

Improving Perinatal Mental Health Services

Improving access and support during and beyond Covid-19

Thursday 21st October 2021

Virtual Conference

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



Chair & Speakers include:

Elaine Hanzak

Author, Advocate and Speaker on Perinatal Mental Health with Lived Experience

Professor Jenny Kurinczuk

Professor of Perinatal Epidemiology Director National Perinatal Epidemiology Unit (NPEU) National Programme Lead MBRRACE-UK/PMRT

Janet Fyle MBE

Professional Policy Advisor The Royal College of Midwives

Sandra Igwe

Founder The Motherhood Group Co-chair National Inquiry into Racial Injustice in Maternity Care led by Birthrights Charity

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This conference focuses on improving perinatal mental health services during and beyond Covid-19.

"The perinatal period is a time of significant risk to women's mental health, with up to two in ten women suffering some form of mental health problem, ranging from mild to moderate forms of anxiety or depression to a minority who will suffer from more severe mental health problems."

Maternal Mental Health during a Pandemic, Centre of Mental Health March 2021

"The pandemic has posed mental health challenges for women during pregnancy and early motherhood...All evidence sources pointed to a decrease in mental wellbeing amongst women during the perinatal period."

Maternal Mental Health during a Pandemic, Centre of Mental Health March 2021

The conference will also discuss the development of specialist perinatal hubs;

"We know around one in four women experiences mental health problems in pregnancy and during the 24 months after giving birth, and these maternal mental health services will provide vital support, meeting the specific needs of these women. Their establishment will significantly contribute to the overall commitment of the NHS to enable at least 66,000 women with moderate to severe mental health difficulties related motherhood to access specialist care by 2023/24."

Dr Giles Berrisford, NHS England's national speciality advisor for perinatal mental health April 2021

"Every woman has a unique experience with pregnancy and motherhood and some will need extra support to cope with mental health issues that can range from anxiety to severe depression... I would encourage any mum who needs this support to come forward safe in the knowledge that her mental health and well-being are of paramount importance and she should not feel ashamed of accessing the help she needs."

Claire Murdoch, NHS England's national mental health director April 2021

By attending this one day conference, you will hear talks from expert speakers at local and national level. The chair for the day will be Elaine Hanzak, a Survivor of Postnatal Depression and Author of *Eyes without Sparkle* and *Another Twinkle in the Eye*— 'contemplating another pregnancy after perinatal mental illness'. The conference will open focusing on the lived experience, and then learning from the recent MBRRACE-UK rapid care report focusing on recommendations for improvement during Covid-19. You will benefit from extended sessions focusing prevention and positive mental health, identifying and supporting women in mental health crisis, improving the quality of mental healthcare for new mothers, supporting men whose wives or partners are experiencing PND, learning from mother and baby units, supporting mothers at higher risk due to birth trauma or previous mental health issues, and developing the role of perinatal mental health champions.

This conference will enable you to:

- Network with colleagues who are working to improve perinatal mental health services
- Reflect on the lived experience
- Understand the learning and improvements that can be made during Covid-19
- Learn national MBRRACE-UK enquiries and reports on maternal deaths
- Reflect on national developments and learning
- Improve the way you deliver positive mental health and wellbeing support
- Develop your skills in identifying and supporting women experiencing mental health crisis
- Understand the role of mother and baby units, and how the role is changing due to Covid-19
- Identify key strategies for supporting men whose wives or partners are suffering from postnatal depression
- Develop effective care plans and support for women with previous mental health concerns
- Improve support for women who have had traumatic births
- Understand and develop your role as a perinatal mental health champion
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

100% of delegates at our previous conference on this subject would recommend it to a colleagues

10.00 Chair's Welcome & 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
- supporting new mums during the Covid-19 Pandemic

10.30 Learning from MBRRACE-UK: Saving Lives, Improving Mothers Care
Sharing the learning to improve services pre and during Covid-19

Prof Jenny Kurinczuk

*Professor of Perinatal Epidemiology, Director
National Perinatal Epidemiology Unit (NPEU)
National Programme Lead
MBRRACE-UK/PMRT*

- lessons learned from recent enquiries and reports
- learning from the 2020 report focusing on Covid-19 - Saving Lives, Improving Mothers' Care rapid report
- high risk factors: learning from suicides after a pregnancy or postnatal loss, or after removal of their infant into care
- identifying warning signs and red flags

11.10 *Small Breakout Groups*

11.20 *Comfort Break and Virtual Networking*

11.35 Improving wellbeing and supporting positive mental health during pregnancy

Janet Fyle MBE

Professional Policy Advisor The Royal College of Midwives

Sandra Igwe

Founder The Motherhood Group Co-chair National Inquiry into Racial Injustice in Maternity Care led by Birthrights Charity

- focusing on prevention and positive mental health and emotional wellbeing during pregnancy
- improving services at a general and specialist level
- ensuring equality and enhancing engagement with diverse communities
- developing the role of the perinatal specialist midwife

12.10 Perinatal Mental Health Crisis: Identification, Crisis Prevention and Support

Speaker to be announced

- supporting people through mental health crisis in the perinatal period
- identifying people at high risk and delivering preventative support
- the development of specialist perinatal hubs as outlined in the NHS Long Term Plan
- improving rapid access emergency assessment during crisis
- 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

13.00 *Small Breakout Groups*

13.15 *Lunch Break and Virtual Networking*

14.15 Supporting mothers following Birth Trauma

Dr Kim Thomas

*CEO
The Birth Trauma Association*

- the experience of PTSD following a traumatic birth
- effective diagnosis and treatment of postnatal PTSD
- the value of peer support: how the BTA helps
- potential prevention of postnatal PTSD

14.45 The importance of Paternal Mental Health:
Supporting men whose wives or partners are suffering from postnatal depression

Scott Mair

*Founder, Perinatal Mental Health Support;
Practitioner, Beyond Birth Wellbeing,
and Trainer, Perinatal Mental Health Training CIC
Scott also has lived experience of paternal mental health issues*

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

15.15 *Small Breakout Groups led by Scott Mair*

15.30 *Comfort Break and Virtual Networking*

15.45 Supporting women with pre existing current or past severe mental health conditions

Dr Malcolm Cameron

*Consultant Liaison Psychiatrist
NHS Ayrshire & Arran; and
Perinatal and Infant Mental Health Executive Lead
Perinatal & Infant Mental Health Programme Board, Scotland*

- how can we effectively identify and support women with pre existing mental health conditions
- managing existing mental health problems during pregnancy
- providing pre-conception advice and support for women with a current or past severe mental illness who are planning a pregnancy
- our services and working in collaboration with woman who have experienced perinatal mental health issues

16.15 Developing the role of Perinatal Mental Health Champions

Speaker to be announced

- developing the role of Perinatal Mental Health Champions
- improving support during Covid-19
- asking the right questions
- how can we all make a change? Develop your role as a perinatal mental health champion
- 5 minutes to write down take away actions from today's conference

16.45 *Closing Remarks by Chair*

There will be time after each session for Questions and Answers

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Virtual Online Conference

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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐
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Venue

This virtual conference will include a live stream on Zoom, interactive breakout sessions and a dedicated secure landing page with resources available for three months

Date

Thursday 21st October 2021

Conference Fee

- ☐ £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
- ☐ £250 + VAT (£300.00) for voluntary sector / charities.
- ☐ £495 + VAT (£594.00) for commercial organisations.

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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.

Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7 days after submitting your booking. The access code for the virtual portal will be sent one week before the conference

Exhibition

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

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