

Perinatal Mental Health Summit

Implementing the 2018

National Perinatal Mental

Health Care Pathways

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Monday 8th October 2018 De Vere West One Conference Centre, London



Conference Chair:

Elaine Hanzak

Author, advocate and speaker on Perinatal Mental Health with Lived Experience

Supporting Organisations:



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“Mental health service provision should be needs-led, responsive and delivered in a way that empowers people to build on their strengths, promotes recovery, supports families and carers, and ensures equality and fairness for all....While there has been real progress nationally in improving access to perinatal mental health services, work now needs to be done to reduce unwarranted variation and inequity in the provision of specialist services.”

The Perinatal Mental Health Care Pathways, The National Collaborating Centre for Mental Health May 2018

This National Perinatal Mental Health Summit focuses specifically on implementing the 2018 National Perinatal Mental Health Care Pathways. The five pathways announced in May 2018 focus on Preconception advice, Specialist assessment, Emergency assessment, Psychological interventions and Inpatient care.

“This implementation guidance is an important tool that helps us develop better perinatal mental health services consistently across England. It sets out five new pathways outlining timely access to evidence-based care. Each pathway captures a different aspect of care, depending on the mental health problem and the phase of pregnancy.” Jo Black and Giles Berrisford, Associate National Clinical Directors for Perinatal Mental Health, May 2018

“Timely access to good-quality perinatal mental health care can provide a range of long-term gains for the woman, the baby/child and wider society. These include:

improving recovery rates and outcomes for women and their children, including reducing the risk of adverse psychological, social, parenting and employment outcomes reducing the risk of premature births and stillbirths, obstetric complications and delayed physical growth in the developing baby reducing the risk of behavioural and emotional problems for the child later in life, and the likelihood of lower IQ and lower educational attainment reducing wider societal costs – of the £8.1 billion described above, almost £6 billion relates to the impact on the child rather than the mother.”

The Perinatal Mental Health Care Pathways, The National Collaborating Centre for Mental Health May 2018

This conference will enable you to:

- Network with colleagues who are working to improve perinatal mental health services
- Learn from outstanding practice in implementation of the 2018 National Perinatal Mental Health Care Pathways
- Reflect on national developments and learning
- Improve the way you measure success and outcomes in your service
- Understand how you can improve evidence based practice against the 5 pathways
- Identify key strategies for improvement in Preconception advice, Specialist assessment, Emergency assessment, Psychological interventions and Inpatient care
- Ensure you are up to date with the latest evidence
- Self-assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

10.10 Chair's Introduction: Perinatal Mental Health - Why does it matter?

Elaine Hanzak

Author, advocate and speaker on perinatal mental health with lived experience

- a personal perspective and recent advances in this area
- what parents need from healthcare professionals
- learning and sharing from others in the room

10.30 The National Perinatal Mental Health Care Pathways: Implications for providers and commissioners

Sonji Clarke

Senior Consultant in Gynaecology and Obstetrics Guys and St Thomas' Hospital
Deputy Head London School of Obstetrics and Gynaecology
Senior Clinical Adviser and Honorary Senior Lecturer Kings College London

- developing and implementing evidence-based pathways: the five pathways
- monitoring progress against the pathways in practice
- measuring and improving outcomes for women and children

11.00 International Address: Supporting parents through the transition to parenthood and beyond

Elly Taylor

Counsellor, Researcher and Author, Becoming Us, Australia

National Pathway 1 states that "Women with a complex or severe mental health problem (current or past) who are planning a pregnancy should receive timely preconception advice from a specialist community perinatal mental health service before they become pregnant"

- 'Becoming Us': equipping birth, health, therapy and helping professionals to fill a gap in most couples preparation for parenthood and guide them through their first years of family
- supporting the mental, emotional and relationship wellbeing of parents and families
- our experience and developing an evidence-based approach to the transition into parenthood

11.30 Questions and answers followed by Tea & Coffee at 11.40

12.10 EXTENDED SESSION: Implementing the New Perinatal Mental Health Pathways

Speaker to be announced

- improving access, quality and outcomes in specialist perinatal mental health services
- implementing the new national perinatal mental health care pathways
- the national pathways in practice: case studies

13.10 Questions and answers followed by Lunch at 13.15

13.50 Perinatal Mental Health Services: Getting it right at the first point of contact

Samantha Danesh-Pour

Service Manager Berkshire Specialist Perinatal Mental Health Team

Dr Stephanie Cozzi

Perinatal Psychiatrist and

Martha Nicholson

Birth Trauma Lead Clinician

Berkshire Healthcare NHS Foundation Trust

- who are the first points of contact?
- why do we need to get it right at the first point of contact?
- assessment and outcomes

14.20 EXTENDED INTERACTIVE SESSION: The Importance of addressing Mental Health conditions during pregnancy

Dr Raja Gangopadhyay

Consultant Obstetrician with a special interest in Perinatal Mental Health West Hertfordshire Hospitals NHS Trust
& founder of International Forum for Wellbeing In Pregnancy

- impact of mental health conditions during pregnancy on the mother, child partner, relationship and the society
- use of medication to treat mental health conditions during pregnancy and breast feeding
- a holistic approach to care: 'DREAM'
- maternity care pathway in Perinatal Mental Health

15.05 Why Dads must be included in Perinatal Mental Health Services

Mark Williams

Dads Mental Health Matters

- supporting men whose wives or partners are suffering from postnatal depression
- how do we effectively support fathers mental health?

15.30 Questions and answers followed by Tea & Coffee at 15.40

16.00 Improving emergency assessment during Mental Health Crisis

National Pathway 3 focuses on Mental Health Crisis and Emergency Assessment

- identifying woman who are at high risk
- ensuring rapid and emergency assessment services
- improving mental health crisis services in perinatal mental health

16.30 Improving psychological therapies for perinatal mental health

National Pathway 4 states that "Women with a known or suspected mental health problem who are referred in pregnancy or the postnatal period should receive timely access to evidence-based (NICE-recommended) psychological interventions."

- increase the number of perinatal women being seen in IAPT services
- improving access and outcomes for psychological therapies
- working together across organisations
- our experience

17.00 Questions and answers followed by Close

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Implementing the 2018 National Perinatal Mental Health Care Pathways

Monday 18 October 2018 De Vere West One, 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

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date

Monday 8th October 2018

Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
 £300 + VAT (£360.00) for voluntary sector / charities.
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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