

Call to ACT

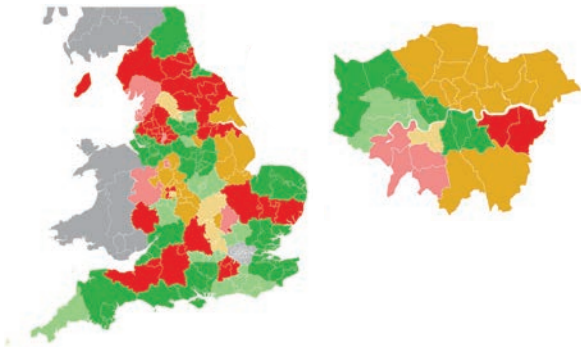
The Maternal Mental Health Alliance's Everyone's Business campaign is calling for all women throughout the UK with perinatal mental health conditions to receive the treatment they need, where and when they need it, as outlined in numerous national guidelines.

Take Action

eBulletin Issue 12 Summer 2018

#everyonesbusiness

England on track to turn green



In April, we launched our **campaign maps** which show that women living in a quarter of the UK have no access to specialist services (see more on page 3).

Shortly after the maps launched, we welcomed the announcement of the second wave of England based geographical areas to receive perinatal mental health funds. This was part of the original £365 million investment in perinatal mental health services announced in 2016. **35 successful areas were named** and NHS England pledged that all areas in England will have funds to establish specialist services by April 2019.

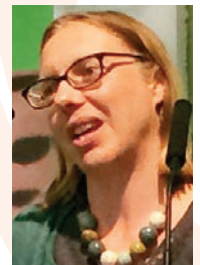
This announcement means that England is on track to turn the map green – which will be a fantastic achievement and make such a difference for women and families who will be able to access specialist services in their local area. We are only in a position to be talking about the map potentially turning green in England thanks to the efforts of members of the MMHA and their support of the Everyone's Business campaign, as well as commitment by NHS England, women and families affected by perinatal mental health steadfastly sharing their stories and the support of other stakeholders.

However, we must remember that once the map is green, the work is not done. It will be critical for women and families that the map REMAINS green.

From April 2019 onwards, NHS England centrally will provide an increased amount of funds for all Clinical Commissioning Groups' (CCGs) baseline budgets. When this money goes into baselines, it is specifically intended to sustain and increase the specialist perinatal mental services available in local areas, **but it will not be ringfenced. Therefore, there is a risk that at the local level, these essential perinatal mental health funds could be diverted to support other services, such as A&E. Our collective efforts to ensure the map turns and stays green must continue.**

NHS England have set up monitoring procedures and said that all CCGs will have to report on their perinatal mental health spend and that they expect all areas to meet the required standard of funding for mental health and deliver the requirements set out in the **Five Year Forward View**.

"It is vital that we all monitor and hold local areas to account, so that CCGs maintain investment in perinatal services. Women and families need to know that specialist services in their area are sustainable and will not disappear."



Emily Slater, Everyone's Business Campaign Director

Workforce and other areas of the pathway will also need to be addressed, in order that the right women can smoothly and rapidly access the right services at the right time.

Waiting times

Although NHS England has not published waiting times, recommended response times for the perinatal specialist care element of the pathway can be found in the **Royal College of Psychiatrists service specification template**.



Wales

Report on perinatal mental health care

Over 80 people came together in Cardiff for the launch of **From bumps to babies: perinatal mental health care in Wales** on 12th June with Labour Assembly Member Lynne Neagle hosting the event.



The year-long project has been led by NSPCC in Wales together with the National Centre for Mental Health (NCMH), Mind Cymru and the Mental Health Foundation, with support from the Everyone's Business Campaign. The report recommends further investment in specialist services and highlights the need for a Mother and Baby Unit in Wales. We hope the Welsh government will heed the report's recommendations.

Northern Ireland

VIEW Digital



Northern Irish social affairs magazine, VIEW Digital, has profiled maternal mental health in its **latest issue** providing a key campaign resource for helping to turn the map green. The magazine was supported by the campaign and guest edited by Lindsay Robinson (who is also acting currently as the Everyone's Business NI Campaign Coordinator). www.viewdigital.org

All Party Group on Mental Health

The Campaign's Lindsay Robinson and Tom McEaney, accompanied by key stakeholders, delivered a positive presentation to the **All Party Group on Mental Health in Stormont** on 11th



June highlighting the immediate need for investment in specialist services across Northern Ireland. All the political parties were asked to sign a consensus statement and follow-up meetings are being arranged.

New research in Northern Ireland

New research from Queen's University looks at data from 142,000 maternities from 2010 to 2015. It shows that by addressing the urgent need for investment in the provision of specialist maternal mental health care in Northern Ireland, lives and money will be saved.

Scotland

Perinatal Mental Health discussed in Scottish Parliament

On 19th April, during First Minister's Question Time, Leader of the Scottish Lib Dems, Willie Rennie, **challenged First Minister Nicola Sturgeon** on funding for perinatal mental health services in Scotland, citing our new maps. Several **national newspapers**



covered the story showing how perinatal mental health is rising up the political agenda in Scotland.

Campaigning continued when Everyone's Business Coordinator Joanne Smith spoke out at the **Maternal Mental Health Scotland** event in Glasgow, on why the map needs to urgently turn green. Minister for Mental Health, Maureen Watt, and Senior Medical Officer for the Scottish Government, Dr Corinne Love, were also speakers.



A ground-breaking **one-hour debate on perinatal mental health in Scotland** was broadcast live from the BBC in the Scottish Parliament on 17th May. SNP MSP Clare Haughey put forward a motion on the Everyone's Business Campaign and

the need for perinatal mental health services in Scotland. This was supported by (with references to our new maps) Minister for Mental Health, Maureen Watt, Green MSP Alison Johnstone, Liberal Democrat MSP Alex Cole-Hamilton, Labour MSP Anas Sarwar and Tory MSP Annie Wells.

First conference of the Scottish Perinatal Managed Clinical Network

The Perinatal Managed Clinical Network, Scotland, held its first conference in Edinburgh on 4th June where the **Women and Families Maternal Mental Health Charter** was launched. The document was created in consultation with Maternal Mental Health Scotland Change Agents.

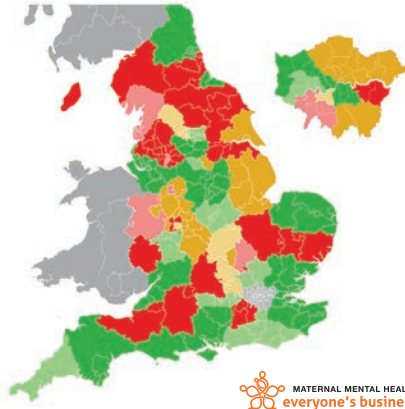
It has been fantastic to see such interest in and continued commitment to ensuring women in Scotland can access perinatal services.

Women in a quarter of the UK are still without access to vital specialist perinatal mental health services

Provision in 2017

Turn The Map Green

www.maternalmentalhealthalliance.org/campaign



MATERNAL MENTAL HEALTH
everyone's business

New maps launched!

On 19th April we published our new campaign maps. Thank you to members, supporters, experts by experience and others who helped with the launch.

The maps were profiled in the **Guardian**, on **ITV**, **BBC online** and in over 50 other places. With your support, we gained over 4 million Twitter impressions during launch week. PLEASE continue to use the maps in your local areas, to let people know that we need to turn the map green for women and families across the UK.

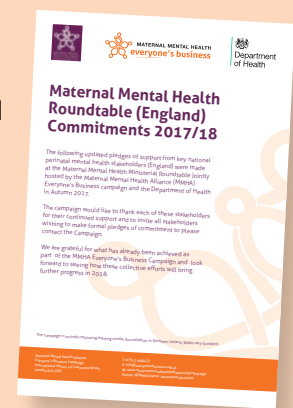
View the maps:

www.maternalmentalhealthalliance.org/campaign/maps

Maternal Mental Health Roundtable commitments published

Last Autumn, Everyone's Business and the Department of Health, in England, represented by Parliamentary Under Secretary of State for Mental Health and Inequalities Jackie Doyle-Price MP, co-hosted a Maternal Mental Health Roundtable meeting.

Attending this meeting were key national stakeholders who were brought together to discuss perinatal mental health. All organisations represented made pledges to help continue progress for perinatal mental health services. **The commitments are now live on our website** and the campaign would like to thank each of these stakeholders for their continued support to improving perinatal mental health.



Role of specialist services

View from a health visitor

"I find that having my local specialist perinatal mental health team on the end of the phone for support is a lifeline. Recently I needed advice on medication for a new mum with depression alongside an alcohol dependency. Her newborn baby was suffering with alcohol withdrawal symptoms, and she desperately wanted to breastfeed. In order to help this to happen safely, we needed advice on her medications and the interactions they may have with her treatment. The Perinatal Mental Health team were responsive and supportive and their advice made a huge positive difference to us and also to this mum and baby's relationship."

Tracey Stone, Nurse and Health Visitor, Devon



View from an expert by experience

"With all three of my children I struggled with perinatal mental health problems, including postnatal depression and post-traumatic stress disorder. In particular I did not have access to specialist support with my first which hindered my recovery. During my second and third pregnancies and postnatally I received excellent support from a number of professionals including those working at my Mother and Baby Unit, midwives, community psychiatric nurses and health visitors. I believe this is because they had been trained to support and treat women with perinatal mental health problems and they understood the intricacies of my illnesses."

Charlie, mum of three, Bridport



How to support local perinatal mental health improvements

Thank you to MMHA member **Centre for Mental Health** who, with support from the Everyone's Business Campaign, created a **Mental Health Challenge briefing paper** for their mental health champions (local councillors) on the importance of specialist perinatal mental health services. This paper highlights how these local councillors can help further improve specialist perinatal mental health services in their locality. Could your organisation benefit from a similar type of tailored briefing? Please **contact the campaign** to explore further.



New research on Effectiveness of Services for Mothers with Mental Illness (ESMI)

New findings have been published by the ESMI programme of research, funded by the National Institute for Health Research. These studies will form the basis of recommendations to policy makers, NHS commissioners and providers about the type of perinatal mental health services that are most helpful.

Media moments

Film on the role of health visitors in perinatal and infant mental health - **Channel 4**

Campaign Champion Laura Wood blogs on why perinatal mental health support shouldn't be a postcode lottery - **Huffington Post**

Dr Alain Gregoire commenting on NHS England's announcement on Wave 2 funding for perinatal mental health - **The Sun**

Maternal Mental Health Scotland Change Agent, Clare Thompson blogs on why current care is not good enough - **Maternal Mental Health Scotland**

Mental health care for mums 'needs work' - **BBC Wales**

Exciting Mother and Baby Unit (MBU) progress

The doors have opened at the first of the **four new MBUs in England**. The Devon MBU is now accepting women at an interim facility, whilst building work continues on the new unit.

Key Statistics

Mother and Baby Units in the UK

- ✓ Scotland = 2
- ✓ England = 15 (4 more opening in 2018/19)
- ✓ Wales = 0
- ✓ Northern Ireland = 0

✓ 75% of health visitors report seeing an increase in postnatal depression/anxiety in the past 2 years*

✓ 21% of health visitors have increased caseloads of over 500 children*

*According to the Institute of Health Visiting survey of over 1300 health visitors in December 2017

Book your tickets for the MMHA conference 6th September

The theme of the conference is Diversity: understanding and reaching the missing families. <https://www.mmharegistration.co.uk>

Check out the new MMHA website
www.maternalmentalhealthalliance.org/campaign

The refreshed site reflects the MMHA's new status as a Charitable Incorporated Organisation (CIO).

The Campaign's Assistant Jo Friend has now moved to work as the Senior Peer Support Worker at the new Mother and Baby Unit in Exeter, Hopewood. Good luck in your new role Jo!



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

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