

## Wales Perinatal Mental Health Network

### Newsletter 1: Developments in the Perinatal Mental Health Service from 2016 to Present

#### What's Been Happening Across Wales?

In 2016, WG provided £1.5million to develop Perinatal Mental Health (PNMH) services that were equitable across Wales.

- 6 health boards used the money to shape Specialist Teams & Services
- 1 health board took a preventative and earlier intervention approach by upskilling midwives and health visitors and introducing nursery nurses into teams.

An All Wales PNMH Steering Group (AWPNMHSG), Community of Practice (CoP) and an Annual Conference, was established, bringing passionate and proactive colleagues together across Wales.

A number of task and finish groups looked at developing **Core Curriculum and Training, Pathways, Data and Mother and Baby Inpatient Facilities.**

- In **2016**, the **Children, Young People & Education Committee (CYPE)** undertook a review of PNMH services across Wales and in October 2017, [27 recommendations were made](#)
- **Jan 2018** - first plenary debate on the committee's report.
- **July 2018** - AWPNNHSG, together with colleagues from 1000 Lives, produced and agreed on guidance for integrated PNMH services in Wales ([All Wales '8' Standards](#)) and guidance for the delivery of integrated perinatal mental health services in Wales.

- **Sept 2018** – [From Bumps to Babies: Perinatal Mental Health Care in Wales](#) was published.
- **Oct 2018** - Cabinet Secretary for Health and Social Services has provided an update on the report recommendations.
- **Nov 2018** – Committee consulted stakeholders on the Welsh Government's response.
- **Jan 2019** – Minister for Health and Social Services was scrutinised on the progress of implementing the report's recommendations.
- **May 2019** – Chair of CYPE [wrote to Minister of Health and Social Services](#) acknowledged the progress made to date but raised deep concerns about the continued lack of progress in establishing Mother and Baby Unit provision in Wales.

**The political spotlight is very much on the development of PNMH services across Wales.**

#### So, Where Are We At Now?



In January 2019, the National Clinical Lead for PNMH role commenced, aiming to:

- **Lead** the Perinatal Mental Health Clinical Network, providing national leadership, coordination and expertise for the further development of perinatal mental health services and workforce;
- **Develop** quality standards, care pathways, professional competencies and training resources;
- **Promote** positive infant mental health and prevention of perinatal mental health problems;
- **Develop** an appropriately trained workforce;
- **Collect and analyse** agreed data.



### Progress and Findings So Far

During January and March 2019 the PNMH Network Core Team have had the opportunity to get out and about to meet with staff, service users, third sector and voluntary agency colleagues. Three workshops were held and the following key themes were identified:

1. Partnerships
2. Performance
3. People
4. Pathways

### Governance Arrangements

The PNMH Network Board Sub-Group and Clinical Group (CoP) will be strengthened through the agreement that it is now a subgroup of the All Wales Mental Health Board. This development should help to ensure that the Network and any related developments are fully integrated within the evolving All Wales All Ages agenda.

### Current Situation and Way Forward



All Health Boards have been encouraged to:

- Establish/ re-establish **local steering groups** and identify representation for the PNMH Clinical Group (CoP) and Board (sub-group);
- **Benchmark** against the [‘8 All Wales Standards’](#);
- **Review Specialist Team** staffing levels;
- **Consider using** the [Maternal Mental Health Alliance \(MMHA\)](#) Pathway Assessment Tool to understand present position across all service areas;
- **Sign up** to the [Perinatal Quality Network \(PQN\)](#);
- **Undertake** a training needs analysis.

The PNMH Network will:

- **Review** vision, mission, aims and objectives.
- **Steer** the direction and clarify the actions needed.
- **Work together** with other networks:
  - CAMHS and ED
  - Neonatal and Midwife

## Networking & Connecting

As a network, we have met with colleagues across all Health Boards representing midwifery, health visiting, psychology, psychiatry, occupational therapy and specialist PNMH teams.

We've developed working links with public health, third sector and voluntary agencies such as [MIND](#), [NSPCC](#), [APP](#), [NCMH](#), [PANDAs](#) and [Mental Health Foundation](#). Individuals from these organisations have been offered the opportunity to become part of our clinical (CoP) group and board/ sub-group.

We recognise the importance of connection across Wales and have developed professional forums for specialist team leads, midwives, health visitors, occupational therapists and psychiatrists. However, we also recognise that we have work to do.



## Meeting Schedule/ Events

- 10<sup>th</sup> July – Clinical Network Group/ CoP Meeting
- 14<sup>th</sup> August – Specialist Team Leads Meeting
- 26<sup>th</sup> September – Clinical Network Group Meeting
- 14<sup>th</sup> October – Pathways Workshop
- 22<sup>nd</sup> October – Data Workshop
- 19<sup>th</sup> November - Clinical Network Group/ CoP Meeting
- 26<sup>th</sup> November – Perinatal MH Board (sub-group) Meeting
- 29<sup>th</sup>/30<sup>th</sup> January – Team Leaders Training

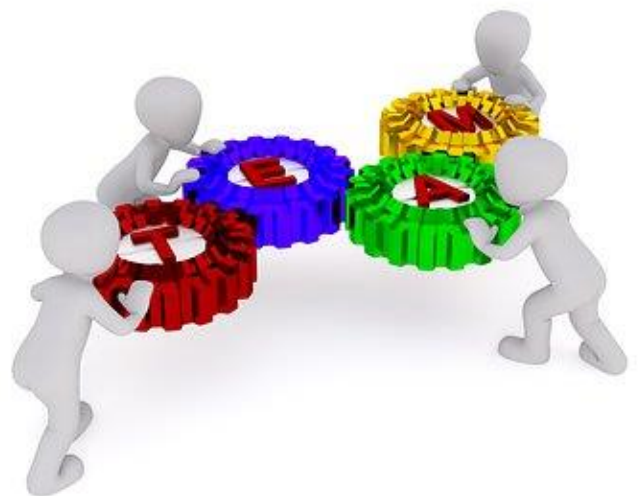


## Staff Training

In June we held a two-day event offering training to Psychiatrists covering areas such as risks, pre-birth planning, conception, safeguarding and personality disorders.

We've arranged a bespoke training session with The Tavistock and Portman NHS Trust for Community and Inpatient Perinatal Mental Health Team Leads for all Health Boards in Wales in January 2020.

Also, we are looking to offer training for other staff groups and areas too.



## Useful Information and Links

We are in the process of developing a webpage where you'll be able to login and access information and documentation. While this is being developed, we have included useful links and reading for you to take a look at:

[NICE 2018](#)

[PQN CCQI](#)

[Maternal Mental Health Alliance](#)

[Midwifery](#)

[General Practitioners](#)

[Obstetrics & Gynaecology](#)

[Matrix Cymru Guidance for Delivering Evidence-Based Psychological Therapy in Wales](#)

[Breastfeeding Plan 2019-2024](#)

[CAKE Hub Support](#)

[Reading Well Books on Prescription](#)

## Meet the Team

We are keen to get your views on the newsletter and the programme. You can contact us at [PNMH.Network@wales.nhs.uk](mailto:PNMH.Network@wales.nhs.uk) or directly:

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