

Perinatal Mental Health - action plan 2017- 2019

Leads – Sanhita Chakrabarti (Clinical Lead Bedfordshire CCG CYP), Karlene Allen (BCCG Head of Children’s Commissioning), Rachel Volpe (BCCG Interim Head of Mental Health & Learning Disabilities)

Organisational and partnership groups responsible for delivery – Bedfordshire and Luton wide Future in Mind Steering Group, Perinatal Task and Finish Group, BCCG CYP operational group, Mental Health SIG

Overall Objective

- To support additional women each year to access evidence-based specialist perinatal mental health treatment (Five Year Forward View For Mental Health)
- Better postnatal and perinatal mental health care (Better Births, Improving outcomes of maternity services in England)

Outcomes

- A skilled workforce with greater awareness and understanding of the impact of perinatal mental health problems on the mother, infant and family.
- Parents better supported during the perinatal period
- Reduction in mental health crisis for parents
- Prevention of early attachment issues resulting in improved social and emotional wellbeing in children

	Key Objectives/Actions	Lead	Success criteria	Timescale	Latest position
	To develop the workforce by delivering perinatal and infant mental health training for key staff				
1	Cascade IHV Perinatal and Infant MH 1 day Training to upskill Health Visitors, midwives, social workers and children's centre staff	Karlene Allen (BCCG) Jacky Syme (EPUT)	Number of staff trained – 1200 HV and 400 MW by 2021	Ongoing 1 st reporting – Q1/Q2 17/18	Cascade training commenced in May
2	Access regional training places for key staff groups e.g. CMHT, CAMHS,	Seana Perkins (BBC/BCCG) Stephanie Cash (CBC)	Number of staff trained	1 st reporting – Q2 17/18	35 Staff signed up from EPUT, CBC, ELFT. 11 DNAs on Awareness Training
3	Upskill GPs in line with 2014 NICE guidelines – Antenatal and postnatal mental health cg192	Sanhita Chakrabarti Roshan xx	Number of GPs trained	1 st update – Q4 (2017/18) reporting	Workshop event – 6 Nov
	To develop pathways				
4	Finalise perinatal pathways for Bedfordshire (Bedford and Central Bedfordshire): a) Community b) In patient c) Crisis Sign off pathways at Primary Care Working Group and BCCG Exec Roll out – take through Contracts and Quality Schedules Plan Comms Strategy to roll out pathways	Seana Perkins (BCCG) Sanhita Chakrabarti	Pathway agreed at T&F Group 24.7.17 Pathways signed off	End July 2017 End Oct 2017 Comms to GPs 20 Nov End Dec 2017	
5	Develop perinatal pathways for Luton	Michelle Causer (L&D) Stephanie Cash (LBC)		Sep	

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6	Establish pathways to support complex issues including <ul style="list-style-type: none"> • Drug and alcohol • Domestic violence 	Sanhita Chakrabarti			Workshop event – 6 Nov
To develop a Specialist Perinatal Mental Health Service					
7	Appoint CAMHS Infant Mental Health practitioner	ELFT	Practitioner appointed	Q1 2017/18	Practitioner appointed. Start date October 2017
8	Secure funding for specialist perinatal mental health team	Karlene Allen (BCCG)	Bid submitted and successful	Q3 Dec 17	Stakeholder Event 4 Sep 17
To embed NICE Quality Standards (QS115) into provider contracts					
9	ADULT MH SERVICES - Specify within contracts that providers should not prescribe valproate to women of child bearing age to treat a mental health problem	Karlene Allen/ Sanhita Chakrabarti (BCCG) Rachel Volpe (BCCG) Gina Manning (ELFT)	In ELFT Adult MH Services Contracts	Q4 (2017/18) – 1 st update	To be checked on Quality Schedules
10	ADULT MH SERVICES: - Women of child bearing potential with a severe mental health problem are given information at their annual review about how their mental health problem and treatment might affect them and their baby if they become pregnant	Karlene Allen (BCCG) Rachel Volpe (BCCG)	Specified in ELFT Adult MH Services contracts and evidence of practice		To be checked on Quality Schedules and consider flags on system.
11	MIDWIFERY - Specify and check that women with previous severe or current mental health problems are identified at booking appointments and midwives give information about possible benefits and risks of any treatment whilst pregnant or breastfeeding.	Karlene Allen/Seana Perkins (BCCG) Shirley Jones (BHT) Tracy Scivier (L&D)	Specified in contracts. Referrals to ELFT		BHT LQR082 Referrals to ELFT by midwifery?

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12	MIDWIFERY AND HEALTH VISITING - Women are asked about their emotional wellbeing at each routine antenatal and postnatal contact	Karlene Allen/Seana Perkins (BCCG) Barbara Rooney (CBC) Jacky Syme (EPUT) Shirley Jones (BHT) Tracy Scivier (L&D)	In Maternity and EPUT contract, protocols in place. % women who received a maternal mood review Women's reported satisfaction		EPUT IND C7, C8 & C9 CQC Maternity services survey
13	ADULT MH SERVICES - Women with a suspected mental health problem in pregnancy or postnatal period receive a comprehensive mental health assessment	Rachel Volpe (BCCG) Gina Manning (ELFT)	Referrals to support services – numbers provided		EPUT IND C10 and C12
14	ADULT MH SERVICES - Women referred for psychological interventions in pregnancy or the postnatal period start treatment within 6 weeks of referral	Rachel Volpe (BCCG) Gina Manning (ELFT)	Specified in contract and reported as proportion of pregnant women assessed in 2 weeks and start psychological interventions within 4 weeks		Tbc with ELFT

Performance Indicators

		2015/16	2016/17	2017/18	2018/19	2019/20
	Numbers of staff trained through IHV Champions Training		22 Champions Trained	JS - Cascade training commenced in May		
	Number of staff trained through EoE training programme		n/a	<u>Luton & Beds June-Aug</u> 5 x IMHOL Training 12 x Awareness Training 3x PMH Advanced Skills 6 x Champions Training		
	Number of GPs trained in perinatal mental health treatment					
BHT LQR082	% of Mothers asked mental health detection questions at booking	n/a		Not yet available		
EPUT IND C7	% of mothers who received a 6-8 week review and Maternal Mood review, by the time infant is aged 10 weeks of age, based on the quarter when the infant reached 10 weeks of age		85% - BBC 76.9% - CBC	<u>Q1</u> 94.7% (BBC) 94.3% (CBC)		
EPUT IND C8	% of mothers who responded 'yes' to the Whooley Questions and had PHQ9 Assessment at the 28-32 week antenatal Maternal Moods Review (EPUT)		225	<u>Q1</u> 0% (BBC) 2% (CBC)		
EPUT IND C9	% of mothers who responded 'yes' to the Whooley Questions and had PHQ9 Assessment at the 6-8 week Maternal Moods Review (EPUT)		n/a	<u>Q1</u> 13% (BBC) 36% (CBC)		
EPUT IND C10	Number of referrals for Listening Visits within the Health Visiting Service (EPUT)		357	<u>Q1</u> 52 (BBC) 113 (CBC)		
EPUT IND C12	Number of mothers who were referred to ELFT for maternal mental health support		7*	<u>Q1</u> 7 (BBC) 6 (CBC)		

*not available across whole year