

Improving Perinatal Mental Health Crisis Services *Reducing Maternal Suicide*

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

Friday 29th March 2019 De Vere West One Conference Centre, London



Conference Chair & Speakers Include :

Elaine Hanzak

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

Dr Jelena Jankovic

*Consultant Perinatal Psychiatrist
Emergency Assessment
Birmingham & Solihull Mental Health NHS
Foundation Trust*

Supporting Organisations:



Improving Perinatal Mental Health Crisis Services *Reducing Maternal Suicide*

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

Friday 29th March 2019 De Vere West One Conference Centre, London

“Around one in four women experience mental health problems in pregnancy and during the 24 months after giving birth⁸¹. The consequences of not accessing high-quality perinatal mental health care are estimated to cost the NHS and social care £1.2 billion per year” NHS Long Term Plan, January 2019

“Perinatal mental health problems affect between 10 to 20% of women during pregnancy and the first year after having a baby” Public Health England

“Maternal suicide is the fifth most common cause of women’s deaths during pregnancy and its immediate aftermath, but is the leading cause of death over the first year after pregnancy. Although there is greater awareness of the importance of mental health during pregnancy and in the first year after birth, there is still a long way to go in recognising symptoms, supporting women with mental health problems and providing access to specialist perinatal mental health care.” MBRRACE-UK: Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries across the UK, 1st November 2018

“It was very evident that there needs to be a major emphasis on training for non-specialists in the management of pregnant and postpartum women - whether this be training for liaison, crisis and home treatment mental health teams on the specific features of perinatal mental illness, or medical and surgical teams on treatment of pregnant women with comorbidities” MBRRACE-UK - Saving Lives, Improving Mothers’ Care 2018, 1st November 2018

This conference focuses on improving crisis services for women in the perinatal period, and reducing maternal suicide.

This conference will enable you to:

- Network with colleagues who are working to improve perinatal mental health crisis services and support
- Learn from outstanding practice in delivering crisis support
- Reflect on the lived experience, national developments and learning
- Improve accessibility and responses to perinatal mental health crisis
- Develop your skills in crisis prevention and intervention
- Understand how you can improve emergency assessment during mental health crisis
- Identify key strategies for improving care and support for vulnerable women
- Ensure fathers are supported
- Understand high risk factors, warning signs and red flags including previous mental illness, learning from suicides after a pregnancy or postnatal loss, after birth trauma or after removal of their infant into care
- Implement best evidence in maternal suicide prevention
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

10.10 Chair's Introduction: What it feels like to be in crisis and what helped me to keep on living: personal messages to inspire others

Elaine Hanzak

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

- a personal perspective
- what it feels like as a new mum to be in crisis
- what inspired me to keep on living

10.45 Improving the response to Perinatal Crisis: Reducing Maternal Suicide

Dr Raja Gangopadhyay

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

- how can we improve accessibility to perinatal crisis services
- improving the response to perinatal mental health crisis
- suicide prevention

11.15 Questions and answers followed by Tea & Coffee at 11.25

11.45 EXTENDED INTERACTIVE SESSION: Perinatal Mental Health Crisis Identification, Crisis Prevention and Support

Dr Farida Bano

Consultant Obstetrician & Gynaecologist
Lead in Gynaecology Clinical Governance with

Dr Neha Rawat Consultant Perinatal Psychiatrist
Barking, Havering and Redbridge University Hospitals NHS Trust

- supporting people through mental health crisis in the perinatal period
- identifying people at high risk and delivering preventative support
- what does an effective mental health crisis pathway look like?
- alternatives to admission: the role of the home treatment team
- complexities and our experience
- assessing your own pathway for perinatal mental health crisis: interactive discussion

12.45 Questions and answers followed by Lunch at 12.55

14.00 Improving emergency assessment during perinatal mental health crisis

Dr Jelena Jankovic

Consultant Perinatal Psychiatrist - Emergency Assessment
Birmingham Perinatal Mental Health Service with

Dr Emma Barrow Consultant Liaison Psychiatrist
Birmingham and Solihull Mental Health NHS Foundation Trust

- ensuring rapid and emergency assessment services
- improving rapid access services
- staying well and preventing future crisis: developing an effective individual crisis plan

14.30 Supporting men whose wives or partners are suffering from postnatal depression

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?

15.00 More Than a Tick Box

Lisa Hammond and Donna Davies

More Than a Tick Box

- Introduction/our experiences
- Background to 'More Than a Tick Box' project
- Key findings from our research & recommendations moving forward
- Asking the right questions
- How can we all make a change?

15.30 Questions and answers followed by Tea & Coffee at 15.40

16.00 Improving care and support for vulnerable women

Daisy Kelly

Specialist Midwife for Perinatal Mental Health
Kings College NHS Foundation Trust

- safeguarding vulnerable women in the perinatal period
- working in partnership to improve outcomes
- our experience

16.30 Learning from MBRRACE-UK: Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries

Elaine Hanzak

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

- lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2014–16
- high risk factors: learning from suicides after a pregnancy or postnatal loss, or after removal of their infant into care

17.00 Questions and answers followed by Close

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

Improving Perinatal Mental Health Crisis Services

Friday 29th March 2019
De Vere West One, Conference Centre London

Download

How to book

Book online via credit card and receive a 10% discount*

www.healthcareconferencesuk.co.uk

Fax the booking form to
0208 181 6491Post this form to Healthcare Conferences UK
8 Wilson Drive, Ottershaw, Surrey, KT16 0NT**> Your Details** (please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please Circle)

First Name

Surname

Job Title

Department

Organisation

Address

Postcode

Telephone

Fax

Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box,
 Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking

(By signing this form you are accepting the terms and conditions below)

Name

Signature

Date

> Payment **By Cheque** A cheque for is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd.

 By Invoice Please send an invoice to

Name

Organisation

Address

Postcode

PURCHASE ORDER NUMBER
(If Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

 By B A C S

For Payments in £: Sort Code 40-46-22 Account No. 21553690

■ Please send your BACS remittance form as confirmation of payment

■ Your BACS Reference **All sections must be completed** **By credit card** Please debit my Visa/Mastercard/Switch

Cardholder's Name

Card No. Valid From Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking to confirm the payment card security code. (this is the last three digits of the number printed on the back of your card)

Signature

Card billing address

Promotional Code **Conference Documentation**
 I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

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

Friday 29th March 2019

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%.

***Credit card Discount**

10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

****Group Rates**

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Accommodation

On confirmation of your booking you will receive information for booking accommodation should you require it.

Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

Credits

CPD Certified. Recognised by the Good Governance Institute. Conference Producer is a member of the British Association for Professional Conference Organisers.

The information provided will be held on the Healthcare Conference UK's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.
 ©Healthcare Conferences UK Ltd 2018

