

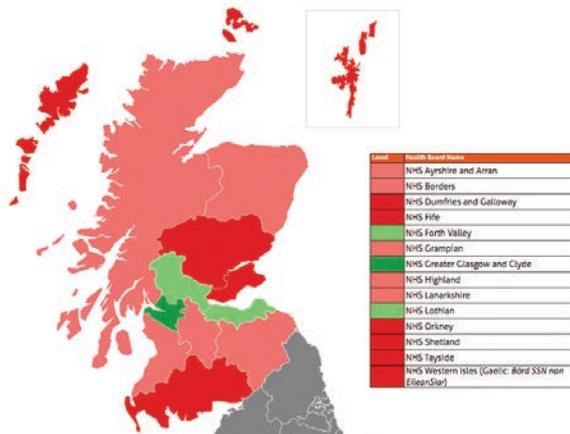
Call to ACT

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

eBulletin Issue 11 Spring 2018

#everyonesbusiness



Scotland calls to turn the map green

Member of Scottish Parliament (MSP), Clare Haughey, hosted an MMHA Everyone's Business campaign event at the Scottish Parliament on 21st February focusing on the need for equitable specialist perinatal mental health services across Scotland. The Minister for Mental Health, Maureen Watt, also present, highlighted the campaign call for services to be available 'wherever and whenever' they are needed across Scotland.

Several other key MSPs were in attendance to hear presentations from Roch Cantwell, Elaine Clarke, **Maternal Mental Health Scotland** Change Agent, Catherine Carver and members of the Campaign's team. The message was clear: women and families in Scotland need urgent investment in specialist perinatal mental health services. The Campaign is committed to supporting the work already being delivered by colleagues in Scotland to help turn the map green.

Following significant cross-party support for a motion on the Everyone's Business Campaign, a parliamentary debate on the Campaign aims has been confirmed for late March. An expert Roundtable for stakeholders is also planned. Watch this space for encouraging developments in Scotland. We need to ensure all of these actions improve services for mothers and their families impacted by perinatal mental illness.

"Improving maternal mental health services is a key strand to improving family outcomes. As a perinatal mental health nurse of over 30 years I am delighted the Maternal Mental Health Alliance Everyone's Business campaign is focusing more resource in Scotland. I look forward to holding a debate to highlight the campaign in the Scottish Parliament, and to increase its awareness amongst politicians and the wider public."

Clare Haughey, Member of the Scottish Parliament



"The provision of specialist care for maternal mental illnesses varies across Scotland and is too often underfunded and struggling. Mums like me need MBUs and specialist community mental health services. We need this not just to survive an episode of perinatal mental ill health, but to thrive after it."

Catherine Carver, Maternal Mental Health Scotland Change Agent

New Everyone's Business campaign maps coming soon

New updated campaign maps will be launched in April 2018 showing how the landscape of specialist perinatal mental health services has changed (or not) in the UK since the original **2015 maps** were produced.

These much awaited maps will show the extent to which women face a postcode lottery to access vital support across the UK. Your help in disseminating these maps far and wide will be crucial as we continue to use the maps to push for urgent equity – thank you.



Northern Ireland

An Everyone's Business campaign workshop took place in Belfast (January), to explore how best to drive forward the collective efforts to ensure perinatal mental health services for women and families exist (especially given current absence of government).

Over 30 individuals from local organisations, groups and charities came together to learn more about the campaign's work and to share solutions. Next steps include work now taking place to create an All-party Northern Ireland Perinatal Mental Health Consensus Statement – please watch this space!

Women and families in Northern Ireland (as across the whole of the UK) deserve to get the help they need, and the campaign will be calling on all parties to turn the map green in Northern Ireland.

England: Wave 2 funding

Wave 2 funding for specialist perinatal mental health services was announced in February. Areas were able to bid for some of the £23 million pot NHS England made available to help local areas develop or expand existing specialist community teams.

An announcement will be made in due course about the successful areas, and we look forward to celebrating the new or expanded services this will clearly lead to!

The risk for your area

In 2019/2020, all areas in England will start to receive recurring investment for specialist perinatal mental health services, but there is no legal obligation for CCGs to spend these funds on the specialist services they are intended for.

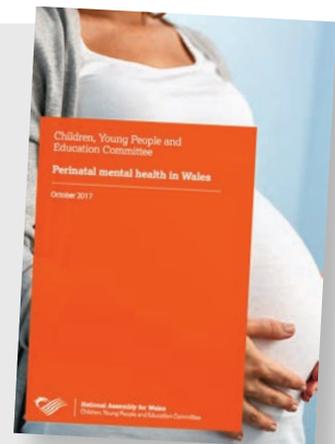
How prepared is your locality to use this funding to plan and deliver specialist services? What needs to happen now in order to be ready for when the funding arrives? What commitment does your area have to ensure the money is used effectively and sustainably for the long-term benefit of women and families in your area?

Contact the campaign for support to help prepare your locality for this investment, for example by mapping the service gaps and connecting with experts by experience.

Wales

Snow couldn't quite prevent the Stronger Beginnings event in Cardiff on 1st March from happening, but it did cut it short!

The event, by Public Health Wales was designed to promote parent and infant mental health in the first 1000 days and was attended by Paul Gauci and Maria Bavetta from the Everyone's Business Campaign as well as Welsh Cabinet Secretary for Health, Wellbeing and Sport, Vaughan Gething AM.



Following our **letter to Mr Gething**, we are awaiting Welsh Government action on the recommendations set out in the **Perinatal Mental Health in Wales report**, including the urgent need for an MBU in Wales.



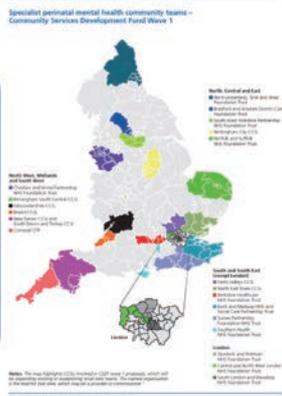
Learning from Wave 1 sites

NHS England has shared key learnings from the first 20 areas which received Wave 1 funding for specialist perinatal mental health services. Successful Wave 2 sites can use these **learnings** as they develop their services, helping turn the map green for women and families in more areas of the country.

Progress - specialist community PNMH services

Support for developing specialist PMH teams through Community Services Development Fund.

- Wave 1 - £40m to 20 areas 16/17-18/19
- Wave 1 coverage: 90 CCGs, 6 STPs.
- Over 236 WTE new specialist staff recruited to date, including 21 consultant psychiatrists, 106 PMH practitioners (nurses and OTs), 29 psychologists.
- Over 3400 additional women accessed these services between April and September 2017. Expected to exceed 6000 by end of 2017/18.



Key Statistics

During Wave 1 funding for specialist perinatal mental health community teams:

- ✓ Over 236 whole-time equivalent new specialist staff have been recruited
- ✓ Over 3400 additional women have accessed these services between April and September 2017

Helping women find MBU beds

A new **Perinatal Mental Health website** has launched aimed at professionals which shows the current availability of Mother and Baby Unit (MBU) beds at units across the country. We hope this website will help make the process easier of identifying beds for women who need them.

Role of specialist services

View from a Specialist Community Perinatal Psychiatrist

"My team and I are passionate about the work we do. Together, we supervise, train and support staff working across the rest of the pathway. Recently I trained our health visitors in perinatal mental health. We work with staff in children centres and with the voluntary sector.

"In this area of London our team consists of a full time Consultant Psychiatrist, a Mental Health Lead Midwife, a Perinatal and Infant Mental Health Specialist Health Visitor, two perinatal community nurses, a part time Occupational Therapist and Psychologist and – very importantly – an administrator. Women with diabetes get to see a specialist so why should it be any different for mental illness?"

Dr Maddalena Miele, Consultant Perinatal Psychiatrist and Clinical Lead, Central and North West London Perinatal Mental Service



View from an Expert by Experience

"When I became ill no-one had any idea how much I was struggling. Stigma was huge for me and overnight I became the best actor in the world. I didn't want to open up. However, I was incredibly lucky to have a dedicated perinatal mental health team in my area.

"My psychologist knew how to deal with my lack of engagement and worked intensely to help me recover. My community nurse visited me at home and helped with my medication. It scares me to think what the outcome might have been if they hadn't been there to support me."

Leanne, mum with lived experience from Warwickshire



Want to know what the Campaign's current priorities are?

Download the Call to Act NOW

Children & Young People's Mental Health Green Paper

The **MMHA** has responded to the **Government's Green Paper** on Children and Young People's Mental Health, insisting that consideration is given to understanding the root causes of children's mental health problems.

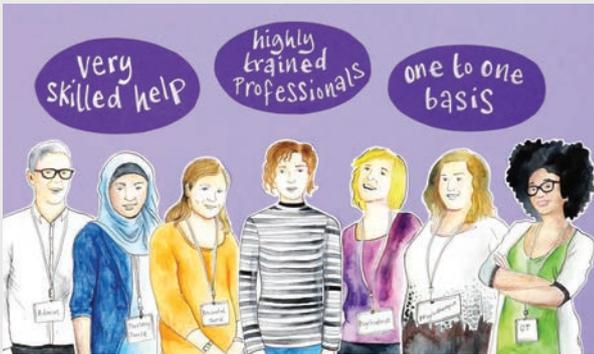
Media moments

Mother and baby mental health unit to open in Dartford – BBC News



New Devon Mother and Baby Unit gets the go-ahead – DevonLive

"There are still whole areas of the country with no specialist mental health services for mums."
– NCT survey of 1000 mums launched in The Sun



Sussex Partnership NHS Foundation Trust have launched a short animation celebrating their new specialist perinatal mental health service and showing how a community team works and why they are so vital.

It captures the powerful stories of women who used the service and received the support they needed to help them recover. Watch it [here](#).

UK Maternal Mental Health Matters Week

The **awareness week** will be held 30th April to 6th May, led by MMHA member, the **Perinatal Mental Health Partnership UK** with the theme of 'Support for All'. To find out more, email perinatalmhpartnership@gmail.com

Global Alliance for Maternal Mental Health website launches

Excitingly, the Global Alliance for Maternal Mental Health has launched its **website**. The changes in attitudes and perinatal mental health service development in the UK are not only impacting on women and families here but are also creating a global movement!



New website launching

A new-look MMHA/Everyone's Business website will be launching soon. Everyone's Business pages will be easily accessible and fully integrated within a single overall Maternal Mental Health Alliance website.



Duchess of Cambridge visits MBU

In January HRH the Duchess of Cambridge visited the **Mother and Baby Unit (MBU) at Bethlem Royal Hospital**, shining an important spotlight on perinatal mental health and the need for specialist services, including the vital work of inpatient MBUs. She met women and families and was also introduced to Bethlem's multi-disciplinary team.



The Duchess said: **"There's an expectation you're going to be super happy all the time, and one in four of us aren't. These statistics are there, the research is there, but actually it's getting the awareness out there for mothers to take it [help]"**.

Applications open for MMHA trustees

Find out more and how to apply for the role.



MATERNAL MENTAL HEALTH ALLIANCE
Awareness Education Action

Contact the team

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