

Title: Overview of Welsh Government support for perinatal mental health services in Wales

Purpose: To outline the Welsh Government's major policies to support mothers and families affected by perinatal mental ill health in Wales.

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1. Development of community perinatal mental health services

In June 2015, the Welsh Government announced £1.5m of new recurrent funding to improve mental health outcomes for women with perinatal illnesses, their babies and families. The funding would be used to establish community based specialist perinatal services across every health board in Wales.

Following the funding announcement, the Welsh Government explored the various community based services currently in operation in Wales. The Welsh Government met with stakeholders including nominated perinatal service managers and practitioners, the third sector, midwives, Welsh Health Specialist Services Committee (WHSSC), Flying Start and the National Centre for Mental Health. The group considered the core components of a community-based service.

The Welsh Government requested health boards submit proposals that were collaborative and multi-disciplinary; to ensure that services best fit the needs of local populations. Health boards were asked to consider what professional roles (i.e. community psychiatric nurses, medical and psychology sessions, occupational therapy and nursery nursing) each team should comprise. Due regard was given to current services and how the improved services would be delivered equitably across the health board area. For example, in Flying Start areas, health boards were required to demonstrate appropriate linkages.

There is now a service in place in nearly all of Wales, with the final service at Betsi Cadwaladr UHB set to be in place this month (July). To note - Powys THB has a service but does not have statistics available at present. Public Health Wales (PHW) staff are currently supporting health boards to agree a consistent method for data collection on a national basis.

The plans submitted by LHBs for the use of the £1.5m additional investment included proposals to recruit around 30 new specialist staff.

The information provided by LHBs in terms of referrals to the community services is as follows:

Number of referrals by LHB

	ABMUHN	ABUHN	BCUHB	CTUHB	CVUHB	HDUHB	PUHB
	Referrals						
2016	510	186	-	307	284	117	-
Jan-May 2017	258	274	-	107	170	102	Data unavailable.

2. Development of an All Wales Perinatal Steering Group (AWPMHSG) and All Wales Perinatal Community of Practice (COP)

In 2016, following the announcement of new community perinatal mental health services, an 'All Wales Perinatal Mental Health Steering Group' (AWPMHSG) was established to support the development of services and work to improve consistency. The group includes representation from the health boards, perinatal teams, midwifery, obstetricians, health visitors, third sector organisation (including NSPCC and MIND), as well as those with lived experience. The group is co-chaired by Prof Ian Jones, National Centre for Mental Health (NCMH) and Dr Sue Smith, Cardiff & Vale University Health Board.

The reporting arrangements for the group is via the CAMHS/ED Network Steering Group in the form of a regular agenda item reporting progress on a quarterly basis to the network steering group. This facilitates the reporting of perinatal mental health service developments to the NHS Wales collaborative to inform the chief executives of the seven health boards in Wales.

The steering group has recently convened two sub groups, one focussing on the development of the all Wales perinatal pathway and another to describe the generic and specialist training needs and competencies for staff working with mothers and babies.

Perinatal Community of Practice (COP)

The Perinatal COP aims to improve and develop community services across Wales by sharing learning, resources and materials to develop effective, efficient, empowering and equitable services to women in need of these services, and to promote pathways to the relevant stakeholders in Wales to ensure timely and appropriate access to care. The Clinical Lead and/or Nurse Specialist Lead are represented on the AWPMHSG.

Mission Statement:

To ensure that every mother in Wales suffering with or at risk of mental ill health has timely access to appropriate treatment & support to assist them in alleviating their maternal distress, and in developing a loving & nurturing relationship with their baby during pregnancy and the first year of the baby's life.

Each health board has identified its 'community' for improving perinatal mental health services, including:-

- Perinatal 'Champion' at Executive/Board level
- Perinatal Clinical Lead
- Perinatal Nurse Specialist Lead
- Perinatal Service Improvement Team – which will be a multi-agency, multi-professional 'team' operating across primary, secondary and tertiary care levels.

See also a list of the COP's aims at Annex A.

3. Specialist Training

The Welsh Government has also provided funding for training for specialist perinatal training in 2016-17 at a total cost of £9,750.

Training places for Welsh psychiatrists on the Royal College of Psychiatrists specialist perinatal course

Since last year, the Royal College of Psychiatrists have run a three day course specifically for Perinatal Consultant Psychiatrists. Five Welsh psychiatrists have so far attended the specialist training, funded by the Welsh Government.

The feedback from participants has been excellent, reporting that they have gained skills, specialist knowledge and new contacts. There are plans for the five psychiatrists to facilitate a 'Specialist Perinatal Training' day to the wider Perinatal Community of Practice and relevant others (dates to be confirmed).

VIG – Video Interactive Guidance training

15 participants from all seven HB's attended this two day training of which feedback has been positive.

We are aware a further proposal is being made by the health boards to fund 10 places for the Level One and Level Two VIG training. This will ensure that there are fully accredited VIG trainers in Wales to further cascade this intervention, to Midwives, health Visitors, Mental Health, Nursery Nurse, Psychologists, etc. A CORE Welsh VIG Group has been established led by the National Clinical Lead for Perinatal Services and Psychologists.

4. Health Challenge Wales Voluntary Sector Grant Scheme - Mind Cymru's "Enjoy Your Baby" project on Perinatal Mental Health and Resilience – Early Support

The Welsh Government's Health Challenge Wales Voluntary Sector Grant Scheme has provided funding for Mind Cymru's Perinatal Mental Health and Resilience – Early Support project, 'Enjoy Your Baby', since 2013. The aim of the project is to raise awareness of perinatal mental health problems, and to increase recognition of the early signs of problems developing, in order to encourage people to seek support. The project, which was initially North Wales based also, has a dedicated website, "Enjoy Your Baby", now in its third year of activity. The project has developed early intervention resources for use in primary care and built capacity in primary care by improving the skills of professionals.

To date, the project's achievements (against their targets in brackets) include:

- 78 (75) health professionals have been trained to deliver the "Enjoy Your Baby" programme and gone on to deliver courses.
- 39 (16) health professionals have been trained to deliver Maternal and Infant Mental Health qualification. These trainers are now preparing to deliver courses across the whole of Wales.
- 969 (700) health professionals including midwives have also been trained through Mind's new Perinatal Mental Health Awareness course in North Wales from October 2016 – March 2017 which compliments the "Enjoy Your Baby" programme.
- The "Enjoy Your Baby" website has had over 10,000 visitors with a 70% new visitor and 30% returning visitor rate since September 2014.

The project has helped raise the profile of perinatal mental health and the importance of optimising the mother/baby relationship with many different organisations throughout Wales, becoming a key perinatal representative of the third sector in Wales

The project has received total funding of approximately £175,000 over the last 4 years and concludes on 31st July 2017. An evaluation of the project will then consider next steps and how the outcomes can be integrated into a national programme.

5. Together for Mental Health Delivery Plan 2016-19 – Perinatal Mental Health

The 2016-19 delivery plan includes Priority Area 5: "All children have the best possible start in life which is enabled by giving parents / care givers the support needed", with the following actions:

- Health boards and PHW to offer information and support to pregnant women (before / during / after pregnancy) to support healthy attachment, using Welsh Government programmes like Flying Start; Families First; Bump, Baby and Beyond and third sector initiatives.

- All health boards to have a perinatal service in place
- Health boards to ensure that educational and training programmes are in place across Wales to improve awareness and management of perinatal mental health problems

Progress against the Delivery Plan 2016-19 actions is overseen by the National Partnership Board, who will receive biannual reports from each health board area to update on progress.

6. Specialist mother and baby units

Services to support mothers with mental ill health should be provided as close to home as is practical. The £1.5m of additional recurrent funding to develop community based specialist perinatal services across every health board in Wales was provided in recognition of the need to improve these services.

However it is recognised that some mothers and their babies will require inpatient support. Until 2013 there was a specialist mother and baby unit at University Hospital Wales, but Cardiff and Vale UHB took a decision to close it because of low occupancy over the previous two years. In recognition of the concerns expressed that such a facility no longer exists in Wales, we have commissioned a review of demand for tier 4 services by WHSSC.

WHSSC is the body responsible for commissioning placements at the specialist mother and baby units and details of their review is set out below. However, we need to recognise that the level of demand across Wales varies both in numbers and geography across the year. It may be difficult to find a location for such a unit within Wales that does not result in mothers and their families travelling long distances, even if the WHSSC work demonstrates a demand for such a unit.

In terms of actual placements, WHSSC has provided the following data on the number of specialist placements they have commissioned over the last three years. These figures will not take account of mothers who may have elected to be admitted to a local adult mental health unit, to enable them to be closer to their families.

	2014/15	2015/16	2016/17
Funding approved for placements (new) of Mother and Baby in Perinatal Unit	Fewer than 5	Fewer than 5	6

Review of Tier 4 perinatal mental health services

The review of Tier 4 perinatal mental health services mentioned above commenced in August 2016, and is being undertaken by a task and finish group of the All Wales Perinatal Steering Group (AWPMHSG). Third sector organisations have been involved in the work, including Action on Postpartum Psychosis (APP), Perinatal Mental Health (PMH) Cymru and the NSPCC. Mind Cymru is also a member of the AWPMHSG.

A number of service visits have been undertaken to support the work and a multi-professional stakeholder workshop has developed a shortlist of models. A final report was due to be presented to the Joint Committee of WHSSC on 27 June 2017.

Annex A

Aims of the All Wales Perinatal Community of Practice (COP):

- To share resources such as operational policies, job descriptions and person specifications to assist the development of service models to an acceptable standard across Wales.
- To attain and monitor compliance to at least type 1 of the standards set out in the Royal College of Psychiatrists CCQI Network for Perinatal Mental Health Service Standards (Second Edition April 2014).
- To benchmark service data to compare service demand, performance and development across Wales.
- To co-ordinate events as required to promote Community Perinatal Mental Health Services within specialist mental health services, primary care and with the wider network of relevant stakeholders.
- To dovetail the work of the Community of Practice with other networks including the CAMHs/ED network steering group, WHSSC Perinatal Psychiatry steering group, and the All Wales Perinatal Steering Group, the Maternity Network Wales and the Neonatal Network Wales.
- To act as a conduit for the dissemination of relevant research and practice information.
- To provide reports as required to Welsh Government on progress in the development of services.

A three year improvement work programme is being developed with annual milestones in collaboration with the following national programmes:-

- Together for Mental Health Delivery Plan 2016-19 – National Programme Board
- Together for Children & Young People's Programme Board
- Early Years Collaborative programme – the first 1000 days.
PHW WLGA United in Improving Health Strategic Leadership Group
- Maternity Services Improvement Network & Heads of Midwifery Advisory Group (HOMAG).