist services

View from an expert by experience: "With the perinatal psychologist I started cognitive behavioural therapy. This helped me to rationalise my anxiety and break the cycle of negativity. It was the biggest part of my recovery, giving me back a sense of control. Over time, my physical symptoms started to ease and the good days gradually increased." Dani, mum from Belfast

Dani is lucky to live in the only NI trust that, despite no dedicated funding, chooses to invest in PMH. Funding must be secured to end unnecessary suffering for those in **80% of the country** who lack specialist support, as well as to sustain Belfast's existing service.

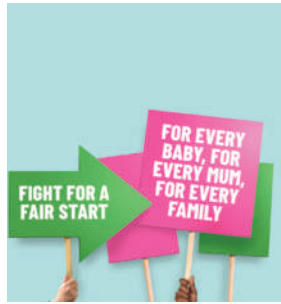
MMHA leaflets now available!

We'd love to get our brand new leaflets into the hands of future members, champions and allies, so if you have an event coming up please email info@maternalmentalhealthalliance.org



NSPCC are fighting for a fair start

The MMHA worked closely behind the scenes with member **NSPCC** ahead of the launch of their new PMH campaign. They're demanding PMH support for every mum across the UK, so that every baby and every family gets **a fair start**.



We support NSPCC's calls across all four nations, which closely echo those made by the Everyone's Business campaign, and the additional demand for mandated health visitor contacts in England.

Join the Fight for a Fair Start, wherever you live in the UK.

Healthwatch highlights inconsistent PMH care

Healthwatch England's recent survey results show **inconsistencies in support** for women during pregnancy and after having a baby, despite national guidelines.

The resulting report '**Mental health and the journey to parenthood**' adds further weight to our calls for PMH services to be available for all women and their families, regardless of postcode.

Key statistics

Although many mums reported receiving timely and proactive care, Healthwatch found that:

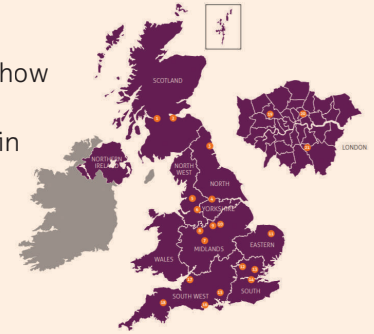
- **Over a third** didn't feel involved in decisions about their care.
- **Nearly half (47%)** described getting support for their mental health as 'difficult' or 'very difficult'.
- **36%** rated the quality of mental health support given by health professionals as poor or very poor.

Perinatal Peer Support Principles coming soon!

We're excited to announce that the **Perinatal Peer Support Principles** will be launching at **Peerfest** in December. More details to follow.

New MBU map shows progress in parts of the UK

Our **MBU map** has been updated to show the four new units that have opened in England this year.



As always, whilst we applaud each new unit opening, we remember the continued inequality women and families face particularly in Wales and Northern Ireland.

MMHA members and supporters are working determinedly to change the map. No matter where she lives, every woman deserves equal access to life-saving treatment.

Standing ovation for campaign champions at iHV conference



From left: Champions Lindsey, Raj, Clare and Michelle, and Champion Network Manager Maria

We were delighted to collaborate with iHV on their **2019 PIMH conference**. MMHA Chair, Dr Alain Gregoire delivered the keynote speech on why relationships matter in PMH and a four-nation panel of **Everyone's Business champions** powerfully articulated the importance of specialist PMH care.

If you have an upcoming event where you want to ensure the voice of lived experience is heard, please get in touch.

Media moments

"I'm lucky, I got treatment in time - but some women aren't even being diagnosed." Gill, Everyone's Business champion, spoke to **The Herald** about her experience of PTSD and the need for specialist PMH support.

To treat more mothers' mental health, England has to build skills – Apolitical

The main reason why new mums die may surprise you – The Scotsman

New mothers' mental health problems going undetected, says charity – The Guardian

NCT launch next phase of Hidden Half campaign



We're delighted that NCT are continuing their campaigning to get postnatal mental illness out of hiding and make sure problems are identified and diagnosed as early as possible. They've called on the Government to fund six-week postnatal check-ups for mums in the GP contract.

The MMHA worked with NCT ahead of the October 2019 **Westminster debate on women's mental health**, during which Health Minister Nadine Dorries positively supported the call. We await next steps.



"Without proper investment in maternal mental health... women will continue to suffer alone. I hope that the government is listening and that this debate today will be the start of much needed change." Ellie Reeves former MP

Staff news

It's all change for the MMHA Everyone's Business devolved nation coordinators.



From left: (Top) Lindsay, Tom and Joanna (Bottom) Clare, Rosey and Sarah

Northern Ireland: We waved a reluctant goodbye to Lindsay Robinson, whose work – particularly on the **Consensus Statement** – has been truly instrumental. We're delighted, however, to once again be joined by Tom McEaney.

Scotland: We welcome back Joanne Smith from maternity leave, whilst sadly bidding farewell to Clare Thompson and Rosey Adams, who have brought much experience and passion to the post.

Wales: Please join us in welcoming Sarah Witcombe-Hayes to the team, who brings with her a breadth of knowledge and expertise as Senior Policy Researcher at NSPCC.

MMHA members working together for women and families

Tommy's partnered with iHV, RCM, NCT and Netmums to develop a **digital tool** to help women look after their mental wellbeing during pregnancy and start thinking about the practical and emotional support they may need after birth.

It's fantastic to see MMHA members working together to create valuable resources, raise awareness and make maternal mental health everyone's business.

Do **visit our interactive hub** for more PMH resources!

Maternal Mental Health Alliance is a Charitable Incorporated Organisation (CIO) registered in England and Wales (no. 1178152).

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