

Managed Clinical Network for Perinatal and Infant
Mental Health

&

Maternal Mental Health Scotland
Change Agents



Perinatal Mental Health Network Scotland
National Managed Clinical Network



First Steps

June 2017: Planning for Managed Clinical Network

Baby Box



Ready Steady Baby!

Your mental health and wellbeing in pregnancy

Emotional highs and lows are natural and normal when you're pregnant. Most women have good mental health during their pregnancy, though some find it harder to manage.

You can help yourself stay mentally well while pregnant and preparing for the birth of your baby.

Postpartum psychosis

Postpartum psychosis (puerperal psychosis or postnatal psychosis) is a serious mental health illness that can affect a woman soon after she's given birth.

More about [postpartum psychosis](#)

Obsessive compulsive disorder (OCD)

OCD is a type of anxiety where you have unwelcome thoughts and feel like you need to do certain behaviours.

If you've had OCD in the past, some of your symptoms may come back after your baby's born. Be on the lookout for them and if they start, get some help as soon as you can.

Maternal OCD has more about [perinatal OCD](#)

Trauma

A difficult or upsetting birth can sometimes cause symptoms of trauma for you and your partner, such as

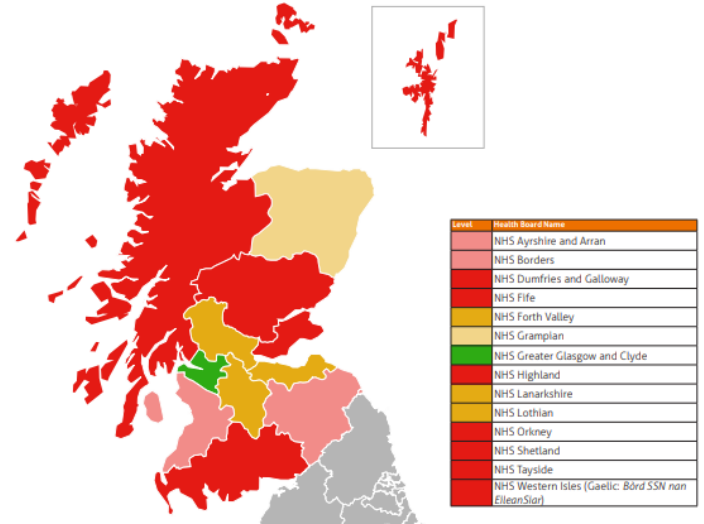
- having upsetting memories or nightmares about it
- trying not to think about the birth or not wanting to talk about it
- feeling anxious and upset when reminded about it
- feeling angry, irritable or jumpy

If this happens and you're worried or it affects your day to day life, speak to your GP, health visitor or family nurse.

Once you've been able to work through these feelings they usually get better over time. Most people don't need treatment or therapy.

Mapping and Gapping

- “Expert by experience” in many of the boards visited.
- Positives and negatives of experience.
- Debrief, support of people with lived experience.



Women and Families Questionnaire

- Joint working to design and distribute the questionnaire.
- Baseline for future participation work.



22 March 2018 · 🌐

The Perinatal Mental Health Network is seeking to understand your experiences of health services and 3rd sector organisations during your pregnancy and first year after the birth of your child.

The information will be included in a recommendation report that the network submits to the Scottish Government. It will inform the network if there is a need for us to facilitate regional women and families events.

This short survey will take 10 minutes to complete. All responses are anonymous and cannot be identified in any report we produce.

Please complete by 26th April

Here is the link to the survey:

[http://www.nsssurvey2.scot.nhs.uk/index.php...](http://www.nssssurvey2.scot.nhs.uk/index.php...)



NSSSURVEY2.SCOT.NHS.UK

Women and Families Questionnaire

The purpose of this questionnaire is to understand your experience of Health services and 3rd Sector Organisations during and after your pregnancy to inform a half day event. We





Delivering Effective Services:

Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services

- Working in Partnership
- Developing Professional Expertise
- Ensuring Equity of Care
- Delivering Best Outcomes



Women & Families Maternal Mental Health Pledge

More than 1 in 5 women will experience mental health difficulties in pregnancy or the first postnatal year.

These are some of the expectations that women who have experienced mental health problems in pregnancy or after childbirth identified that they would want.



If you are experiencing mental health difficulties or need support speak to your GP, midwife, health visitor or NHS 24

For full details of the pledge visit - www.pmhn.scot.nhs.uk/pledge/

Workshop with community psychiatric nurse forum.

“Expert by Experience” session with health professionals.

Led to expert by experience involvement in:

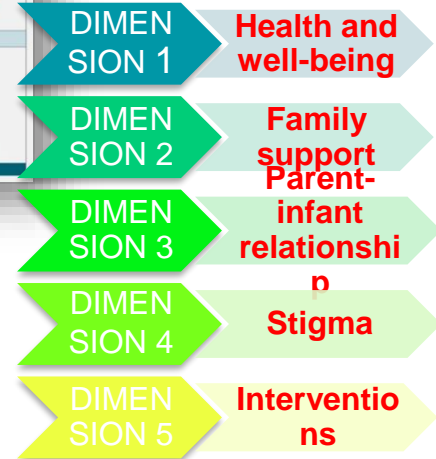
- Mother and Baby Unit Forum
- Community Perinatal Mental Health Teams Forum
- Scottish Patient Safety Programme
- Interview panels



Perinatal Mental Health Curricular Framework, 2019



INFORMED	Baseline knowledge and skills required by all staff working in health, social care and third sector settings. (All staff)
SKILLED	Knowledge and skills required by staff who have direct and/or substantial contact with women during pregnancy and the postnatal period, their infants, partners and families. (All maternity, health visiting, primary care, children & families social work, relevant third sector)
ENHANCED	Knowledge and skills required by staff who have more regular and intense contact with women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. (All mental health, incl. adult, CAMHS, addictions etc. as well as maternity, primary care, health visiting and third sector staff who work in an enhanced role)
SPECIALIST	Knowledge and skills required by staff who, by virtue of their role and practice setting, provide an expert specialist role in the assessment, care, treatment and support of women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. They will often have leadership roles in education, training and service co-ordination and development. (Staff working within specialist perinatal and infant mental health services)



What have we learned?

- Language - Experts by experience, lived experience
- How can the system support experts by experience, and support health professionals to promote involvement.
- Key contact, access to information, ability to ask questions, access to expenses, recognition of “work”.
- Bigger picture / one size doesn't fit all / individualised care / right care for right person at the right time.





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What's Next?

- Participation officer role - supporting women and families to be involved
- Protocol for involving people with lived experience?

Thank you

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