



## Wales Perinatal Mental Health Network Newsletter

Newsletter 2

### Welcome to the latest edition of the Perinatal Mental Health newsletter

**We've come a long way together since our first newsletter...**

It's now a year since I started as the National Clinical Lead, with Bronni and Ian joining the team in the summer. On reflection, we think it's fair to say that it's been eventful!

Since January 2019, we have re-shaped and re-established the **Wales Perinatal Mental Health (PNMH) Clinical Network**.

Although in their infancy, we now have in place a **PNMH Board, Clinical Network Steering Group and Community of Practice**. We also have several **professional forums** that have been meeting to think about, identify and work on key priorities for their service areas.

We have invested time in identifying, engaging and connecting with colleagues who we feel would benefit in knowing more about our priorities and the work we will do, to further develop services across Wales.

Working together with them, will strengthen and support us to achieve equitable service delivery across Wales for all women, men and their families.

Going forward, our work will be framed around the four 'Ps':

**Partnerships, Pathways, Performance and People**

Read on to find out what the PNMH Clinical Network members will be working on throughout 2020...

**Sharon Fernandez**

**National Clinical Lead for Perinatal Mental Health**

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# Looking ahead this year...

## Partnerships

We absolutely recognise the need for service delivery and improvement to be shaped by women and men with lived experience, and to be inclusive of third sector and voluntary organisations.

Our aim is to ensure we hear from more people across the pathway and to bring on board colleagues who are supporting those within the perinatal period in our communities.

## Pathways

We now have plans in place to draft an **All Wales Fully Integrated Care Pathway** for women and men.

The plan is to have a draft that you will be able to comment on by March 2020, with any changes made before it is tested by Hywel Dda colleagues.

Further consultation and review will happen between September and October 2020, ready for the Pathway to be shared with all in November. Further work will also need to take place to review paperwork, policies and guidelines.

## Performance

We have held two workshops and a smaller scale meeting to begin to identify our key performance indicators (KPIs). So far, we have identified six KPIs, which colleagues will be asked to test out over the coming months.

We are also working with midwifery and health visiting colleagues, our aim being to shape a **National Outcome Framework** that will support the delivery of perinatal services across Wales.

We have also been asked to consider introducing an in-house peer review process next year. This will need more thought on how we could use a 'buddy' scheme between health boards.



## People

We recognised a need to provide further training for practitioners within specialist roles and the wider workforce.

You'll see that the next few months are going to be busy with training courses, but we hope you understand that this is really important to ensure that women, men and their families are getting the right care from staff who have the right skills and knowledge.

## Upcoming activity

- Working with the Maternal Mental Health Alliance to facilitate a workshop for third sector and voluntary organisations working with women, men and their families during the perinatal period.
- **Wales Perinatal Mental Health Clinical Network Annual Conference...** we've pencilled a date for November 2020 and will provide more information as soon as we can. We will need your support, as we would like to showcase the great work that is happening across Wales!

## The part YOU play

If you work with women, men and their families, and recognise first-hand the impact perinatal mental illness may have, you have the opportunity to be a leader and influence services and decisions made in Wales. Take a look below to find out how. Working together, we can put perinatal mental health on the agenda!

### THINK WOMEN & MEN - THINK UNBORN & BABY - THINK FAMILIES

- Community Mental Health Teams
- Neonatal Staff
- Specialist PNMH Teams
- Health Visitors
- Researchers
- Primary Care
- Crisis/ Home Treatment Teams
- Psychologists
- Midwives
- Third Sector
- Nursery Nurses
- LMHPSS
- Occupational Therapists
- Psychiatrists
- Obstetricians

Everyone who works with women, men and their families are represented on the **Perinatal Mental Health Network**

The **Perinatal Mental Health Network** is shaping and influencing decisions that directly impact on each group working with women, men and their families

### Perinatal Mental Health Network

#### Perinatal Mental Health Network Board

Advising specifically on issues regarding the development of perinatal mental health services in Wales and to guide the Mental Health Network's work on perinatal mental health service issues.

#### Clinical Network Steering Group

Supporting the development of an integrated approach in the delivery of perinatal mental health services across Wales.

#### Community of Practice

Providing an opportunity for all who work with women, men and their families, to share best practice, receive regular updates and contribute to identifying and guiding areas of service development.

### NHS Wales Mental Health Network Board

Established to advise NHS Wales on issues regarding the development of mental health services in Wales

## The part YOU play (continued)

### NHS Wales Mental Health Network Board



### Welsh Government

Health and Social Care Directorate

Mental Health & Vulnerabilities Team

#### Regional Partnership Boards (RPBs)

RPBs are statutory legal bodies established in April 2016 by the [Social Services and Wellbeing \(Wales\) Act 2014](#).

They bring together health, social services, housing, the third sector and other partners taking forward the effective delivery of integrated services in wales.

#### Public Service Boards (PSB)

Each local authority in Wales has a PSB, established from a duty stipulated within the [Well-being of Future Generations \(Wales\) Act 2015](#).

The PSB is a collection of public bodies working together to improve the well-being of their county's population.

#### Health Boards

**Health board Vice Chairs** have a specific brief to oversee performance in the planning, delivery and evaluation of primary, community and mental health services, ensuring a balanced care model to meet the needs of the local population.

Each health board will have its own **Perinatal Mental Health Steering Group** (multi-disciplinary & multi-agency).

#### Integrated Medium Term Plan (IMTP)

Describes who the health boards are, the progress already made, plans and service priorities.

**Perinatal mental health is a priority.**

**YOU** can influence this by identifying and talking to the right colleagues in your health board.

# Perinatal Mental Health Training - a priority for 2020!

The Wales Perinatal Mental Health Network has received additional funding from Welsh Government to facilitate training for NHS staff at the start of 2020.

Each health board in Wales is coordinating allocated places for these training dates, but if you are interested in attending and want to find out more, get in touch with your line manager.

We hope to identify training opportunities for other service areas in the future and will keep you posted!

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## Perinatal Training for Community & Inpatient Perinatal Mental Health Team Managers/ Leads

**Date:** 29 & 30 January 2020

**Venue:** Royal College of Nursing Wales, Cardiff

**Who should attend?** This **two-day** course is for managers / leads of specialist community perinatal mental health teams (or equivalent, for Powys).

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## iHV Perinatal and Infant Mental Health Champions

### North Wales

**Date:** 13 & 14 January 2020

**Venue:** Glyndŵr University, Wrexham

### West Wales

**Date:** 11 & 12 February 2020

**Venue:** Halliwell Centre, Carmarthen

### South Wales

**Date:** 16 & 17 March 2020

**Venue:** Royal College of Nursing Wales, Cardiff

**Who should attend?** The course is appropriate for those who will be involved in the multi-disciplinary roll out of training to the wider workforce.

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## Trainee Psychiatrist training

**Date:** 16 - 20 March 2020

**Venue:** River House, Cardiff

**Who should attend?** Trainee psychiatrists based in Wales.



## Perinatal Training for Community & Inpatient Perinatal Mental Health Practitioners

**Date:** This is a four day course

Days 1 & 2 - 3 & 4 March

Days 3 & 4 - 30 & 31 March 2020

**Venue:** Royal College of Nursing Wales, Cardiff

**Who should attend?** This **four-day course** is for perinatal mental health clinicians.

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## Action on Post-partum Psychosis Training

### North Wales

**Date:** 24 March 2020

**Venue:** Glyndŵr University, Wrexham

### West Wales

**Date:** 3 March 2020

**Venue:** UWTSD Carmarthenshire

### South Wales

**Date:** 30 January 2020

**Venue:** River House, Cardiff

**Who should attend?** The course is appropriate for those who will be involved in the multi-disciplinary roll out of training to the wider workforce.



# Research update from the National Centre for Mental Health

It has been fantastic to see the development of perinatal mental health services across Wales.

As new services develop, we have an exciting opportunity to build research participation as a core element of our activity.

There is considerable evidence that services that are active in research have better outcomes for patients so this should be a key part of what we do.

In future newsletters we will cover new research findings and studies that are recruiting in Wales.

Here, we let you know about two current studies that need more women to help.

## **BDRN Pregnancy study**

The Bipolar Disorder Research Network (BDRN) is the largest network of individuals with bipolar disorder in the world.

Over 7,000 individuals in the UK with bipolar disorder have now taken part in our studies and continue to help us with our ongoing research through the network.

In our current research we are hoping to find out more about the factors that make some women with bipolar disorder more or less likely to experience episodes of illness in relation to childbirth.

We hope this research will lead to better prediction and treatment for these episodes.

We want to hear about women in pregnancy with a history of bipolar disorder or postpartum psychosis who would be willing to participate in this study.

For more details see: [bdrn.org/research/bipolar-pregnancy-childbirth/](https://bdrn.org/research/bipolar-pregnancy-childbirth/)

## **Bipolar and Postpartum Psychosis: Pregnancy Planning (PREP) Study – Stage 2**

At the National Centre for Mental Health (NCMH) we are working with Action on Postpartum Psychosis (APP) and women with bipolar disorder

and/or lived experience of postpartum psychosis to test a new guide that will aim to help women make decisions relating to pregnancy and the postpartum period.

To do this, we are looking for women with bipolar disorder and / or lived experience of postpartum psychosis who are considering or planning a pregnancy.

This will include women who have been pregnant previously, as well as those who are considering starting a family.

For more details see: [www.ncmh.info/prep](https://www.ncmh.info/prep)

**If you are looking after women who may be willing to participate in these studies or want to know more, please email [info@ncmh.info](mailto:info@ncmh.info).**



# Update from the Maternal Mental Health Alliance (MMHA)

The Maternal Mental Health Alliance (MMHA) is a coalition of over 90 UK organisations, working across the four nations.

The MMHA brings the sector together to speak with one voice, campaigning for change and supporting local systems to improve perinatal mental health care.

The MMHA's [Everyone's Business Campaign](#) is one year into its current Comic Relief funding. Together, MMHA continue their work to ensure:

- All women and families across UK have access to specialist perinatal mental health services
- Life-saving mother and baby unit beds made available in all four nations

The next phase of campaigning reflects what more women and families need to get the right care at the right time.

Next year MMHA are updating their [campaign maps](#) to show progress made and emphasise the [outstanding areas of need](#).

In October 2019, Dr Sarah Witcombe-Hayes joined the team, as the MMHA Everyone's Business Wales Coordinator.

Sarah will be working to progress the Everyone's Business campaign in Wales, calling for women who experience perinatal mental health problems to receive the care they and their families need, wherever and whenever they need it.

You can get in contact with Sarah at: [sarah@maternalmentalhealthalliance.org](mailto:sarah@maternalmentalhealthalliance.org)

In December, MMHA members Mind and the McPin Foundation launched the co-designed Perinatal Peer Support Principles to help ensure that every mum can access the best



peer support for her mental health.

You can learn more about the principles and how to put them into practice at [maternalmentalhealthalliance.org/psp/](https://maternalmentalhealthalliance.org/psp/)

For the latest updates on perinatal mental health care across the nations, download the [Autumn 2019 E-Bulletin](#).

MMHA also have an [interactive hub](#), featuring essential resources for professionals working in perinatal mental health.

**#everyonesbusiness**

## Get in touch!

We're keen to get your views on the newsletter and ideas for future content, so please get in touch at [PNMH.Network@wales.nhs.uk](mailto:PNMH.Network@wales.nhs.uk)





## Useful information and links

You'll find some useful documents and resources below - just click on the titles to find out more.

- [NHS Wales National Integrated Medium Term Plan \(IMTP\): An All-Wales Review of NHS IMTPS for 2019–22](#)
- [NHS Wales planning framework 2020 to 2023](#)
- [FROM-Perinatal: Framework for Routine Outcome Measures in Perinatal Psychiatry](#)
- [Antenatal and postnatal mental health: clinical management and service guidance](#)
- [UK Drugs in Lactation Advisory Service \(UKDILAS\) website](#)
- [Eating Disorders and Pregnancy - Animated Training Film](#)
- [Live Fear Free helpline](#)
- [2020 Biennial Innovations in Research, Policy and Clinical Care: International Marce Society for Perinatal Mental Health](#)

## Perinatal Mental Health Specialist Teams: Administrative Contacts

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