

# Improving Perinatal Mental Health Crisis Services *Reducing Maternal Suicide*

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

Friday 29th March 2019 De Vere West One Conference Centre, London



## Conference Chair:

**Elaine Hanzak**

*Author, advocate and speaker  
on Perinatal Mental Health with  
Lived Experience*

## Supporting Organisations:



# Improving Perinatal Mental Health Crisis Services *Reducing Maternal Suicide*

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***“Around one in four women experience mental health problems in pregnancy and during the 24 months after giving birth<sup>81</sup>. The consequences of not accessing high-quality perinatal mental health care are estimated to cost the NHS and social care £1.2 billion per year”*** NHS Long Term Plan, January 2019

***“Perinatal mental health problems affect between 10 to 20% of women during pregnancy and the first year after having a baby”*** Public Health England

***“Maternal suicide is the fifth most common cause of women’s deaths during pregnancy and its immediate aftermath, but is the leading cause of death over the first year after pregnancy. Although there is greater awareness of the importance of mental health during pregnancy and in the first year after birth, there is still a long way to go in recognising symptoms, supporting women with mental health problems and providing access to specialist perinatal mental health care.”*** MBRRACE-UK: Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries across the UK, 1st November 2018

***“It was very evident that there needs to be a major emphasis on training for non-specialists in the management of pregnant and postpartum women - whether this be training for liaison, crisis and home treatment mental health teams on the specific features of perinatal mental illness, or medical and surgical teams on treatment of pregnant women with comorbidities”*** MBRRACE-UK - Saving Lives, Improving Mothers’ Care 2018, 1st November 2018

This conference focuses on improving crisis services for women in the perinatal period, and reducing maternal suicide.

This conference will enable you to:

- Network with colleagues who are working to improve perinatal mental health crisis services and support
- Learn from outstanding practice in delivering crisis support
- Reflect on the lived experience, national developments and learning
- Improve accessibility and responses to perinatal mental health crisis
- Develop your skills in crisis prevention and intervention
- Understand how you can improve emergency assessment during mental health crisis
- Identify key strategies for improving care and support for vulnerable women
- Ensure fathers are supported
- Understand high risk factors, warning signs and red flags including previous mental illness, learning from suicides after a pregnancy or postnatal loss, after birth trauma or after removal of their infant into care
- Implement best evidence in maternal suicide prevention
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

## 10.10 Chair's Introduction: What it feels like to be in crisis and what helped me to keep on living: personal messages to inspire others

### Elaine Hanzak

Author, advocate and speaker on perinatal mental health with lived experience

- a personal perspective
- what it feels like as a new mum to be in crisis
- what inspired me to keep on living

## 10.45 Improving emergency assessment during perinatal mental health crisis

### Dr Sabah Ahmed

Consultant Perinatal Psychiatrist  
Birmingham Perinatal Mental Health Service

with Dr Emma Barrow Consultant Liaison Psychiatrist  
Birmingham and Solihull Mental Health NHS Foundation Trust

- ensuring rapid and emergency assessment services
- improving rapid access services
- staying well and preventing future crisis: developing an effective individual crisis plan

11.15 Questions and answers followed by Tea & Coffee at 11.25

## 11.45 EXTENDED INTERACTIVE SESSION: Perinatal Mental Health Crisis Identification, Crisis Prevention and Support

### Dr Farida Bano

Consultant Obstetrician & Gynaecologist  
Lead in Gynaecology Clinical Governance with

Dr Neha Rawat Consultant Perinatal Psychiatrist  
Barking, Havering and Redbridge University Hospitals NHS Trust

- supporting people through mental health crisis in the perinatal period
- identifying people at high risk and delivering preventative support
- what does an effective mental health crisis pathway look like?
- alternatives to admission: the role of the home treatment team
- complexities and our experience
- assessing your own pathway for perinatal mental health crisis: interactive discussion

12.45 Questions and answers followed by Lunch at 12.55

## 14.00 Improving the response to Perinatal Crisis: Reducing Maternal Suicide

### Dr Raja Gangopadhyay

Consultant Obstetrician with a special interest in Perinatal Mental Health West Hertfordshire Hospitals NHS Trust  
Founder International Forum for Wellbeing in Pregnancy

- how can we improve accessibility to perinatal crisis services
- improving the response to perinatal mental health crisis
- suicide prevention

## 14.30 Supporting men whose wives or partners are suffering from postnatal depression

### Mark Williams

Dads Mental Health Matters

- supporting men whose wives or partners are suffering from postnatal depression
- how do we effectively support fathers mental health?

## 15.00 More Than a Tick Box

### Lisa Hammond and Donna Davies

More Than a Tick Box

- Introduction/our experiences
- Background to 'More Than a Tick Box' project
- Key findings from our research & recommendations moving forward
- Asking the right questions
- How can we all make a change?

15.30 Questions and answers followed by Tea & Coffee at 15.40

## 16.00 Improving care and support for vulnerable women

### Daisy Kelly

Specialist Midwife for Perinatal Mental Health  
Kings College NHS Foundation Trust

- safeguarding vulnerable women in the perinatal period
- working in partnership to improve outcomes
- our experience

## 16.30 Learning from MBRRACE-UK: Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries

### Elaine Hanzak

Author, advocate and speaker on perinatal mental health with lived experience

- lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2014–16
- high risk factors: learning from suicides after a pregnancy or postnatal loss, or after removal of their infant into care

17.00 Questions and answers followed by Close

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# Improving Perinatal Mental Health Crisis Services

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De Vere West One, Conference Centre London

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For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

**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**

Friday 29th March 2019

**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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