

Improving Maternal Mental Health

including the identification
and management
of postnatal mental distress

Wednesday 2 July 2008
76 Portland Place, London

Topics include:

- Improving maternal mental health: a personal journey
- Developing a positive preventative approach
- Focusing on vulnerable and high risk women
- Focusing on the fathers
- Identifying women who are experiencing distress: what works?
- Improving access to psychological therapies
- Developing peer support
- Working in Partnership:
Salford Surestart Perinatal Mental Health Project
- Developing clinical networks



"We all need to work together to improve maternal health and remember that the effects go far beyond just the mother. By improving the networks involved we can all make a real difference to reduce the suffering." ELAINE HANZAK

**Keynote speaker
Elaine Hanzak**

Survivor of Postnatal Depression
and Author *'Eyes without Sparkle'*

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“Maternal mental health problems pose a huge human, social and economic burden to women, their infants, their families, and society and constitute a major public health challenge. Women’s mental health requires special considerations in view of women’s greater likelihood of suffering from depression and anxiety disorders and the impact of mental health problems on childbearing and childrearing, too.”

MATERNAL MENTAL HEALTH AND CHILD HEALTH AND DEVELOPMENT
WORLD HEALTH ORGANISATION WEBSITE, MARCH 2008

Chaired by **Dr Dave Tomson** *GP Lead for Mental Health and Consultant in Patient-Centred Primary Care* North Tyneside Primary Care Trust, the conference focuses on ensuring a positive and holistic approach to maternal mental health, identifying and managing postnatal mental distress and working in partnership to improve outcomes.

Postnatal depression affects up to one in ten women, but is often missed by Healthcare Professionals. Screening strategies, questionnaires and educational interventions are a few methods that have been proposed to improve the recognition of postnatal depression. In February 2007 NICE introduced the guideline **‘Antenatal and postnatal mental health: clinical management and service guidance’** which recognises mental health problems during pregnancy, in the first year after giving birth and care and treatment for women who already had a mental health problem before becoming pregnant.

Elaine Hanzak *Survivor of Postnatal Depression and Author ‘Eyes without Sparkle’* will give a keynote presentation on her journey through postnatal mental distress, including raising public awareness, reducing stigma and explaining how staff and services can learn from service users to improve maternal mental health.

The conference closes with a session focusing on moving forward and the steps taken to develop a clinical network to improve partnership working. You will have the opportunity to question the panel of speakers which will enable you to promote and share ideas towards improving postnatal mental health.

Chairman: Dr Dave Tomson *GP Lead for Mental Health and Consultant in Patient-Centred Primary Care North Tyneside Primary Care Trust*
Dave was previously the Chair of the NICE Guideline Development Group for the 2007 Antenatal and Postnatal Mental Health Guideline

10.00 Chairman's introduction

10.15 Improving maternal mental health: a personal journey

Elaine Hanzak

Survivor of Postnatal Depression and Author
'Eyes without Sparkle'

- my journey through postnatal mental distress
- raising public awareness and reducing stigma
- finding meaning and empowerment through experience
- how staff and services can learn from service users to improve maternal mental health and develop positive holistic person centred services

ENSURING A POSITIVE AND HOLISTIC APPROACH TO MATERNAL MENTAL HEALTH

10.55 Developing a positive preventative approach – Family-nurse partnership: a pilot site experience

Ann Rowe

Family Nurse Partnership Implementation Lead
Department of Health
with **Lead from a Pilot Site**

- the family nurse partnership programme
- the impact of early intervention and tailored support for vulnerable new families
- experiences from a Pilot Site and the impact on mental health outcomes and social inclusion

11.30 Questions and answers, followed by coffee and exhibition at 11.40

12.00 Focusing on vulnerable and high risk women

Professor Debbie Sharp

GP and Partner Shirehampton Group Practice
and Professor of Primary Care The University of Bristol

- targeting services at those at high risk
- identifying those who are vulnerable and those with a history of mental distress
- tips and lessons for GPs in practice

12.30 Focusing on the fathers

Mary Alabaster

Nurse Consultant, Perinatal Mental Health
South Essex NHS Partnership Trust

- ensuring a holistic approach to supporting whole families
- a nurse led service providing peri natal support to new fathers
- a father's view of the service

13.00 Questions and answers, followed by lunch and exhibition at 13.10

IDENTIFYING AND MANAGING POSTNATAL MENTAL DISTRESS

14.00 Identifying women who are experiencing distress: what works?

Dr Alain Gregoire

Consultant Perinatal Psychiatrist
Hampshire Partnership NHS Trust

- identifying women at risk, and those experiencing distress
- acceptability and validity of detection methods and tools available
- improving identification strategies in practice

14.30 Improving access to psychological therapies

Mr John Cape

Head of Psychological Therapies
Camden and Islington Foundation Trust

- ensuring choice and improving access to psychological therapies
- designing stepped care pathways
- case studies in practice

15.00 Questions and answers, followed by tea and exhibition at 15.10

WORKING IN PARTNERSHIP TO IMPROVE OUTCOMES

15.30 Developing peer support

Ruth Rothman

Specialist Lead, Parental and Child Mental Health
South East Essex Primary Care Trust

- developing and sustaining postnatal support groups and peer run support groups for new mothers
- developing peer support to improve maternal mental health and reduce social exclusion

16.00 Working in Partnership: Salford Surestart Perinatal Mental Health Project

Marjorie Finnigan

Perinatal Mental Health Worker
Salford

- working in partnership across Salford
- the rapid access service
- providing training and education to frontline professionals
- the impact on clinical outcomes

16.30 Developing clinical networks

Speaker to be confirmed

- developing a clinical network to improve partnership working
- plugging the gaps between services
- moving forward

17.00 Questions and answers, followed by close

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London

Conference Registration



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Venue

76 Portland Place, London, W1B 1NT. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 2 July 2008.

Conference fee

£340 + VAT (£399.50) for NHS, social care and private healthcare organisations

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