

Improving Maternal Mental Health

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Improving the Quality of Perinatal Mental Health Services

Tuesday 1 December 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
- Meeting the NICE recommendations for Postnatal Mental Health
- 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
- Understanding the relationship between prenatal stress and infant mental health
- Delivering an effective recovery whole family focused post natal depression service

Chair and Speakers include:

Elaine Hanzak

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

Prof Louise Howard *Chair, Guideline Development Group,
Antenatal and Postnatal Mental Health, NICE*



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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.

“It is estimated perinatal mental health problems carry a total economic and social long-term cost to society of about £8.1 billion for each one-year cohort of births in the UK. The London School of Economics last year reported that the NHS would need to spend just £337m a year to bring perinatal mental health care up to the level recommended in national guidance.” NHS England May 2015

This conference, chaired by Elaine Hanzak, Survivor of Postnatal Depression and Author, Eyes without Sparkle and Another Twinkle in the Eye– contemplating another pregnancy after perinatal mental illness’, focuses on the important issue of improving perinatal mental health services and on the implementing the 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. There will also be a focus on the impact of postnatal depression and stress in pregnancy on the child and infant mental health, improving joint working between services.

“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

“Supporting parents with better perinatal mental health care and parenting programmes will help support children to fulfill their potential at school where social and emotional education is shown to be hugely beneficial.”

Dr Geraldine Strathdee, National Clinical Director for Mental Health, February 2015

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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'
& 'Another Twinkle in the Eye - contemplating another
pregnancy after perinatal mental 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 Jo Black

*Consultant Perinatal Psychiatrist
Devon and Torbay Perinatal Health Team*

- identifying women at risk, and those experiencing distress
- improving identification strategies in practice
- training and educating frontline staff to improve identification
- improving quality and reducing cost of perinatal mental health services: what support do women need?
- effective commissioning for service development

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 NICE Guideline for Postnatal Mental Health

Facilitator: Prof Louise Howard

*Chair Guideline Development Group, Antenatal and postnatal mental health: clinical management and service guidance, NIHR Research Professor in Maternal Mental Health, King's College London
Honorary Consultant Perinatal Psychiatrist, South London and Maudsley NHS Foundation Trust; Head of Section of Women's Mental Health*

This interactive session focuses on the key elements of effective perinatal mental health services and meeting the recommendations of the Dec 2014 NICE Guideline on postnatal mental health.

13.10 Question and answers, followed by lunch and exhibition

14.00 Setting the standards for Perinatal Mental Health Services

Harriet Clarke

*Programme Manager Quality Network
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.

14.30 Infant mental health and effects of effects of prenatal stress, anxiety and depression on the developing fetus and the child

Prof Vivette Glover

*Professor of Perinatal Psychobiology
Imperial College London*

- stress, anxiety and depression in pregnancy: what is the evidence of impact
- how can improving perinatal mental health improve infant mental health
- moving forward: Begin before Birth: ensuring an integrated approach

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

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

Anne Prendergast

PSS Parent & Baby Wellness Service, Specialist Practitioner, Post Natal Depression Service, Therapist, LivPIP PND SERVICE, PSS

- 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 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*

- understanding cultural differences
- developing cultural competence
- understanding triggers and warning signs

17.00 Question and answers, followed by close

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Date

Tuesday 1 December 2015

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