

## 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

e-Bulletin Issue 6 Autumn edition 2016

[#everyonesbusiness](#)

## Independent evaluation & future funding!

The [Everyone's Business Campaign](#) Phase One has been independently evaluated identifying the substantial impact the campaign has had and the reasons why. The evaluation has also identified potential next steps for the campaign. To read the two page briefing summary click [here](#) and to see a copy of the full report, please click [here](#).



MMHA members attend campaign evaluation workshop

The MMHA Everyone's Business team are delighted to have secured a follow up grant (of £750,000) from Comic Relief, which will be hosted by [Action on Postpartum Psychosis](#) (APP). This is intended to:

- sustain and build on the momentum of the first Phase of the Everyone's Business Campaign
- increase the [Maternal Mental Health Alliance's](#) internal resource and capacity

We are extremely grateful to Comic Relief and APP for their continuing support.

## News from Northern Ireland

Perinatal mental health services are to be part of the review across Northern Ireland by the Regulation and Quality Improvement Authority (RQIA). The RQIA (independent regulator) is currently reviewing maternity services in Northern Ireland and, as part of the review, the RQIA team has met with key stakeholders in perinatal mental health. They will set recommendations for how perinatal mental health care can be improved. Watch this space for more details.

## Scotland highlights need

For the first time, the Mental Welfare Commission for Scotland has carried out a study into perinatal mental health care. The study outlines 13 recommendations to improve services for mothers in need of perinatal mental health services. Click [here](#) for the full report.

*'This report is a timely reminder that while Scotland has done much to develop services for pregnant and postnatal women who experience mental health problems, there are still significant gaps in service provision. It should not be the case that, at such a critical time for a woman and her developing child, where she lives can determine her access to specialised advice and treatment.'*

**Dr Roch Cantwell Chair of the Perinatal Faculty of the Royal College of Psychiatrists in Scotland**

## Next steps in Wales

In 2015 the Welsh Government announced funding for Health Boards to deliver Perinatal Mental Health Services. The 'All Wales Perinatal Steering Group' has been established with representation from key stakeholders, Health Boards and commissioners to oversee process and monitor progress, and includes sub-groups with clinical and service user members. The aim is for each health board to have a:

- ✓ Perinatal 'Champion' at Executive level
- ✓ Perinatal Clinical Lead
- ✓ Perinatal Nurse Specialist

For further details email [Lisa.Kinsella@wales.nhs.uk](mailto:Lisa.Kinsella@wales.nhs.uk)

*'We are working to the Royal College of Psychiatrists CCQI standards to ensure that every woman, child and family has access to the most effective, evidence and research based treatments and interventions for Perinatal Mental health problems.'*

**Lisa Kinsella Wales Perinatal Service Improvement Manager**

## 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.



# Perinatal Mental Health Stakeholders:

The following confirmed pledges of support (at the time of writing) are from key national perinatal mental health stakeholders from the Ministerial Roundtable in England (Spring 2016). The campaign would like to thank each of these stakeholders for their continued support.



### We aim to:

- ✓ Overall commitment to evidence based care and 5-year transformation programme to close gap and deliver targets
- ✓ By 2020/21, an additional 30,000 women in all areas of the country to be able to access evidence-based specialist support, in the community or through inpatient mother and baby services, closer to their home, when they need it
- ✓ Procurement activities to start in April for commissioning of additional MBU beds
- ✓ Lived experience voice to be embedded as a principle to take forward
- ✓ Year by year phasing for 5-year transformation programme to be drawn up, including annual milestones and tracking spend
- ✓ Associate National Clinical Director in Perinatal Mental Health to be appointed to help drive agenda forward

Health and Social Care Information Centre

### We aim to:

- ✓ Continue to work with NPEU to deliver Perinatal Mental Health indicators
- ✓ Work with relevant parties to use linked data (e.g. Hospital Episode Statistics, Maternity Services Data Set, Mental Health Services Data Set and Improving Access to Psychological Therapies Data Set) to develop local services
- ✓ Explore possibility of providing analysis of relevant data sets to support perinatal mental health programming



### We aim to:

- ✓ Raise awareness amongst CCG mental health leads of key national priorities in mental health, including promoting best practice and support in perinatal mental health
- ✓ Actively influence the delivery of the Mental Health Taskforce report recommendations (Chapter 4), bringing CCGs directly into the conversation
- ✓ Work with partners to ensure the Taskforce recommendations are met (including re. national perinatal mental health curriculum / standardised training); use the MHCN to promote training opportunities directly to commissioners
- ✓ Work with own network of commissioners to improve provision of specialist perinatal mental health teams
- ✓ Work to improve perinatal care in primary care



### We aim to:

### Health Education England

- ✓ Establish a competency and skills framework across the pathways
- ✓ Work in this area and provide an overview of the developing strategy
- ✓ Work in partnership wherever possible to develop a comprehensive workforce plan
- ✓ Work with NHS England to support investment in specialist perinatal mental health services, and with the Royal College of Psychiatrists to ensure uptake of e-materials
- ✓ Review best practice models with a view to supporting their utilisation

## 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.



### Public Health England

#### We aim to:

- ✓ Continue to work with local authorities via Directors of Public Health and Health and Wellbeing Boards to ensure a whole system approach to commissioning across the whole perinatal mental health pathway
- ✓ Continue to support local authorities to sustain and continue to transform universal public services for early years (including perinatal mental health related) through provision of data to support needs, JSNA development and dissemination of evidence and sharing best practice
- ✓ Support perinatal mental health commissioning at local level, mainly through data
- ✓ Produce a perinatal mental health Toolkit, emphasising training, to be launched in April 2016
- ✓ Include a focus on perinatal mental health as part of PHE review of 0-5 programmes



### Department of Health

#### We aim to:

- ✓ Produce an annual report that will show clearly the progress we are making across the country towards achieving the national maternity ambition to halve the rates of stillbirths, neonatal and maternal deaths and brain injuries that occur during or soon after birth by 2030
- ✓ When appropriate, work with health system partners and other government departments to help deliver improvements in perinatal mental health services
- ✓ Host a follow-up Maternal Mental Health Roundtable meeting in a year's time



#### We aim to:

- ✓ Continue working to raise awareness
- ✓ Support the development and dissemination of interdisciplinary training



The Royal College of  
Midwives

#### We aim to:

- ✓ Work with RCOG to map perinatal mental health expertise in maternity services
- ✓ Prepare a joint statement on perinatal mental health with RCOG and others
- ✓ Commit to work accordingly on perinatal mental health training for practising midwives and specialist perinatal mental health midwives (once overarching strategy is in place from HEE)
- ✓ Support with the analysis of a recent perinatal mental health petition in order to compile and share the voices of women and families with lived experience



#### We aim to:

- ✓ Work in partnership with HEE and NHSE regarding perinatal mental health training
- ✓ Appoint a full time Project Manager at the College to oversee the bursary scheme for the training of consultant psychiatrists
- ✓ Pilot a 3-day training programme for perinatal psychiatrists, April 2016
- ✓ Collaborate with RCGP and RCOG with their training needs
- ✓ Continue to support widespread training in perinatal mental health through its involvement in developing competency frameworks and curricula and through the Faculty of Perinatal Psychiatry to support professional organisations in the training and education of clinical staff in perinatal mental health services
- ✓ Continue to provide mentoring and peer support to psychiatrists through the Perinatal Faculty Executive and regional representatives



#### We aim to:

- ✓ Work with RCPsych in partnership with HEE to develop/provide education for Perinatal Clinicians
- ✓ Work with RCPsych to ensure commissioning guidance (published by RCPsych) is used by the new Perinatal Networks

## 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.



**MATERNAL MENTAL HEALTH**  
**everyone's business**



Royal College of  
General Practitioners

**We aim to:**

- ✓ Complete Toolkit of resources for GPs and other members of the primary care team (funded by NHS England), Summer 2016
- ✓ Develop sample template for practice audit to improve identification of perinatal mental health problems
- ✓ Create 'sustainability proposal' (RCGP project comes to an end in March 2017)
- ✓ Develop standards for training and competency framework in collaboration with Health Education England



Royal College of  
Obstetricians &  
Gynaecologists

**We aim to:**

- ✓ Explore how best to work together with other organisations in terms of perinatal mental health education, service provision and policy
- ✓ Join up with other organisations developing perinatal mental health education to identify areas of overlap and reduce duplication of effort
- ✓ Work with RCM to map perinatal mental health expertise within maternity services



**We aim to:**

(Community Practitioners and Health Visitors Association)

- ✓ Extend reach amongst members regarding perinatal mental health and need for equality in this area
- ✓ Explore creating / implementing a perinatal mental health training resource for members
- ✓ Explore possible presentation (perhaps via a report / publication) of perinatal mental health with specific focus on BME communities



Institute of  
Health Visiting  
Excellence in Practice

**We aim to:**

- ✓ Continue to support the prevention and early identification of perinatal mental health problems during the visits of health visitors to around 700,000 families a year with education and information
- ✓ Continue to work via iHV champions with colleagues amongst the wider multi-professional team around the family to support the development of improved perinatal mental health support via improved local primary, secondary and tertiary services for families
- ✓ Continue to support the development of a specialist (perinatal mental) health visitor role
- ✓ Work to set up 'Ready Steady Mums' (prevention) groups across the UK
- ✓ Explore ways of putting more focus on fathers / partners in work on perinatal mental health



The British  
Psychological Society  
Promoting excellence in psychology

**We aim to:**

- ✓ Officially launch BPS 'Guide to Commissioning of Perinatal Clinical Psychology' (June 2016)
- ✓ Consider developing consistent perinatal mental health curricula for DCLinPsych (Clinical Psychology Doctorate)
- ✓ Develop perinatal mental health training programmes for existing psychologists in liaison with Health Education England
- ✓ Consider ways of integrating existing different workforce mapping of perinatal clinical psychologists input, alongside Health Education England, aspects of perinatal mental health into patient safety work.

If you have ideas for how your own organisation could support the improvement of UK specialist community perinatal mental health provision, please contact [Maria Bavetta](#)

## 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.



## Contacts

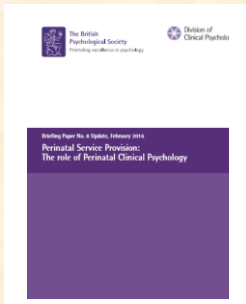
**Maria Bavetta** Campaign Communications Officer  
[maria.bavetta@everyonesbusiness.org.uk](mailto:maria.bavetta@everyonesbusiness.org.uk)  
07807 130878

**Alain Gregoire** MMHA Chair  
Consultant & Honorary Senior Lecturer: Perinatal Psychiatry  
[alaingregoire@nhs.net](mailto:alaingregoire@nhs.net)

**Clare Dolman** MMHA Vice Chair  
Vice Chair Bipolar UK  
[clare.dolman@kcl.ac.uk](mailto:clare.dolman@kcl.ac.uk)

**Sam Manners** MMHA Membership Co-ordinator  
[Samantha.Manners@rcn.org.uk](mailto:Samantha.Manners@rcn.org.uk)

### BPS launch commissioning paper



This British Psychological Society [paper](#) details the role of specialist clinical perinatal psychologists in the care of women during the perinatal period, including specialist community perinatal mental health services and provides recommendations for service structure, standards and staffing levels.

## Media Moments & Events

Click [here](#) to watch a film showcasing the Leicester Perinatal Mental Health service

Click [here](#) to read an article from The Guardian about experiences of perinatal mental health problems

Click [here](#) to watch Simon Medcalf (NHSE Head of Mental Health) talk about access to specialist perinatal mental health services

**19th/20th October 2016**

[RCM conference](#) Harrogate International Centre

**15th/16th November 2016**

[CPHVA conference](#) - Telford

**16th November 2016**

[PQN Annual Forum](#) Perinatal Quality Network Annual Forum - London

## RCGP launch perinatal toolkit

The Royal College of General Practitioners recently launched a [perinatal mental health toolkit](#). This toolkit will assist members of the primary care team to deliver the highest quality of care to women with mental health problems in the perinatal period.

## MMHA Member spotlight

The Maternal Mental Health Alliance (MMHA) now has over 80 national members. Each e-Bulletin aims to introduce one member in further detail. For a list of all current members, visit [www.maternalmentalhealthalliance.org.uk](http://www.maternalmentalhealthalliance.org.uk)



**NCT** (formerly the National Childbirth Trust) aims to support parents through the First 1,000 Days of being a new mum or dad. More than 1 in 10 mothers suffer from mental health problems during pregnancy or in the first year after birth, which is why maternal mental health is a priority for NCT.

NCT's [#BeyondBabyBlues](#) campaign raises awareness of mental ill-health among mothers and fathers. This encourages people to talk more openly about mental health, both to reduce the stigma and recognise the signs in themselves, their family, or friends.

In September, NCT will be hitting pavements and parks across the country to raise vital funds to support the many new parents who experience mental illness as part of NCT's [Big Push](#) events. The funds will be used to develop mental health awareness workshops and a range of practical resources to be distributed through NCT's national network of over 300 local branches.

NCT has also been successful in securing a grant from the Department of Health to deliver an innovative peer support project to improve women's mental health around the time of pregnancy. The programme, [Parents in Mind](#), will be run by NCT branches, with a strong focus on local partnerships and supporting diverse communities. For more information on NCT's work on maternal mental health contact [campaigns@nct.org.uk](mailto:campaigns@nct.org.uk)