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Improving Maternal Mental Health

Improving the Quality of Perinatal Mental Health Services

Monday 22 April 2013 Hallam Conference Centre, London



Recognised by

East London **NHS**

NHS Foundation Trust



Key Learning Objectives

- Learning from a personal journey of postnatal depression
- Understand what works in the identification of women who are experiencing distress
- Understand the role of quality standards in the improvement of outcomes
- Explore what an excellent perinatal mental health service looks like
- Understand how to commission effective perinatal mental health services and what commissioners will look for in a provider service

Chaired by:

Elaine Hanzak

Survivor of Postnatal Depression and Author

Eyes without Sparkle: a Journey through Postnatal Illness



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“Childbirth is associated with a substantial psychiatric morbidity. It has long been known to increase the risk to women’s mental health, particularly of developing a serious mental illness (postpartum psychosis and severe depressive illness). It is also known to be associated with an increased risk of recurrence particularly of serious affective disorder (bipolar illness and severe depressive illness). Women with chronic longstanding serious mental illnesses such as schizophrenia become pregnant and their condition may deteriorate or recur during pregnancy and the postpartum period...Perinatal mental health problems are therefore a major public health concern. They have wide ranging impacts on both maternal and infant mental and physical health and make a significant contribution to both maternal and infant morbidity and mortality.”

The Joint Commissioning Panel for Mental Health, November 2012

This conference focuses on improving the quality and outcomes of perinatal mental health services including:

- Learning from a personal journey through postnatal mental distress
- Identifying women who are experiencing distress: what works?
- Improving the quality of mental healthcare for new mothers
- What does excellence in perinatal mental health look like?
- Commissioning perinatal mental health services

Programme

09.30 Coffee and Registration

10.00 Improving Maternal Mental Health: A Personal Journey
Elaine Hanzak, *Survivor of Postnatal Depression and Author, Eyes without Sparkle: A Journey through Postnatal Illness - Presentation and Interactive Discussion*

11.00 Coffee

11.30 Identifying women who are experiencing distress
What Works?
Mr Nigel Perks *Consultant Obstetrician and Gynaecologist*
South London Healthcare NHS Trust

12.15 Improving the quality of mental health care for new mothers: Case Study
Liz McDonald, *Consultant Psychiatrist*
East London NHS Foundation Trust

13.00 Lunch

13.45 What does excellence in Perinatal Mental Health look like?
The key elements: Interactive session
Dr Rosie Shepperd, *Clinical Director, Children and Families*
Boundary Brook House

15.15 Coffee

15.30 Commissioning Perinatal Mental Health Services
The 10 key messages for commissioners and implications for providers

16.30 Summary and Close

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Conference Documentation

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The PDF will be sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

Where did you hear about this conference?

Venue

Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date

Monday 22 April 2013

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.
- £300 + VAT (£360.00) for IHM members.

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

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