

## 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 5 - 2016

[#everyonesbusiness](#)  
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## Maternal Mental Health Roundtable

A third Ministerial Maternal Mental Health Roundtable in England, hosted by the Rt Hon Alistair Burt MP, was held on 8<sup>th</sup> March. Progress was reviewed against the Everyone's Business [Call to ACT](#) and organisational commitments pledged at the previous March 2015 Roundtable; current key challenges and new potential future commitments were also explored.



*'I want to see a step change in perinatal mental health recognition, and urgent work to improve the services involved.'*

**The Rt Hon Alistair Burt MP**  
**Minister of State for Community and Social Care**

Exact wording for new commitments pledged is currently being finalised with Roundtable participants including National Clinical Directors, representatives from Public Health, Health Education England, Royal Colleges and equivalent professional bodies. Once finalised, further details will be shared.

## Welcome National Directors

New Joint Associate National Clinical Director posts have been created for Perinatal Mental Health in [NHS England](#). A warm welcome to Dr Giles Berrisford and Dr Jo Black who have recently taken up these roles.



Dr Jo Black



Dr Giles Berrisford

*'We are both very pleased to have been appointed Joint Associate National Clinical Directors for mental health with a specific responsibility for perinatal mental health. This is a clear recognition that perinatal mental health services are truly being prioritised by the NHS. Additional money has been identified for the development of services across the country over the next five years. This will be used for more training, creating more inpatient Mother and Baby Unit beds and more comprehensive specialised community perinatal mental health teams. We look forward to hearing your views and keeping you updated.'*

## Everyone's Business Campaign Evaluation

An evaluation of the Maternal Mental Health Alliance (MMHA) [Everyone's Business](#) campaign is currently in its final stages, with a final report available later this year looking at the impact of the campaign, why these changes have occurred and key messages and learning to help inform the future direction of the campaign and the [MMHA](#).

The purpose of the evaluation is to capture the influence of the campaign on individuals/organisations including those working in sectors such as health and social care who may not have originally considered perinatal/maternal mental health as part of their business; to measure its impact on those individuals, organisations and systems and to identify what factors are driving the change. The evaluation is expected to be of interest to a wide range of stakeholders and more details will follow shortly.



Picture of our Evaluators, Wendy Sugarman and Gillian Granville (commissioned to work alongside the development of the campaign, January 2014 – June 2016).

## Maternal Suicide

MBRRACE-UK's latest [MBRRACE-UK Confidential Enquiry into Maternal Deaths](#) focused on maternal mental health. The report examined the care of more than 100 women who died by suicide and identified important messages for maternal mental health care. A need was highlighted for improved understanding of the distinctive features and risks of perinatal mental illness. Specialist perinatal mental health care was also highlighted as being particularly important.

“ There are clear opportunities for improving mental healthcare for women during and after pregnancy. Specialist perinatal mental health care is particularly important. ”



Professor Marian Knight  
MBRRACE-UK

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## Welsh Funding update

In the previous e-bulletin additional perinatal mental health funding for [Wales](#) was announced and, as promised, please see here further details. In total £7.5 million has been pledged (£1.5m per year over 5 years). The main proportion of funding will support the development of multidisciplinary networked services and robust pathways at all levels across Wales - with some Health Boards setting up specific perinatal special interest groups for service development.



*"It's vital that we support mental wellbeing before, during and after pregnancy and support who are at high risk of developing mental health problems as close to their homes as is practical and safe for both mother and baby"*

**Mark Drakeford AM Minister for Health and Social Services for the Welsh Government**

*A one-day Perinatal Mental Health Conference was held in Cardiff (on 10<sup>th</sup> March), with Minister for Health and Social Services, Professor Mark Drakeford, looking at the importance of perinatal services, developing community perinatal services in Wales and learning from experts in the field.*

## Northern Ireland

In Northern Ireland (NI) a staggering 80% of areas have no access to specialist community perinatal mental services. And there is no mother and baby unit in the whole of Ireland. Leading voices in NI came together to speak out about this alarming situation with their [Open Letter](#) published in the Belfast Telegraph. Members of the Northern Ireland Perinatal Mental Health Forum continued to raise the alarm with a presentation involving women with lived experience earlier this year at Stormont. The Royal College of Midwives in NI is also calling for specialist perinatal mental health care as one of its major priorities.

*"Momentum here is building but we need to consolidate this into specific actions and solid promises at a government level"*

**Tom McEneaney of Aware Northern Ireland**

Recent BBC coverage highlighting gaps in Northern Ireland:  
[Lack of perinatal mental health services' endangering lives](#)  
[Call for specialist mother and baby unit](#)

**In all devolved nations, clarity is being sought regarding ring-fenced funding – as per the [Barnett formula/consequential](#) – as a result of the £290m over five years promised to England in January – more details to follow**

## Additional £290m announced for England 2016 – 2021

On the 11<sup>th</sup> January, Prime Minister David Cameron set out that an additional £290 million will be made available over the next five years to 2020/21 to invest in perinatal mental health services.

This builds on the initial investment announced at the Spring Budget, of £75m making a total investment from 2015/16 to 2020/21 of £365 million to improve access to specialist perinatal mental health services. Click [here](#) to read the full speech.

The investment will be focused on services in the community and inpatient mother and baby services closer to a mum's home, when they need it. To support the delivery of these ambitions, NHS England and partners are building a five year transformation programme (supported by the additional investment and Mental Health Task Force recommendations – see page 3), to build capacity and capability in specialist perinatal mental health services. The campaign has been assured that the service improvements, as a result of this funding, will have a clear governance structure and national oversight. Watch this space for next steps.



*"I can announce today a £290 million investment by 2020, which will mean that at least 30,000 more women each year will have access to evidence-based specialist mental health care during or after pregnancy."*

**The Rt Hon David Cameron MP Prime Minister**

## Campaigning in Scotland

Campaigning for improved perinatal mental health services continues in Scotland with Maternal Mental Health Scotland holding its third conference and educational update in March. The Royal College of Psychiatrists Scotland currently have a campaign for better maternal and infant mental health, and work is underway to push for the development of a national perinatal mental health managed clinical network for Scotland.

During the recent elections, improvement of perinatal mental health services was placed number one and number five in the manifesto asks of the [Royal College of Psychiatrists](#) and [Royal College of Midwives](#) in Scotland.

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## Independent Mental Health Taskforce: perinatal mental health focus

Formed in March 2015, the independent Mental Health Taskforce has brought together health and care leaders, people using services and experts in the field to create a 5-year forward view for mental health in the NHS in England. Published in February 2016, the plan includes recommendations for perinatal mental health care.

*'By 2020/21, NHS England should support at least 30,000 more women each year to access evidence-based specialist mental health care during the perinatal period. This should include access to psychological therapies and the right range of specialist community or inpatient care so that comprehensive, high quality services are in place across England'.*

[Recommendation 15](#)



## Sport Relief highlights Maternal Mental Health

Sport Relief chose the 24<sup>th</sup> February to invite mums and dads who have been affected by maternal mental health problems to share their experiences. This included [national](#) and [regional](#) media, radio and [social media](#) as well as TV coverage. Click [here](#) for further details and case studies from the #MumTalk Campaign.

## Media Moments!

Click [here](#) to watch an animation focusing on Postpartum Psychosis

Click [here](#) to watch Sport Relief highlight maternal mental health

Click [here](#) to listen to the MBRRACE-UK Confidential Enquiry Science Media Briefing

Click [here](#) to read the Royal College of Psychiatrists Medical Student award winning essay exploring Perinatal OCD

## EastEnders features Perinatal Mental Health Storyline

EastEnders featured the character Stacey Slater, a young woman with Bipolar, suffering from an episode of postpartum psychosis following the birth of her son. The story shows the struggle to secure a local inpatient mother and baby unit bed and Stacey's eventual recovery when she finally accesses specialist perinatal mental health services. Big thank you to Professor Ian Jones and MMHA Vice Chair Clare Dolman who were part of a team of advisors, alongside – and thank you also to - MMHA members [APP](#), [Bipolar UK](#), [Mind](#) and others with lived experience. Please read [Clare's blog](#) for more details.



Prof. Ian Jones and Clare Dolman

## 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. Follow and tweet us [@MMHAlliance](#) and for member information, events and resources please visit [www.maternalmentalhealthalliance.org](http://www.maternalmentalhealthalliance.org)



[Aware](#), a mental health charity in Northern Ireland dedicated to working with, and supporting people who have depression. Main objectives include to increase the understanding of how to prevent mental ill health; promote positive mental health whilst reducing the stigma surrounding depression; maximise respect for people with the illness; provide support through every stage of recovery and seek to positively influence stakeholders, policy makers and service providers.

Aware has a specific interest in maternal mental health, being part of the Northern Ireland Perinatal Mental Health Forum and has recently been working closely with the Everyone's Business campaign helping to coordinate activities on the ground in Northern Ireland. Clients of Aware with maternal mental health issues (who attend one of the 23 regional support groups) have also been involved in lobbying for improved maternal mental health services.

The organisation prioritises resources in prevention, early intervention and recovery services for people with depression and mental ill health; its specific Education and Training programme [Parent and Baby](#) is delivered regionally to parents, midwives, health visitors and community and voluntary organisations. It promotes positive mental health to parents both in the antenatal and postnatal period, and also the mental wellbeing of the child in the important developing years of 0-5. For further details please contact [Tom@aware-ni.org](mailto:Tom@aware-ni.org)

## Key Dates and Events

### Tuesday 24<sup>th</sup> May

University of Salford Perinatal Mental Illness Conference, The Wesley, London - click [here](#)

### Tues 24<sup>th</sup> May

Child Regional Health Forums featuring PMH Liverpool Marriot - click [here](#)

6<sup>th</sup> – 10<sup>th</sup> June [Infant Mental Health Week](#)

### Wed 8<sup>th</sup> June

Transforming Lives: NICE-compliant Perinatal Mental Health Services - What can Clinical Psychology offer? University of Liverpool in London - click [here](#)

### Thursday 16<sup>th</sup> June

Imperial College London – Begin Before Birth - The importance of pregnancy and the early years for child development, Wolfson Education Centre - click [here](#)

29<sup>th</sup> June and 14<sup>th</sup> Sept: MMHA members meeting

## National Maternity Review

The National Maternity Review : [Better Births. Improving outcomes of maternity services in England](#) is a 5 year forward view for maternity care. Please see specific references to perinatal mental health care below:

- Better postnatal and perinatal mental health care, to address the historic underfunding and provision in these two vital areas, which can have a significant impact on the life chances and wellbeing of the woman, baby and family

- There should be rapid referral and access to more specialist services when they are needed, including - perinatal mental health services

- There should be significant investment in perinatal mental health services in the community and in specialist care, as recommended by NHS England's independent Mental Health Taskforce

- In addition to these universal improvements, professionals need the right training and skills to be able to identify, manage and refer to appropriate specialist support for perinatal mental health conditions.

## NICE Quality Standards

The National Institute of Health and Care Excellence (NICE) launched their Antenatal and Postnatal Mental Health [Quality Standards](#) in February 2016. Quality standards are selected for high priority areas to drive improvements. Please click [here](#) to read the Developmental Quality Standard.

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## Red Flag signs from Confidential enquiry\*

Are you in contact with a woman experiencing the following? Each of these is a Red Flag warning sign for severe maternal mental illness and requires urgent senior psychiatric assessment:

- Recent significant change in mental state or emergence of new symptoms,
- New thoughts or acts of violent self-harm.
- New and persistent expressions of incompetency as a mother or estrangement from the infant

\* [MBRRACE-UK Confidential Enquiry into Maternal Deaths](#)

## Specialist Health Visitors in Perinatal and Infant Mental Health Care Guidance

New guidance from [Health Education England](#) (HEE) details how to develop specialist health visitors in perinatal and infant mental health. This guidance document, aimed at managers and clinical commissioners, seeks to increase detection and reduce the impact of perinatal mental illnesses.

## Chief Medical Officer's report

The [Chief Medical Officer's report](#) published by Professor Dame Sally Davies at the end of last year, features a dedicated perinatal mental health chapter, see page 75. *'NHS England and Clinical Commissioning Groups should ensure that women in all parts of England have access to specialist perinatal mental health services, both inpatient Mother and Baby Units and perinatal mental health community teams'*.

