

Improving Maternal Mental Health

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Improving the Quality of Perinatal Mental Health Services

Wednesday 4 May 2016 Hallam Conference Centre, London



Supporting organisations



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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“One in five mothers suffers from depression, anxiety or in some cases psychosis during pregnancy or in the first year after childbirth. Suicide is the second leading cause of maternal death, after cardiovascular disease. Mental health problems not only affect the health of mothers but can also have longstanding effects on children’s emotional, social and cognitive development. Costs of perinatal mental ill health are estimated at £8.1 billion for each annual birth cohort, or almost £10,000 per birth. Yet fewer than 15 per cent of localities provide effective specialist community perinatal services for women with severe or complex conditions, and more than 40 per cent provide no service at all.” Mental Health Taskforce Report, 15 February 2016

The Prime Minister has announced an additional £290 million to help new and expectant mums who have poor mental health: **“One in 5 new mothers develop a mental health problem around the time of the birth of their child and some 30,000 more women need specialist services. If untreated this can turn into a lifelong illness, proven to increase the likelihood of poor outcomes to the mother or new baby. That is why the government is today announcing a £290 million investment in the years to 2020 which will mean that at least 30,000 more women each year will have access to specialist mental healthcare before and after having their baby.”** David Cameron, Prime Minister, January 2016

“Giving people the right mental health support is one of the most important ways to make sure everyone has the best start in life.” Jeremy Hunt, Secretary of State for Health January 2016

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.

“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?

Speaker to be announced

- 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?

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 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

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

Lauren Capron

PhD Student 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, 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, whole family focused, perinatal service

16.30 Learning from suicide in perinatal health: 15 year findings from a UK national inquiry

Dr Hind Khalifeh

Senior Clinical Researcher Women's Mental Health Institute of Psychiatry King's College London

This session will look at how we can improve the monitoring of perinatal suicide risks and steps we can take to learn from suicide in the perinatal period

17.00 *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

Wednesday 4 May 2016

Conference Fee

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