Perinatal Mental Health Network Scotland
National Managed Clinical Network

Progress Report

12ᵗʰ Dec 2018

Mental Health Strategy 2017 -2027

- Action 16 - Fund the introduction of a Managed Clinical Network to improve the recognition and treatment of perinatal mental health problems

- Key message:

Prevention and early intervention are key to minimising the prevalence and incidence of poor mental health and the severity and life time impact of mental disorders and mental illnesses. Prevention and early interventions must be a focus of activity and funding.

Perinatal Mental Health Network Scotland
National Managed Clinical Network

NHS National Services Scotland

Strategic Aims

- Launched in Jan 2017

- Funded for 3 years

- Leads appointed - Clinical, Nursing, Infant Mental Health & Maternity

- 5 year plan developed

- Communication and Engagement

- Care Pathways /Equity of Provision

- Education /Skilled Workforce

- Audit and Assurance (Data and Quality Improvement)

- Evaluation/ Benchmarking

- Needs Assessment

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Scottish Government's Programme for Government 2018-19 sets out the actions the Government will take in the forthcoming year

- **Programme for Government Commitment 1**
  For those 11,000 women a year who would benefit from help such as counselling, we will support the third sector to provide this

- **Programme for Government Commitment 2**
  For those 5,500 women in need of more specialist help, we will ensure rapid access to psychological assessment and treatment

- **Programme for Government Commitment 3**
  For those 2,250 women with the most severe illness, we will develop more specialist services and explore additional inpatient beds or enhanced community provision

Work to date

Working in partnership

Developing professional expertise

Ensuring equity of care

Delivering best outcomes

- Survey of women's views with MMHS Change Agents

- Women and Families Perinatal Mental Health Charter

- Workshops – midwives, Community mental health Nurses, health visitors, specialist OTs and social work, third sector, MBU staff, psychological therapists

- Best Start Implementation Group liaison meetings

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Plans for coming year

Working in partnership

Developing professional expertise

Ensuring equity of care

Delivering best outcomes

- Define peer support networks and peer worker roles

- Workshops – women and families, obstetricians, community specialist PMH teams

- Web resource as 'go to' site for access to information and education for professionals and public

Work to date

NHS National Services Scotland

- Working in partnership
- Developing professional expertise
- Ensuring equity of care
- Delivering best outcomes

- Staff education and training survey

- Partnership with NES to produce refreshed Perinatal Curricular Framework

- Midwifery advisory 'clinic' run by Maternity Lead

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Plans for coming year

Working in partnership

Developing professional expertise

Ensuring equity of care

Delivering best outcomes

- Training recommendations and resources matched to competencies
- Induction training in preparation for new teams development

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Plans for coming year

- Service delivery outcomes
  - Monitoring of access to MBU beds
  - Evaluation of additional numbers entering assessment and care by new services
- Clinical outcomes
  - Core specialist services data set with outcome measures and patient feedback

Work to date

Working in partnership

Developing professional expertise

Ensuring equity of care

Delivering best outcomes

- Needs Assessment visits to identify current services and what might be required in the future.

Needs Assessment visits
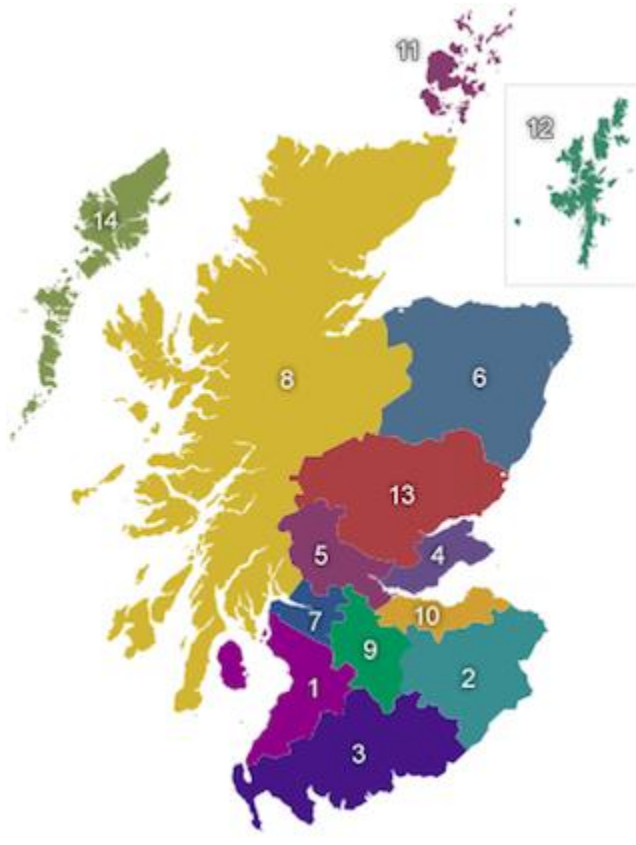
Results/Common themes

- Contribution of 3rd sector
- Lack of awareness of training opportunities
- Very limited specialist infant mental health provision
- Great ambition but difficulty sustaining perinatal mental health services
- Areas of good practice and innovation

Plans for the coming year

Working in partnership

Developing professional expertise

Ensuring equity of care

Delivering best outcomes

- Detailed recommendations on models of service provision for Scotland
- Workforce planning specialist services
- Recommendations on the development of primary care psychological services resources
- Recommendations on the development of third sector resources
- Development of peer worker roles

Programme for Government Commitment 1

For those 11,000 women a year who would benefit from help such as counselling, we will support the third sector to provide this

- Develop suite of educational tools to meet workforce needs across all tiers of service provision, which maps onto the competencies identified in the Curricular Framework

- Develop high quality web-based resource for learning and information sharing for women, families and professionals

- Explore funding for 3rd sector organisations to deliver health promotion, preparation for parenthood and counselling services to vulnerable populations

Programme for Government Commitment 2

For those 5,500 women in need of more specialist help, we will ensure rapid access to psychological assessment and treatment

- Develop suite of educational tools to meet workforce needs across all tiers of service provision, which maps onto the competencies identified in the Curricular Framework

- Workforce planning for primary care psychological therapists

- Explore funding for women with lived experience to lead recommendations on provision of peer support services to women with mild to moderate perinatal mental health problems
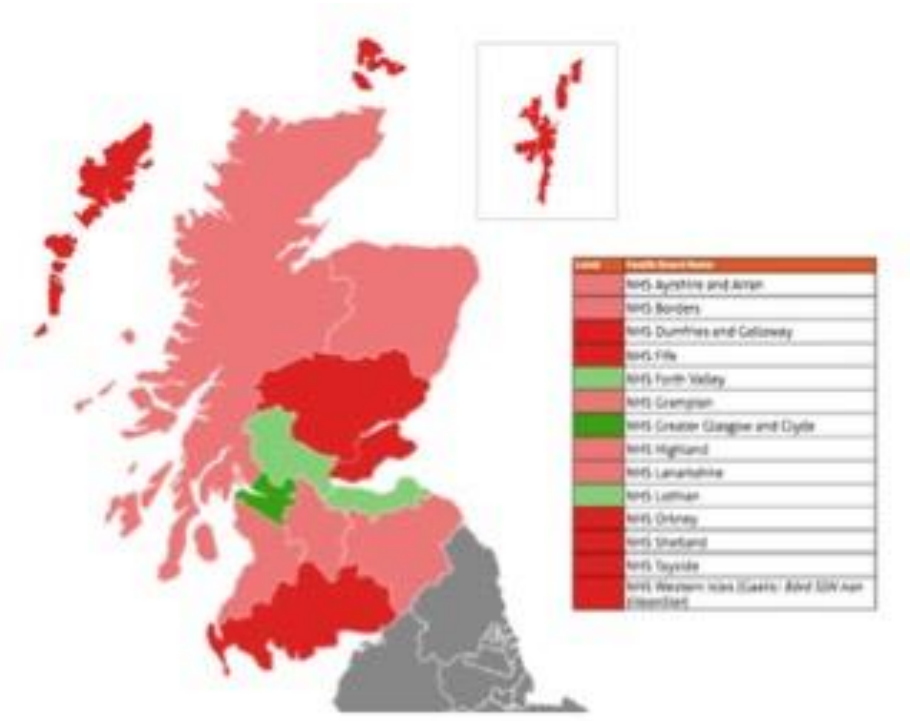
Programme for Government Commitment 3

For those 2,250 women with the most severe illness, we will develop more specialist services and explore additional inpatient beds or enhanced community provision

- PMHNS Needs Assessment Report publication

- PMHNS Service Standards & Recommendations Report publication

- Workforce planning for specialist PMH team recruitment in high and low/dispersed birth number areas and island boards

- Develop model of maternity and neonatology psychological services provision

- Develop national induction programme for new workers in specialist services

Programme for Government Commitment 3

For those 2,250 women with the most severe illness, we will develop more specialist services and explore additional inpatient beds or enhanced community provision
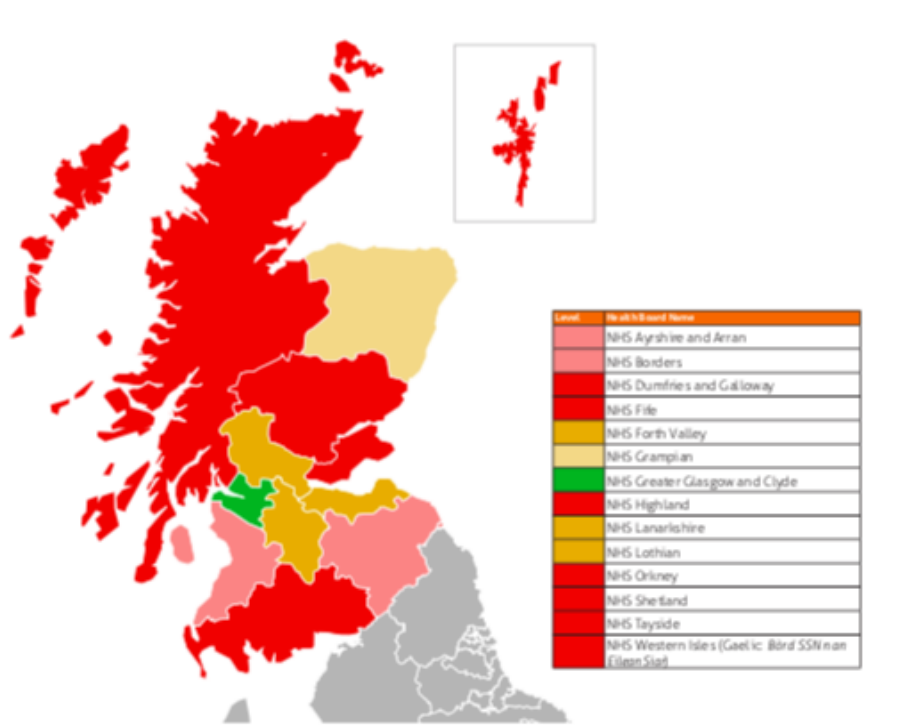
- Testing of infant mental health proposed service model using expert guidance from existing models of service elsewhere in the UK/abroad with follow-up report on service provision

- Workforce planning for infant mental health (IMH) team members linked to PMH services

- Develop case for additional beds in conjunction with northern and island boards

- PMHNS Inpatient Services Report and Recommendations

- Workforce planning for multidisciplinary staff to provide additional inpatient care or intensive home treatment in remote and rural areas
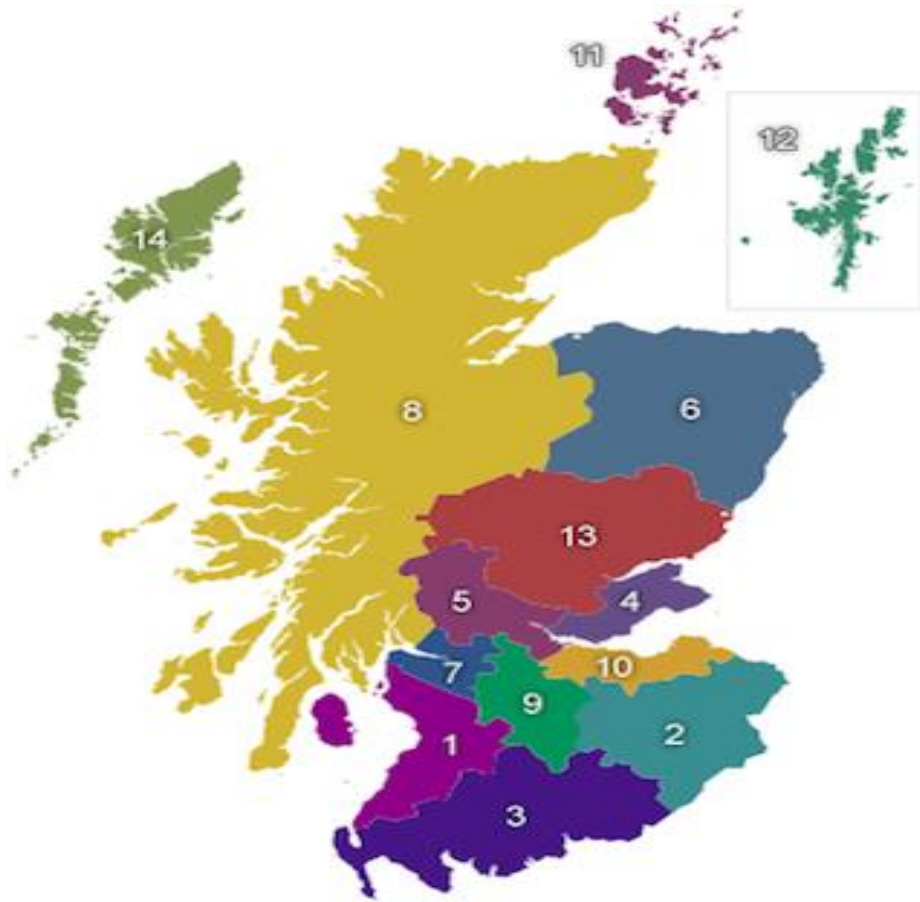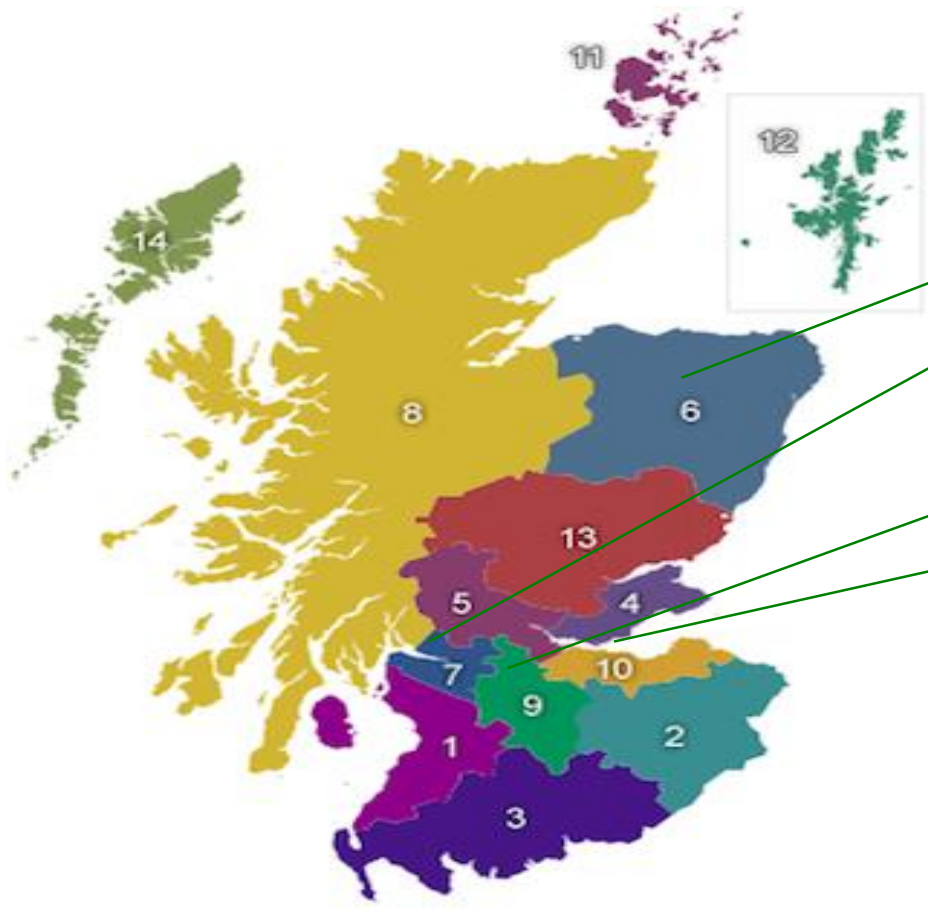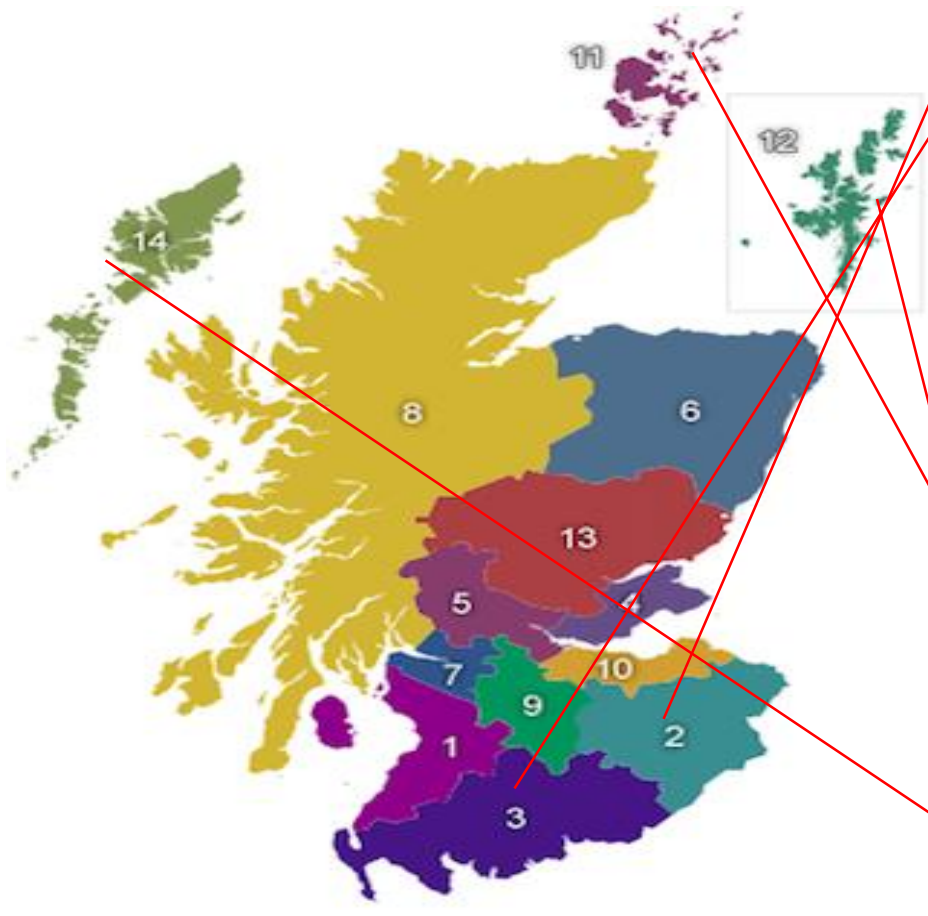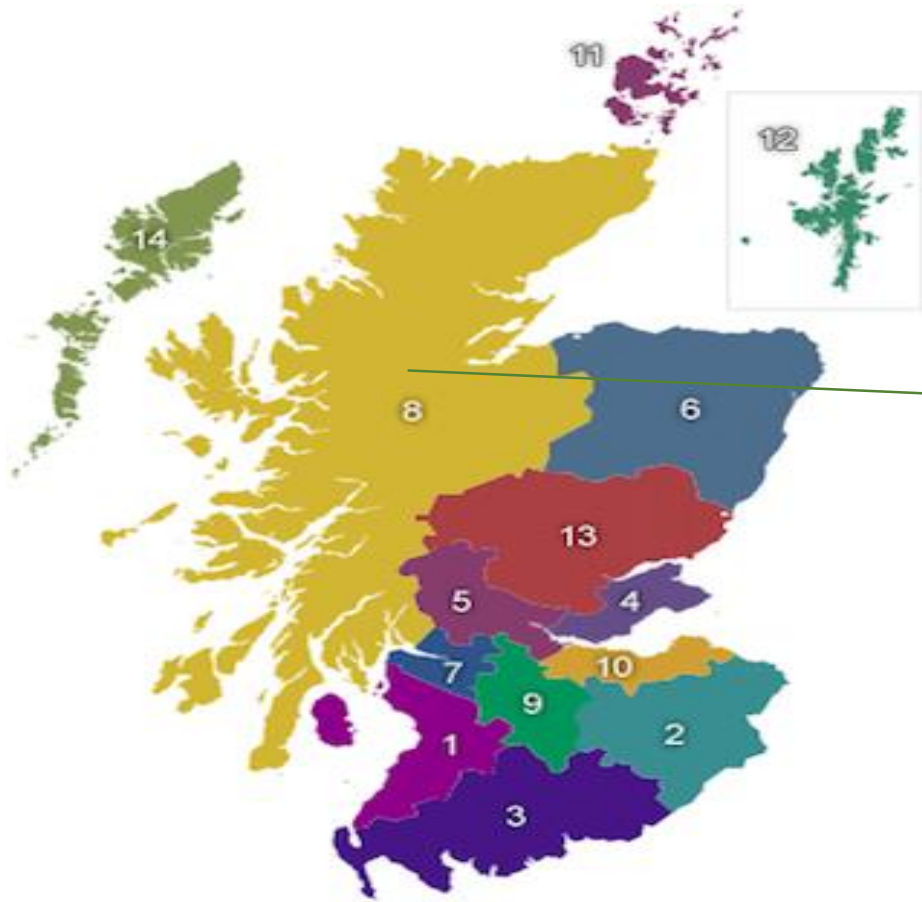
MMHA maps

2015

2018

Ayrshire & Arran	3,495
Borders	1,005
Dumfries & Galloway	1,318
Fife	3,739
Forth Valley	2,887
Grampian	6,271
Greater Glasgow & Clyde	12,052
Highland	2,849
Lanarkshire	6,826
Lothian	9,418
Orkney	178
Shetland	266
Tayside	3,926
Western Isles	238

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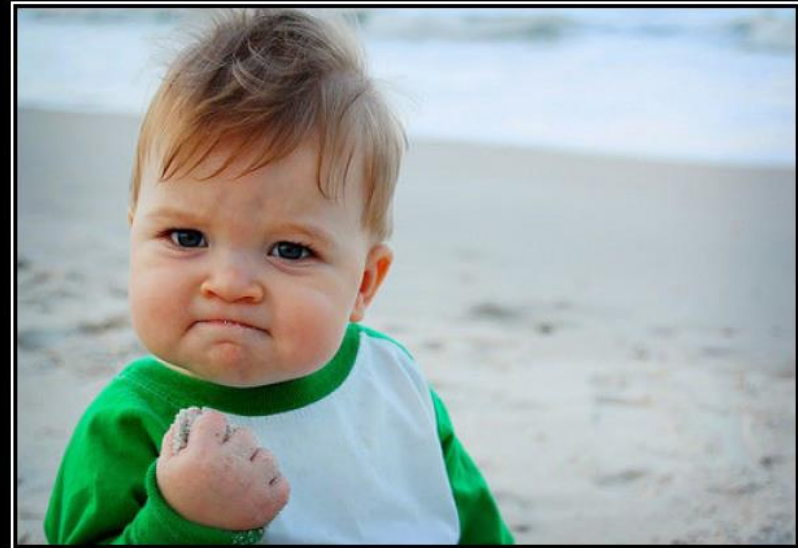| Ayrshire & Arran	3,495
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Ensuring equity of care
Medium to low birth number/population density areas

- Dispersed model of provision. Community nursing staff, with protected time for perinatal mental health, identified in each adult community mental health team

- A core leadership team, with protected time for perinatal mental health provision, should be identified to provide clinical supervision, support and case management to the dispersed team

- Team has protected time to meet regularly and has access to additional support from other professionals as required

- Team has the skills and capacity to case manage all (or, at minimum, more complex/high risk) referrals and to accept referrals directly from primary care, maternity and other mental health services

- Team has the skills and capacity to lead training and education for maternity, primary care, and other mental health staff

- Regional arrangements for very small/island boards

- Use of technology

The Team

- Roch Cantwell, Lead Clinician
- Elaine Clark, Nurse Lead
- Shona McCann, Maternity Lead
- Anne McFadyen, Infant Mental Health Lead
- Alley Speirs, Network Manager
- Susan Fairley, Administrator
- Louise Smith, Information support

Do You Have What it Takes?