

Improving Maternal Mental Health

Improving the Quality of

Perinatal Mental Health Services

10% card payments discount*
15% Group booking discount**

Friday 11 November 2016 Hallam Conference Centre, London



Chair and Speakers Include:

Elaine Hanzak

Survivor of Postnatal Depression and Author

'Eyes without Sparkle – a journey through postnatal illness'
& *'Another Twinkle in the Eye - contemplating another pregnancy after perinatal mental illness'*

Clair Rees

Executive Director

Parent Infant Partnership (UK) & Parliamentary Early Years Adviser

Supporting Organisation



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“One in five mothers suffers from depression, anxiety or in some cases psychosis during pregnancy or in the first year after childbirth. Suicide is the second leading cause of maternal death, after cardiovascular disease. Mental health problems not only affect the health of mothers but can also have longstanding effects on children’s emotional, social and cognitive development. Costs of perinatal mental ill health are estimated at £8.1 billion for each annual birth cohort, or almost £10,000 per birth. Yet fewer than 15 per cent of localities provide effective specialist community perinatal services for women with severe or complex conditions, and more than 40 per cent provide no service at all.” Mental Health Taskforce Report, 15 February 2016

“One in five mothers suffers from mental health problems during pregnancy or in the first year after childbirth. It costs around £8.1 billion for each annual birth cohort or almost £10,000 per birth. Yet fewer than 15% of areas have the necessary perinatal mental health services and more than 40% provide none at all...New funding should be invested to support at least 30,000 more women each year to access evidence-based specialist mental health care in the perinatal period.” NHS England February 2016

The Prime Minister has announced an additional £290 million to help new and expectant mums who have poor mental health: “One in 5 new mothers develop a mental health problem around the time of the birth of their child and some 30,000 more women need specialist services. If untreated this can turn into a lifelong illness, proven to increase the likelihood of poor outcomes to the mother or new baby. That is why the government is today announcing a £290 million investment in the years to 2020 which will mean that at least 30,000 more women each year will have access to specialist mental healthcare before and after having their baby.” David Cameron, Prime Minister, January 2016

“Giving people the right mental health support is one of the most important ways to make sure everyone has the best start in life.” Jeremy Hunt, Secretary of State for Health January 2016

This conference, chaired by Elaine Hanzak, Survivor of Postnatal Depression and Author, Eyes without Sparkle and Another Twinkle in the Eye– contemplating another pregnancy after perinatal mental illness’, focuses on the important issue of improving perinatal mental health services and on the implementing national guidance.

Extended sessions will focus on Learning from a personal journey through postnatal mental distress, Identifying women who are experiencing distress: what works? Improving the quality of mental healthcare for new mothers, supporting men whose wives or partners are experiencing PND, learning from the Quality Network for Perinatal Mental Health and delivering a recovery and family focused post natal depression service. There will also be a focus on the impact of postnatal depression and stress in pregnancy on the child and infant mental health, improving joint working between services.

Follow this event on Twitter #PerinatalMH

10.00 Chair's Introduction: Improving Maternal Mental Health: A Personal Journey

Elaine Hanzak

Survivor of Postnatal Depression and Author
'Eyes without Sparkle – a journey through postnatal illness'
& 'Another Twinkle in the Eye - contemplating another pregnancy after perinatal mental illness'

- learning from the report: the costs of perinatal mental health problems
- personal stories of postnatal mental distress
- why perinatal mental health is important
- what organisations and individuals can do to support women and their families

10.45 Identifying women who are experiencing distress: what works?

Speaker to be announced

- identifying women at risk, and those experiencing distress
- improving identification strategies in practice
- training and educating frontline staff to improve identification
- improving quality and reducing cost of perinatal mental health services: what support do women need?
- effective commissioning for service development
- working on national competencies for perinatal mental health
- an update from NHS England

11.30 Questions and answers followed by Tea & Coffee at 11.40

12.00 EXTENDED INTERACTIVE FACILITATED SESSION: What does excellence in Perinatal Mental Health look like?

Julie Wright

Specialist Perinatal Mental Health Midwife
Leeds and York Partnership NHS Foundation Trust

This interactive session focuses on the key elements of effective perinatal mental health services and meeting the recommendations of the NICE Guideline on post-natal mental health

12.45 Delivering an Effective, Whole Family Focused Post Natal Depression Service

Jessica Warne

Founder and Managing Director
Cocoon Family Support

- delivering a person shaped, whole family focused, perinatal service

13.05 Questions and answers followed by Lunch at 13.10

14.00 The importance of listening and understanding different cultural needs

Mr Raja Gangopadhyay

Consultant Obstetrician and Perinatal Mental Health
West Hertfordshire Hospitals NHS Trust

- understanding cultural differences
- developing cultural competence
- understanding triggers and warning signs

14.30 Infant mental health and effects of effects of prenatal stress, anxiety and depression on the developing fetus and the child

Prof Vivette Glover

Professor of Perinatal Psychobiology
Imperial College London

- stress, anxiety and depression in pregnancy: what is the evidence of impact
- how can improving perinatal mental health improve infant mental health
- moving forward: Begin before Birth: ensuring an integrated approach

15.00 Questions and answers followed by Tea & Coffee at 15.10

15.40 Supporting men whose wives or partners are suffering from post natal depression

Mark Williams

Dads Mental Health Matters

- supporting men whose wives or partners are suffering from post natal depression

16.10 Delivering 1001 Critical Days

Clair Rees

Executive Director
Parent Infant Partnership (UK) &
Parliamentary Early Years Adviser

This session will look at how we can deliver the ambitions of 1001 Critical Days

16.40 Questions and answers followed by Close 16.50

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Conference Registration

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Hallam Conference Centre, London

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

Hallam Conference Centre, 44 Hallam Street London, W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date Friday 11 November 2016

Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
 £300 + VAT (£360.00) for voluntary sector / charities.
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