

Improving Maternal Mental Health

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Improving the Quality of Perinatal Mental Health Services

Tuesday 19 May 2015 Hallam Conference Centre, London



Recognised by



Key Learning Objectives

- Learning from a personal journey of postnatal depression
- Understand what works in the identification of women who are experiencing distress
- Implementing the recommendations from the report "The costs of perinatal illness"
- Understand the role of quality standards in the improvement of outcomes
- Explore what an excellent perinatal mental health service looks like
- Supporting men whose wives or partners are suffering from post natal depression
- Learning from the Royal College of Psychiatrists Quality Network for Perinatal Mental Health Services
- Delivering a recovery focused family focused service

Chair and Speakers include:

Elaine Hanzak

*Survivor of Postnatal Depression and Author
Eyes without Sparkle: a Journey through Postnatal Illness*

Peter Thomson *Senior Programme Manager, Quality Network
for Perinatal Mental Health, The Royal College of Psychiatrists*

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A recent report published by the Centre for Mental Health in October 2014 found that perinatal mental illness costs the NHS around £8.1 billion per year. The report stated that *"We hope that this shocking statistic will motivate policy makers, commissioners and providers to act urgently. It is in their power to do something about this issue: if perinatal mental health problems were identified and treated quickly and effectively, many of these serious and long term human and economic costs could be avoided"* The Centre for Mental Health October 2014.

This conference, chaired by Elaine Hanzak, Survivor of Postnatal Depression and Author, *Eyes without Sparkle* focuses on the important issue of improving perinatal mental health services and on the implementing the new NICE Guideline for Antenatal and postnatal mental health: clinical management and service guidance released in December 2014.

Extended sessions will focus on Learning from a personal journey through postnatal mental distress, Identifying women who are experiencing distress: what works? Improving the quality of mental healthcare for new mothers, supporting men whose wives or partners are experiencing PND, learning from the Royal College of Psychiatrists Quality Network for Perinatal Mental Health and delivering a recovery and family focused post natal depression service.

"Perinatal mental illnesses are a major public health issue that must be taken seriously. If untreated, these illnesses can have a devastating impact on women and their families. They are one of the leading causes of death for mothers during pregnancy and the year after birth... The good news is that, with the right help, women can recover from these illnesses."

The Centre for Mental Health October 2014

"It is vital that during pregnancy and following childbirth, women at risk of developing conditions ranging from mild anxiety to severe depression and psychosis are identified early so they get the tailored care they need. While more needs to be done, significant progress has already been made, in particular through the health visiting programme, which is working to increase the number of health visitors and transform services to improve support in areas such as perinatal mental health."

NHS England, October 2014

"Too many new and expectant mums are being badly let down. The government has a duty to reduce these avoidable costs. They must do more to ensure that perinatal mental illness is identified as early as possible and that all women have access to the help and support they need."

Luciana Berger, shadow minister for public health, October 2014

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10.00 Chairman's Welcome and Introduction: Improving Maternal Mental Health: A Personal Journey

Elaine Hanzak

Survivor of Postnatal Depression and Author, 'Eyes without Sparkle – a journey through postnatal illness'

- learning from the report: the costs of perinatal mental health problems
- personal stories of postnatal mental distress
- why perinatal mental health is important
- what organisations and individuals can do to support women and their families

10.45 Identifying women who are experiencing distress: what works?

Dr Jane Hanley

Author of Perinatal Mental Health – A guide for Health Professionals and users. Honorary Senior Lecturer, Swansea University Classifications Service (NCS)

- identifying women at risk, and those experiencing distress
- improving identification strategies in practice
- improving quality and reducing cost of perinatal mental health services: what support do women need?

11.15 Question and answers, followed by coffee and exhibition

11.45 EXTENDED INTERACTIVE FACILITATED SESSION

What does excellence in Perinatal Mental Health look like? Meeting the new NICE Guideline

Jill Demilew

*Consultant Midwife
King's College Hospital NHS Foundation Trust London
& Guideline Development Group Member
Antenatal and postnatal mental health: clinical management and service guidance NICE*

This interactive session focuses on implementing the new NICE guidance for Antenatal and postnatal mental health: clinical management and service guidance released in December 2014 and its implications for perinatal mental health. It will also look forward to the new Quality Standard for antenatal and postnatal mental health due for release in October 2015

12.45 Cultural differences – The importance of listening and understanding different cultural needs

Dr Jane Hanley

Author of Perinatal Mental Health – A guide for Health Professionals and users. Honorary Senior Lecturer, Swansea University Classifications Service (NCS)

- cultural differences – the importance of listening and understanding different cultural needs

13.10 Question and answers, followed by lunch and exhibition

14.00 Sharing good practice

Delegates have an opportunity to share good practice

14.15 EXTENDED SESSION: Setting the standards for Perinatal Mental Health Services

Peter Thompson

*Senior Programme Manager
Quality Network for Perinatal Mental Health
The Royal College of Psychiatrists*

This session will focus on the Quality Network for Perinatal Mental Health Services, an initiative of the Royal College of Psychiatrists. The network sets standards for inpatient and community perinatal mental health services and reviews them using a process of self- and peer-review

15.00 Supporting men whose wives or partners are suffering from post natal depression

Mark Williams

Fathers Reaching Out

- supporting men whose wives or partners are suffering from post natal depression

15.30 Question and answers, followed by tea

15.45 Delivering an effective recovery whole family focused post natal depression service

Pauline McPartland

*Service Manager
PSS PND SERVICE*

- delivering person shaped, recovery whole family focused PND services
- creating homes, empowering communities, promoting wellbeing and strengthening families
- case studies and examples of good practice

16.30 Question and answers, followed by close

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Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date

Tuesday 19 May 2015

Conference Fee

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