

Call to ACT

The Maternal Mental Health Alliance's 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

eBulletin Issue 14 Spring 2019

#everyonesbusiness

Campaign update

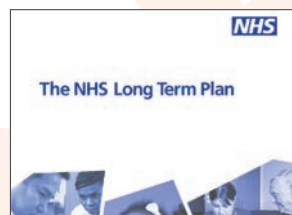
The Everyone's Business Campaign is six months into its current Comic Relief funding (October 2018 – September 2020/21), which focusses on:

- implementing the **Call To ACT NOW**, in particular turning and keeping the map green
- ensuring much-needed **mother and baby unit (MBU) beds** are available, including in Wales and Northern Ireland where there are still no MBUs
- scoping what, in addition to **turning the map green**, will make the biggest difference to getting all women and families the right care and support
- implementing a sustainability strategy. A condition of the current agreement is that the Maternal Mental Health Alliance (MMHA) sources additional funding as soon as possible.

We look forward to working with new and longstanding alliance members (**now over 90 organisations!**) to achieve these aims. Please get in touch via info@maternalmentalhealthalliance.org if there are ways to work together to maximise resources.

Positive Perinatal commitments in NHS England's Long Term Plan

The MMHA was delighted to see so many positive goals for perinatal mental health (PMH) in the **NHS Long Term Plan (launched January 2019)**.



Emily Slater, MMHA Campaign Director, said: **"The MMHA is really pleased that the NHS has committed to expanding PMH services, and the £2.3bn set aside for mental health services will work towards parity between physical and mental health. However, the details of how and when the plan will be developed will be critical."**

It is not clear how funding for local authorities, including the work of health visitors, will be looked at to ensure sustainable health and social care services for women and families, nor was there specific mention of parent-infant services. Read the MMHA's **full response** on our website and **see our twitter feed** for members' responses.

First Minister announces more than £50m for perinatal mental health



"Our priority is to drive up standards of perinatal mental health care for new mothers and their children right across Scotland." Nicola Sturgeon

Following **the funding announcement**, the First Minister and Mental Health Minister also supported the launch of the Managed Clinical Network (MCN) for PMH's **Needs Assessment Report** and **Women and Families Maternal Mental Health Pledge**. Encouraging recommendations in the report include:

- a national approach to ensure all women, even in low birth rate areas, have equitable access to specialist PMH services
- training for all professionals working with women during pregnancy and postnatally, in-line with **Scotland's Curricular Framework for PMH**.

The Campaign looks forward to seeing how this investment, together with the MCN's thoughtful recommendations, will translate into sustainable specialist PMH services for women and families across Scotland.

Subscribe to the Everyone's Business eBulletin by going to our website

www.maternalmentalhealthalliance.org/campaign



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Northern Ireland

NSPCC NI says it's 'Time for action'

A new NSPCC NI report highlights gaps both in the identification of perinatal mental illnesses (PMI) and the response to women who have disclosed problems or been detected in primary care.

NSPCC NI recommend:

- the development of a MBU
- a training standard on PMI for all professionals who care for women during pregnancy and postnatally.

This adds further weight to recommendations made in our **2017 Northern Ireland Briefing Paper**, and yet women and families continue to miss out on lifesaving care and support.



Specialist training in NI

In 2018, funding was secured to provide regional PMH training for staff already working with women in the perinatal period, both to upskill them and lay the groundworks for future specialist PMH services.

Organised jointly by the Public Health Agency and the Royal College of Psychiatrists, so far over 120 staff in each of the five health and social care trusts have been trained.

We know that, in many areas, PMI goes unrecognised and undiagnosed, so this widescale approach to education is encouraging. However, there must be specialist services available for women so they can get the help they need to recover.



Positive development! PMH services in Belfast Trust have appointed their first specialist perinatal mental health midwife.

England

London is on track to turn green!



Amazing news that women across London now have access to specialist PMH Community teams. The recent London PMH network's annual conference showcased much of the vital work happening across the capital.

Wales

Key statistics

- 0 MBUs in Wales
- 100 women a year in Wales are treated in psychiatric wards, away from their children*
- 71% of Wales lack access to a specialist perinatal community team that meets sufficient standards

*According to the Children, Young People and Education Committee's report 'Perinatal mental health in Wales' (2017).

Dads and partners promised support from NHS for PMH

In an exciting development for PMH, NHS England released **a statement** detailing plans to offer automatic mental health checks to partners of new and expectant mothers who are experiencing mental ill health.

MMHA members and champions helped to ensure this important development was part of NHSE's thinking. Adrienne Burgess, joint CEO of The Fatherhood Institute, said, **"This policy announcement marks the first time the NHS has formally acknowledged fathers' powerful impact on mother and infant, and we look forward to the benefits this 'whole family' approach will bring."**



New MBU opens in Norfolk!

We are delighted that **The Kingfisher Mother and Baby Unit** at Hellesdon Hospital is officially open. The new eight-bed unit will provide essential support for women and families in Cambridgeshire, Norfolk and Suffolk. We continue to campaign for equal MBU provision across all four nations.



Image: NSFT

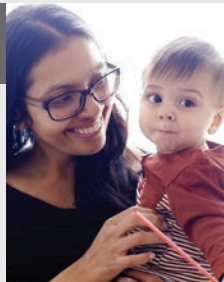
Role of specialist PMH services

View from an expert by experience

"After having my first son I had no idea post traumatic stress disorder (PTSD) after birth was even a thing, and neither did my GP. I was eventually diagnosed with postnatal depression after self-referring, and later with PTSD following three rounds of CBT. Having an accurate diagnosis was vital for my treatment and recovery. Access to specialist services would have made my journey much easier and quicker.

"For meaningful, timely and accurate treatment, a good understanding of different mental health needs and services is essential for every professional who comes into contact with new mothers."

Sakina, mum from Croydon



View from a specialist PMH midwife

"The role of a Specialist Midwife in PMH is to be an advocate for woman experiencing mental ill health in pregnancy or shortly afterwards and be the link between maternity and psychiatric services.

"I was the first specialist PMH Midwife in Scotland, and as part of a specialist PMH Team I provide midwife led clinics for pregnant women affected by mild-moderate mental health conditions and help plan care alongside my psychiatric colleagues for women affected by severe mental health difficulties. I also educate staff and students and am a passionate advocate for reducing the stigma around PMI."

Shona McCann Specialist Midwife in Perinatal Mental Health and Maternity Lead PMH Managed Clinical Network



Media moments

Perinatal OCD: 'I was worried I'd do something to my kids' – BBC

Perinatal Mental Health Service animation – Surrey Partnership NHS Trust

Loneliness and social isolation – The Advocacy Project

NHS to introduce mental health checks for new fathers – The Guardian

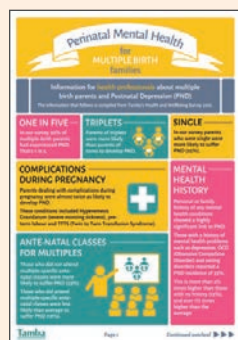
Mental health services boost for expectant and new mothers – BBC

New PMH resources!



Visit the MMHA interactive resources hub for the latest guidance, online training, toolkits and case studies. Recent additions from MMHA members include:

1. Eight leaflets from RCPsych, which were co-produced by perinatal psychiatrists, women with lived experience and their partners.
2. A factsheet about multiple birth parents and PND from Tamba.



If you know of any other PMH resources to add, please email AmyT@maternalmentalhealthalliance.org.

GP Spotlight Project extended

GPs can play a crucial role in identifying and supporting a woman's PMH. The Royal College of GPs and Wessex Clinical Network piloted **the Spotlight Project**, which aimed to improve awareness of PMI, by creating a team of GP Champions who shared training and resources with their colleagues through teaching sessions.

We're pleased to announce that – after an exciting and successful year 1 – the project has received further funding and support. Clinical advisors, Dr Carrie Ladd and Dr Stephanie De Giorgio, will be taking the project to several new areas in year 2.

Dr Carrie Ladd said, **"It is fabulous to see GP Champions starting to deliver their sessions and how well received the training is by their primary care colleagues. The Spotlight team are so excited for how far we can go with this project."**

Staff news

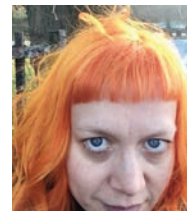
We have some new faces in the team, who were recruited to fill existing roles, please welcome them to the alliance!

Amy Tubb, new Communications Officer, brings 8 years of communications experience to the team, including from her previous role as Website and Content Manager at MMHA member organisation Tommy's.



Jo Bussey, new Senior Campaign Assistant, has worked in the third sector and NHS, most recently as the Patient Voice and Insight Lead for the Southern West Midlands Newborn Network.

Everyone's Business Scotland Co-ordinator, Joanne, is on maternity leave. In her absence we're very pleased to have Rosey Adams (left) and Clare Thompson (right) leading on work in Scotland.



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

Contact the team

Amy Tubb

Jo Bussey

Maria Bavetta

Karen Middleton

Emily Slater

Communications Officer

Senior Campaign Assistant

Champion Network Manager

Campaign Manager

Campaign Director

AmyT@maternalmentalhealthalliance.org

Joanne@maternalmentalhealthalliance.org

Maria@maternalmentalhealthalliance.org

Karen@maternalmentalhealthalliance.org

Emily@maternalmentalhealthalliance.org