

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 4 Special edition 2015/16

[#everyonesbusiness](#)

Special Edition

Welcome to a special edition of The Maternal Mental Health Alliance [Everyone's Business](#) campaign e-bulletin. As the campaign enters the final year of present funding, this edition concentrates on the current commitments from stakeholders to provide and improve perinatal mental health services for mothers and their families across the UK. See pages 2 and 3 for further details.

Funding for Wales

On the 5th June the [Welsh Government](#) announced that **£1.5m** will be allocated to improve **mental health outcomes for women with perinatal illnesses, their babies and other children**. Members of the campaign met with Health and Social Services Minister Mark Drakeford and are keen to actively support this encouraging initiative. More details to follow in subsequent eBulletins.

Confirmed Funding - England

The contribution of **£75 million over 5 years to be allocated to perinatal mental health services** was confirmed in July by the Rt Hon Alistair Burt MP.

We are providing £75 million over the next 5 years so that women experiencing mental ill health during pregnancy and the first year after birth will have better access to care. They will be able to take part in community-based psychological therapy, receive care from specialist community perinatal mental health teams and have rapid access to inpatient mother and baby services close to home for mothers who are very seriously ill.

**Minister of State for Community & Social Care,
the Rt Hon Alistair Burt MP - 2nd July 2015**

Recent funding announcements are extremely encouraging but on their own won't fix the problem. Our '[Costs of Perinatal Mental Health Problems](#)' report made clear that annual investment is needed to ensure no woman falls through the gaps, and there is still a long way to go.

Annette Bauer, London School of Economics



Next steps in England

NHS England has commissioned the National Collaborating Centre for Mental Health to support a programme and establish an Expert Reference Group (ERG) of perinatal mental health experts. This includes expertise by experience, as well as from midwifery, health visiting, psychology, psychiatry, obstetrics and commissioning. The ERG (supported by a Technical Team) will:

- ✓ Advise on use of the additional £75m investment
- ✓ Produce model pathways to implement NICE-concordant care, and Commissioning Guidance to support implementation of these
- ✓ Advise on the potential to introduce access and/or waiting-time standards in parts of the pathway

Strategic Clinical Networks (SCNs) have been surveyed to ascertain the nature of services in their area, including service gaps. SCNs are also establishing Networks to coordinate care across the pathway, in line with NICE Guidance, as has already been achieved successfully in some areas.

The NHS Benchmarking Network is undertaking a detailed data collection to gather a baseline picture of current specialist perinatal community services and Mother and Baby Units. National stakeholders will assist with this and help present the data in a meaningful way to support commissioners and providers.

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Perinatal Mental Health Stakeholders:

The following pledges of support from key national perinatal mental health stakeholders were made at the Ministerial Roundtable in England (Spring 2015). The campaign would like to thank each of these stakeholders for their continued support. Similar Roundtables are currently being explored with MMHA colleagues in Scotland, Wales and Northern Ireland.



Mental Health Directorate, we aim to:

- ✓ Organise a perinatal mental health commissioning masterclass for Mental Health SCNs
- ✓ Explore feasibility / current availability of e-learning for general psychiatrists on perinatal medication



Children & Young People Directorate, we aim to:

- ✓ Continue working with and supporting the Maternity and Children's Strategic Clinical Networks
- ✓ Explore the possibility of Co-Commissioning being addressed by Specialised Commissioning for Specialised Perinatal Mental Health



Public Health England

We aim to:

- ✓ Continue advocating for prevention and early intervention in relation to maternal mental health
- ✓ Collaborate with NHSE and local government (public health teams and LGA) on maternal and infant mental health as part of its 'Best Start in Life' national priorities.



Health Education England

We aim to:

- ✓ Adopt a tiered approach to perinatal mental health work (following the successful approach to education learning and workforce used for the Dementia programme)
- ✓ Take forward this work through collaboration with all involved partners.



Conception to Age 2 – The First 1001 Days: we aim to:

- ✓ Involve the MMHA in future regional work, including at local government level
- ✓ Commit to the Building Great Britons Report recommendations (including advocating for a Families Minister)



We aim to:

- ✓ Continue to support the advancement of the Perinatal Faculty
- ✓ Continue to work with other parties to provide the increase necessary in the specialist psychiatric workforce
- ✓ Work with Health Education England to improve quality control of training available nationally
- ✓ Continue to insist that the Mental Health Minimum Data set includes whether women are pregnant or postpartum



We aim to:

- ✓ Provide a national template for the specification of community specialist perinatal mental health services, which will be made available to members/commissioners

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We aim to:

- ✓ Ensure Maternal Mental Health will be a core issue for Public Health Midwives and to make sure there is a coherent suite of Maternal Mental Health training programmes at both student and registered level
- ✓ Lobby for accessible programmes
- ✓ Emphasise the need to adopt a strategic approach to training and engage with work already being delivered in Scotland



We aim to:

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



We aim to:

- ✓ Launch and disseminate Report on GPs and Perinatal Mental Health
- ✓ Produce a guidance document on the practical implications of the NICE guidelines for GPs
- ✓ Develop perinatal mental health training



We aim to:

- ✓ Continue to emphasise the importance of perinatal mental health
- ✓ Look at the educational opportunities, including possible event to coincide with International Women's Day



We aim to:

- ✓ Continue delivering training to health professionals
- ✓ Develop audit tools and quality standards



We aim to:

- ✓ Explore ways to compile a document about psychological services
- ✓ Input into Health Education England plans to co-ordinate training packages
- ✓ Contribute to National Clinical Director Mental Health, NHS England masterclass in relation to commissioning from the perspective of psychology services



We aim to:

- ✓ Raise awareness of maternal mental health and the impact it has on the child, and hold Government to account (as a policy shaping group)
- ✓ Position perinatal mental health within the 'Inequalities' agenda



We aim to:

- (Community Practitioners and Health Visitors Association)
- ✓ Raise awareness and lobby for perinatal mental health issues among mental health nurses



We aim to:

- ✓ Continue to do all we can to raise awareness of the challenge with NHS leaders
- ✓ Press maternal mental health as a priority in our conversations with Government

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](#)

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MATERNAL MENTAL HEALTH
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A huge welcome to Joanna Friend, the new Everyone's Business Campaign Assistant & a massive thank you to Comic Relief for making Joanna's appointment possible thanks to a very timely top-up-grant!

Media Spotlights

Click [here](#) to read the editorial on perinatal mental health by Professor Susan Ayers & Dr Judy Shakespeare.

Click [here](#) to watch a Postnatal Mental Health Video by Mind - 3 women talking about their experiences.

Click [here](#) to watch the 'Talk to Someone' video by Tommy's.

Click [here](#) to watch an animation of a Perinatal Mental Health Story, produced by the Perinatal Mental Health Community Education Provider Network.

Click [here](#) to read an article highlighting postnatal depression in The Telegraph

We would also like to thank the [Royal College of Nursing](#) for organising a Maternal Mental Health display in the College library during the summer. If you would like to do something similar or your organisation is already planning a display / presentation, please contact [Maria](#) and we can support you with resources.

MMHA Member spotlight

The Maternal Mental Health Alliance (MMHA) now has over 70 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

Tommy's

Tommy's wants all pregnancies to be healthy and safe. They want to see a halving of pregnancy loss by 2030. To do this they fund three, soon to be four, research centres in the UK to understand the causes of stillbirth, premature birth and miscarriage, and to seek interventions to prevent them. They provide evidence based, expert and user led, accessible pregnancy information to support expectant parents in understanding what they can do to support a healthy pregnancy.

Tommy's midwives deliver a pregnancy information service and do this through an Information Standard accredited website www.tommys.org/pregnancy, through a Facebook page [Tommy's midwives] and through their pregnancy line 0800 0147 800. They also have an app for parents with premature babies [www.prematurityapp.org]. The information on pregnancy mental health and wellbeing can be found here: www.tommys.org/mentalhealth. Mental and physical health are equally important to pregnancy outcome.

Work includes filmed case studies from families with different pregnancy experiences, a wellbeing plan to support discussions between health professionals and expectant/new parents, with a focus on emotional changes in pregnancy and a wealth of content on when this can move towards mental health difficulties. Tommy's incorporate emotional health into a weekly pregnancy calendar alongside content about the developing baby and physical changes occurring.