

Achieving the 5 Year Forward View in

# Perinatal Mental Health Services

10% card payments discount\*  
15% Group booking discount\*\*

Monday 15 January 2018 De Vere West One Conference Centre, London



## Conference Chair:

**Elaine Hanzak**

*Survivor of Postnatal Illness*

*Perinatal Mental Health Advocate*

*Speaker and Author of 'Eyes without Sparkle – a journey through postnatal illness'*

*and 'Another Twinkle in the Eye– contemplating another pregnancy after perinatal mental illness'*

## Supporting Organisations:



Achieving the 5 Year Forward View in

# Perinatal Mental Health Services

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This national perinatal mental health conference will provide you with practical information and inspiration to take back to your organisation and utilise in implementing and improving perinatal mental health care in line with the 5 Year Forward View.

The 2017 National NHS Programme for Perinatal Mental Health aims to help an extra 30,000 new or expectant mums who experience serious mental ill health, offering them the right care at the right time. Initially NHS England has launched a £5m Perinatal Community Services Development Fund to help close a wide gap in the availability of high quality care for women with severe or complex conditions: fewer than 15 per cent of areas currently provide services to levels recommended in national guidelines, and more than 40 per cent provide no service at all.

*"We absolutely need to ensure that all women have the access to high quality perinatal mental health care and are committed to addressing current issues and variation. If left untreated, it can have a devastating impact on the woman affected and her family. I am delighted that we can use this fund to build capacity in the community, focusing on what works really well for women and their families and how we can help to spread some of this good practice to other parts of the country speedily and to best effect."* Dr Giles Berrisford, Associate National Clinical Director for Perinatal Mental Health

By attending this one day conference, you will hear talks from expert speakers at local and national level, your 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'.

This conference will enable you to:

- Network with colleagues working to improve the quality of perinatal mental health services
- Understand and reflect on what you need to do, to improve the access and quality of your service
- Learn from established practice in delivering excellent perinatal mental health care
- Understand how you can better support patients experiencing perinatal mental health issues
- Update your knowledge on national and local developments
- Identify key strategies for improving perinatal mental health services
- Examine your role in improving the quality of perinatal mental health care
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

*"The Five Year Forward View for Mental Health is clear in its objective that specialist perinatal mental health services should be available for all women and their families who need them. Over the course of this programme to 2020/21, this requires a significant increase in access in most areas of England – since only 15% of localities are thought to have services which fully meet NICE guidelines."* Five Year Forward View for Mental Health: One Year On February 2017

## 10.00 Chair's Introduction

### Elaine Hanzak

*Survivor of Postnatal Illness & Perinatal Mental Health Advocate*

*Speaker and Author of 'Eyes without Sparkle – a journey through postnatal illness' and 'Another Twinkle in the Eye – contemplating another pregnancy after perinatal mental illness'*

## 10.10 5YFW Perinatal Mental Health Update

### Dr Trudi Seneviratne

*Chair of the Faculty for Perinatal Mental Health Royal College of Psychiatrists*

*Clinical lead for South London and Maudsley NHS Foundation Trust*

- progress to date
- funding wave 1 successes, wave 2 progress
- how we are leading to the 2020/21 goals

## 10.35 Taking a prevention lens to the challenges of becoming a parent

### Dr Camilla Rosan

*Programme Lead for Families, Children and Young People Mental Health Foundation*

*Member Expert Reference Group Perinatal Competency Framework*

### and Freya Corfield

*Psychologist*

- the transition to parenthood
- a model for prevention
- who is at risk and getting in early?
- the evidence base for preventing perinatal depression and examples of good practice

## 11.00 Building Great Britons - 1001 critical days

### Robin Balbernie

*Clinical Director PIP UK Past Professional Lead for child psychotherapy and a Consultant Child and Adolescent Psychotherapist*

*Gloucestershire CAMHS*

- how the Parent Infant Partnership are working to improve services
- current projects and innovations
- moving forward to improving practice

11.25 Questions and answers followed by Tea & Coffee at 11.35

## 11.55 EXTENDED INTERACTIVE SESSION: What does excellence in Perinatal Mental Health look like?

### Julie Wright

*Specialist Perinatal Mental Health Midwife*

*Leeds and York Partnership NHS Foundation Trust*

This interactive session focuses on the key elements of effective perinatal mental health services and meeting the recommendations of the NICE Guideline on postnatal mental health.

12.55 Questions and answers followed by Lunch at 13.00

## 13.50 Improving Maternal Mental Health: A Personal Journey

### Elaine A Hanzak

*Survivor of Postnatal Illness*

*Perinatal Mental Health Advocate*

*Speaker and Author of 'Eyes without Sparkle – a journey through postnatal illness' and 'Another Twinkle in the Eye – contemplating another pregnancy after perinatal mental illness'*

- a personal story of postnatal mental distress
- what organisations and individuals can do to support women and their families
- additional considerations when contemplating another pregnancy after perinatal mental

## 14.30 Why Dads must be included in Perinatal Mental Health Services

### Mark Williams

*Dads Mental Health Matters*

- supporting men whose wives or partners are suffering from post natal depression

## 14.55 Mindfulness-Based Interventions: yoga for perinatal mental health

### Shweta Panchal

*Yoga Therapist for Mental Health & Active Birth Pregnancy Yoga Teacher, Supervisor and Lecturer The Minded Institute, Ambassador The Pre and Postnatal Depression and Anxiety charity PANDAS, and member of the parliamentary group bringing yoga to the NHS*

- prenatal yoga as a viable approach to addressing antenatal depression
- strategies required to successfully integrate Yoga into the NHS

15.20 Questions and answers followed by Tea & Coffee at 15.30

## 15.50 Perinatal Mental Health Services: getting it right at the first point of contact

### Beth Montague *Advanced Perinatal Mental Health Practitioner*

*with Samantha Danesh-Pour *Advanced Perinatal Mental Health Practitioner (RMN/CBT Therapist) Team Lead Reading and Newbury Berkshire Healthcare NHS Foundation Trust**

*and Martha Nicholson *Birth Trauma Lead Clinician**

*Berkshire Healthcare NHS Foundation Trust*

- who are the first points of contact?
- why do we need to get it right at the first point of contact?
- assessment and outcomes

## 16.30 Improving practice in Wales: the All Wales Perinatal Community of Practice

### Lisa Kinsella

*National Clinical Lead for Perinatal Services*  
*Public Health Wales*

- progress to date: advances in Wales
- lessons learned and our forward view for Wales

17.00 Questions and answers followed by Close

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### Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

### Date

Monday 15 January 2018

### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
 £300 + VAT (£360.00) for voluntary sector / charities.  
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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