

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

Take Action

e-Bulletin Issue 7 Winter edition 2017

[#everyonesbusiness](#)

New MMHA roles

Angela Style is to join the MMHA in mid-January to work as MMHA director (with focus on MMHA development). Angela brings over 15 years' experience in the voluntary sector, and has recently completed an MSc in Voluntary Sector Management.



Emily Slater (who has been working as the Everyone's Business Campaign Manager) transitions into the new role of MMHA Everyone's Business Director from the beginning of January, with the MMHA having a Co-Directorship representing the two strands in the new Comic Relief funding: Angela with a focus on MMHA development, and Emily with a focus on the Everyone's Business campaign.

Maria Bavetta (who has been working as the Everyone's Business Communications Officer) transitions into the new role of Everyone's Business Champion Network Manager also in January.

A recruitment process (deadline was 9th January) for a new Everyone's Business Campaign Manager and Communications Officer is currently taking place.

Great news – 4 MBUs to be procured!

The Everyone's Business campaign is delighted that specialised commissioners are now seeking to procure four additional Mother and Baby units in England:

- ✓ **East Anglia** (Cambridgeshire, Norfolk and Suffolk)
- ✓ **North West** (Cumbria and Lancashire)
- ✓ **South West** (Cornwall, Devon and Somerset)
- ✓ **South East** (South East Coast)

Invitations to tender can be completed on the [eSourcing](#) portal. Further information can be found [here](#).

Perinatal Mental Health funding: be ready!

£20m will be allocated by NHS England to areas in England in 2017/18 (with the release of funding in 18/19) as part of NHS England's *specialist perinatal mental health community* service development fund. To ensure women and families in your area do not miss out, the advice is to:

- ❖ Start preparing applications now
- ❖ Reach out to any neighbouring areas that do have services / have already secured funding to explore how to learn from each other / strengthen applications
- ❖ See further 'Tips for Commissioners & Health Providers section' (page 3)

This (Wave 2) activity follows on from the launch by NHS England of the specialist perinatal mental health community service development fund in August 2016.

Initial [20 areas](#) (Wave 1) to receive funding have been announced covering 90 CCGs, 6 STP footprints and the 4 NHS England regions (see full list page 3) – Congratulations All!



Together we are turning the Maternal Mental Health Alliance [map](#) green, make sure you are not left out of an ever improving national picture!

Dr Jo Black, one of NHS England's two Associate National Clinical Directors for Perinatal Mental Health, provides an [update](#) on the progress being made to expand specialist community perinatal mental health services.

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Northern Ireland awaits RQIA recommendations: MBU urgently needed

The Regulation & Quality Improvement Authority (RQIA) Perinatal Mental Health services review has been carried out in Northern Ireland and its recommendations are eagerly awaited – please watch this space. As part of this review, stories from families affected by perinatal mental health have been a key focus at stakeholder events.



[Watch](#) powerful first-hand experience from Lindsay Robinson: specialist community perinatal mental health services needed in NI & across the UK

For background on the Northern Ireland (NI) perinatal mental health context, including specific campaign calls please see Briefing paper [here](#).

Highlights from Scotland

There are a number of exciting recent developments in Scotland to improve perinatal mental health services:

- ✓ Maternal and infant mental health have been placed at the top of the [Scottish Government's](#) priorities in its draft 10-year Mental Health Strategy
- ✓ The Minister for Mental Health has announced funding for a national [Managed Clinical Network](#) for Perinatal Mental Health to commence in early 2017
- ✓ The Royal College of Psychiatrists in Scotland has produced an [Action Plan](#) for Perinatal and Infant Mental Health - a long-term plan for how all services should develop and work better together to maximise outcomes for mothers and their children.
- ✓ Royal College of Psychiatrists in Scotland plans to hold a Roundtable in Edinburgh on 10th February 2017 as part of its Health Start Health Scotland Campaign.

'Currently, services in Scotland do not meet the needs of women at risk of, or experiencing maternal mental illness in an equitable and comprehensive way' Galloway et al 2015

Next steps for Wales

Following a second perinatal mental health conference by the Welsh Perinatal Community of Practice the following agreed outcomes are now being taken forward:

- ❖ Base-lining all Welsh Perinatal Teams against the Royal College of Psychiatrist's CCQI standards
- ❖ Formulating future workforce training on key elements of perinatal mental health
- ❖ Organising a third perinatal conference with the Royal College of Midwives (Spring) featuring the Health Minister

The Welsh National Perinatal Mental Health Steering Group is also gathering intelligence via data sets, understanding access to perinatal mental health services, MBU visits, lived experience stories and dedicating time to work on proposed models of service provision. Watch this space for more details!

Women dying



With heavy hearts, we discover (again) the same shocking picture from MBRRACE-UK's latest confidential enquiry into maternal deaths: [Saving Lives, Improving Mothers' Care](#) (December 2016)

'Mental health problems remain a leading cause of death in pregnancy and the 12 months after birth'

Saving Lives, Improving Mothers' Care
[Lay Summary](#)

The MBRRACE-UK report calls for women to get treated early by a specialist team. Yet, tragically [campaign maps](#) show whole areas of the UK are without such a team.

We call for an end to avoidable deaths through suicide in the perinatal period. Specialist, life-saving, perinatal mental health services must be available throughout the UK.

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Perinatal Mental Health Networks: the priorities

NHS England funded perinatal mental health networks (multidisciplinary networks designed to prioritise perinatal mental health in a co-ordinated way based on specific locality needs) are being established throughout England. The intention is for the Networks to serve as a key forum for building relationships, developing service development plans and sharing learning through the Wave 1 sites to receive funding (see page 1).

The overall aims from NHSE are to:

- ✓ Establish and/or continue to **develop effective networks** in line with good practice
- ✓ **Continue to engage/collaborate** with CCGs & providers to deliver best practice and reduce service fragmentation
- ✓ Identify and assess baseline positions in terms of availability & access to specialist perinatal mental health services, to **determine strategic plans** for coming years and respond to availability of new funding
- ✓ Ensure a broad range of perinatal mental health support is available locally, **clear pathways** available for identification, timely access to psychological therapies and specialist perinatal services in line with NICE guidance
- ✓ Establish **local workforce strategies**, and in partnership with Health Education England make funds available via clinical networks to support local workforce development this year (16/17) more details to follow

For examples of established perinatal mental health networks please see the [Pan London](#) Perinatal Mental Health Network and the [East Midlands](#) Perinatal Mental Health Network.

Tips for Commissioners & Health Providers

1. Revisit the NHSE specialist PMH commitment in the [Five Year Forward View](#) and associated [Implementation Plan](#)
2. Start preparing Wave 2 applications now, especially putting together the core PMH team needed to deliver the core work & a shared understanding of the service's core work
3. Reach out to closest areas that do have specialist perinatal mental health services / have received Wave 1 (see page 1 & below) funds to explore how to learn from each other / strengthen Wave 2 applications
4. Make contact / seek advice from your local Perinatal Mental Health Network
5. Click [here](#) to access the MMHA Mums and Babies in Mind Toolkit with further resources

Congratulations - first [20 areas](#) in England to receive specialist community perinatal mental health funding!

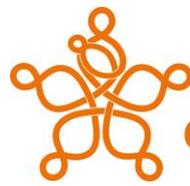
*Berkshire Healthcare NHS Foundation Trust
Birmingham South Central CCG
Bradford & Airedale District Care NHS Foundation Trust,
Bristol CCG
Central and North West London NHS Foundation Trust
Cheshire and Wirral Partnership NHS Foundation Trust
Cornwall STP
Gloucestershire CCG
Herts Valleys CCG
Kent and Medway NHS and Social Care Partnership Trust*

*New Devon CCG and South Devon and Torbay CCG
Norfolk and Suffolk NHS Foundation Trust
North East Essex CCG
Northumberland, Tyne and Wear Foundation Trust
Nottingham City CCG
Southern Health NHS Foundation Trust
South London and Maudsley NHS Foundation Trust
South West Yorkshire Partnership NHS Foundation Trust
Sussex Partnership NHS Foundation Trust
The Tavistock and Portman NHS Foundation Trust*

Time now to ensure specialist community perinatal mental health teams are in place [across all areas](#) of the UK!

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Media Moments!

- ✓ Click [here](#) to read a moving historical case study: Perinatal mental illness not new
- ✓ Commissioner, Julie Juliff, gives [advice](#) on developing a perinatal mental health strategy
- ✓ PTSD needs appropriate care, click [here](#) to read The Independent article
- ✓ Click [here](#) to read BBC News focus: Northern Ireland desperately needs MBU

Events

24th January 2017 – Birmingham
[Child Health Regional Forum](#) (Maternal Mental Health focus)

7th February 2017 – London
[Royal College of Psychiatrists: Perspectives on Mental Health Care for parents and young children](#)

7th February 2017 – Manchester
[Child Health Regional Forum](#) (Maternal Mental Health focus)

21st February 2017 – Hendon
[Child Health Regional Forum](#) (Maternal Mental Health focus)

23rd February 2017 – Edinburgh
[Scotland Policy Conferences: Next steps for mental health and wellbeing in Scotland](#)

28th February 2017 – London
[Westminster Health Forum: Priorities for mental health services and delivering the Five Year Forward View for Mental Health](#)

6th – 9th March 2017 – Dublin
[7th World Congress on Women's Mental Health](#)

22nd – 23rd June – Winchester
[Advance notice of Perinatal Mental Health training](#)

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



The Family Action Perinatal Support Services are early intervention, low intensity services for parents with low to moderate level diagnosed mental health issues or who are at risk of developing perinatal mental illness. Working with the whole family, they focus on improving wellbeing and self-care skills, increasing social support and improving the relationship between parent and infant from before the baby is born to at least one year after birth.

The services are led by a professional team with early years, health or social care backgrounds and volunteer befrienders, who have experience of parenthood and sometimes have received help from the service themselves. Family Action work closely with midwives, health visitors, GPs, Children's Centres and existing specialist perinatal health teams to enhance what is available to families where mothers are suffering with mental health difficulties.

Family Action work across the UK with Perinatal Support Services in London, the Midlands, North and South East of England, as well as partnership working in Scotland, Wales and Northamptonshire. An evaluation by Professor Jane Barlow of Warwick Medical School showed positive outcomes of the service including significant improvements in anxiety and depression, social support, and mothers' relationships with their babies in terms of warmth. For more information, please visit: www.family-action.org.uk/perinatal