

Perinatal Mental Health Conversation Workshops



Enhancing Pathways of
Mental Health Support
during the
Perinatal Period

Prepared by

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1. Introduction

Introduction

The purpose of this report is to share the outcomes and next steps from a series of Perinatal Mental Health Conversation workshops delivered in partnership with the NHS Greater Glasgow and Clyde Mental Health Improvement Team (MHIT) and the NHSGGC Perinatal Mental Health Service (PMHS).

National Policy Context

It is reported that 1 in 5 women experience a mental health problem during pregnancy or after they have given birth (1). This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period. These illnesses can be mild, moderate or severe, requiring different kinds of care or treatment. The stigma and fear associated with perinatal mental health can leave those affected feeling inadequate as a parent, isolated and vulnerable and can impede or delay getting help, treatment and recovery.

There is a commitment from the Scottish Government to ensure that Scotland has the best services for women with, or at risk of, mental ill health in pregnancy or the postnatal period, their infants, partners and families as evidenced in the “Delivering Effective Services: Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services (2). The report highlights the importance of close working links between different services that women encounter to ensure that women receive the right level of both clinical and community based care and support.

NHSGGC Context

The NHSGGC PMHS is a comprehensive and multi-disciplinary service providing care and treatment to women who are pregnant or are up to one year postnatal and are at risk of, or are affected by, mental illness. It also offers expert advice to women considering pregnancy if they are at risk of a serious mental illness. The service consists of the West of Scotland Mother and Baby Unit (MBU) and the Community Perinatal Mental Health Team (CPMHT).

1. Introduction and Policy Context

The NHSGGC Perinatal and Infant Mental Health Network (PNIMH) was established in 2019 in response to the Delivering Effective Services: Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services report (2) and is chaired by the NHSGGC MHIT. The network report to the NHSGGC Local Implementation Group.

To date, membership of the network currently sits at approximately 100 partners from Third Sector, Clinical Services, Health Improvement, Education and Social Work, amongst others. The network is responsible for translating national policy drivers into local action and strengthening links between clinical services and Third Sector community based supports. The NHSGGC PMHS is a partner of the PNIMH network.

2. Background

The NHSGGC PNIMH network has significantly evolved over the last four years as the Perinatal and Infant Mental health agenda has gathered momentum. The network meet monthly (online) to update members on national and board developments, share good practice and resources and hear from a “service spotlight”. The spotlight section is an opportunity for partners and invited organisations to promote and raise awareness of the supports they offer to women and their families during the perinatal period.

Whilst the PNIMH network has made real progress in bringing together statutory and non-statutory services and raising awareness of the different PNIMH support services across Greater Glasgow and Clyde (GGC), there is still a need to ensure women and their families have access to timely and effective mental health care. Furthermore, as the demands on both clinical and third sector services grow against the significant backdrop of funding challenges, there is a greater need to increase collaboration between statutory and non-statutory services to ensure women and their families have access to the appropriate mental health support during the perinatal period.

2. Background

In 2022, the PNMHS approached the MHIT to explore opportunities to build relationships and improve communication and collaborative working with Third Sector partners. The consensus was to run a series of Perinatal Mental Health Conversation Workshops inviting Third Sector partners to find out more about the PMHS service but also an opportunity for the partners to share information on their own services. The format aimed to create a supportive and engaging environment that would encourage the exchange of knowledge between statutory and non-statutory organisations.

The workshops took place between March 2022 - December 2022. No formal evaluation was carried out, rather participants were asked to share feedback and comments via email on the usefulness, duration and format of the workshop. Overwhelmingly, the feedback was very encouraging, prompting the MHIT and PMHS to plan for a series of further workshops at a later date. The clinical demands and challenges of releasing staff to support the workshops meant it would be 2024 before these would take place. Due to requests from other staff groups working with women and their families, it was agreed all future workshops would be opened to a wider audience and not only Third Sector partners. Using feedback provided, the duration of the workshop would be extended and an evaluation form developed to gather more data.

Planning commenced in late 2023 to schedule a series of Perinatal Mental Health Conversation Workshops during 2024.

3. Aims and Objectives

The main aim of the Conversation Workshop is to:

- to enhance pathways of mental health support for women and their families during the perinatal period.

3. Aims and Objectives

The specific objectives are to :

- Raise awareness of the NHSGGC Perinatal Mental Health Service, what services are provided, the criteria threshold and referral pathways.
- To foster working relationships between statutory and non-statutory services to enhance supports for women and their families during the perinatal period.
- To identify opportunities for future collaboration between clinical and community based perinatal mental health supports.

4. Conversation Workshop Format



Three Conversation Workshops were delivered between January - May 2024. The duration of each workshop was 1.5 hours.



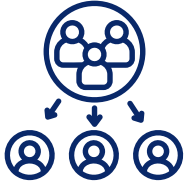
All workshops took place on line via MS Teams.

Michelle Guthrie, Chair of the NHSGGC PNIMH network, introduced the Conversation Workshop and its aim.



Dr Ashleigh Macaulay, Perinatal Consultant Psychiatrist and Helen Sloan, Nurse Consultant, delivered a presentation on the NHSGGC PMHS. This included information on the different service structures that operated within the PMHS; the West of Scotland Mother and Baby Unit and the Community Perinatal Team. Referral criteria and processes for the services were highlighted. A question and answer session followed.

4. Conversation Workshop Format



Following the question and answer session, all participants were assigned to one of three breakout rooms, facilitated by staff from the PMHS. Group allocation was planned and not randomly assigned to help avoid duplication of services in groups and to create a multi-disciplinary platform for discussion between statutory and non-statutory services. Each group were asked to consider and discuss the following:

- Pathways of care
- Training opportunities
- Opportunities for further collaboration

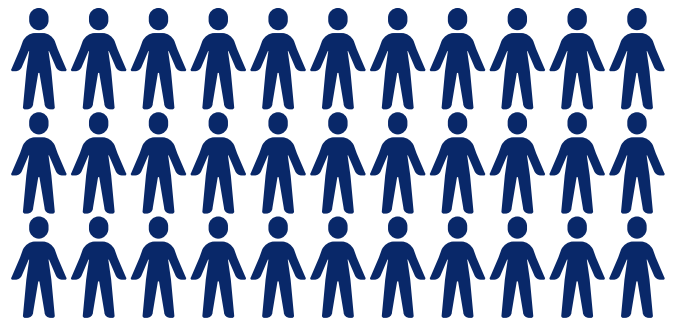


Each group provided a summary of their discussions. All participants were asked to completed the online evaluation at the end of the session. A follow up email with the evaluation link and supporting information was sent to all participants.

5. Outcomes and Evaluation

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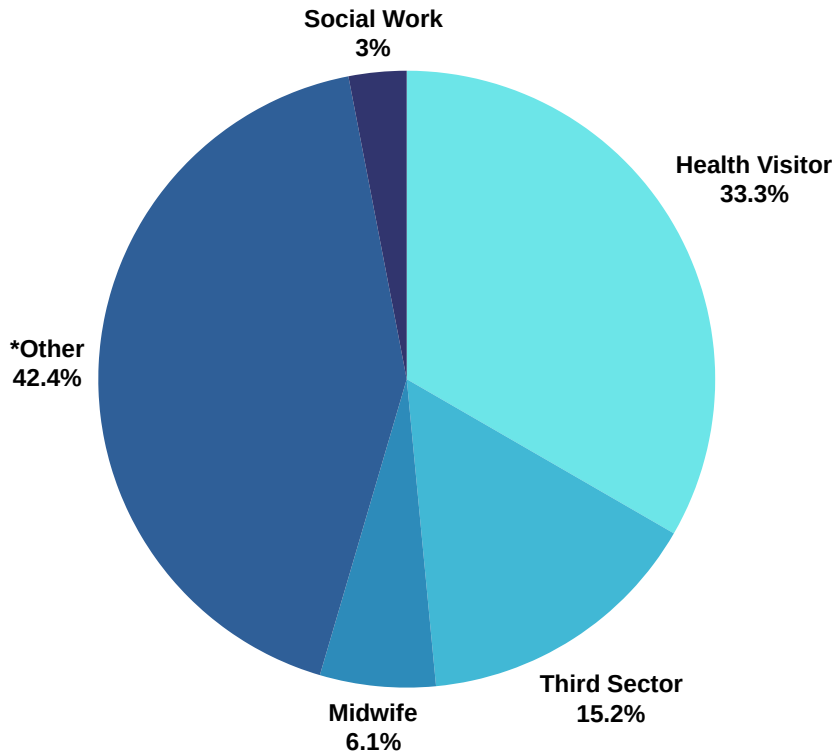
Participants attended the workshops



33 Participants completed an evaluation

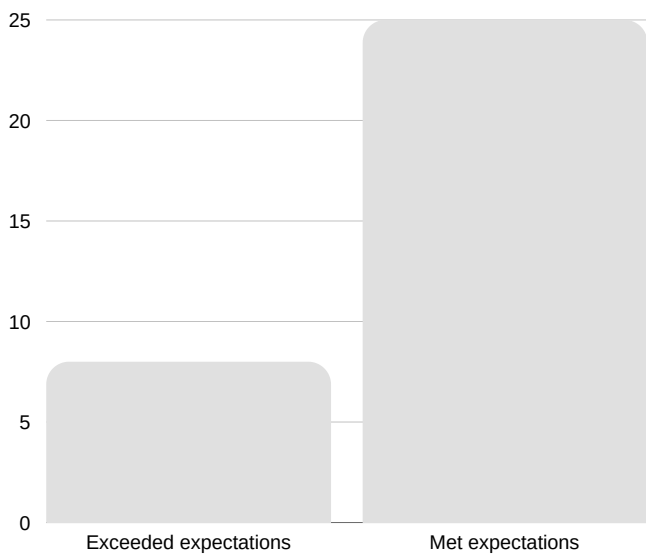
5.Outcomes and Evaluation

Participants Remits

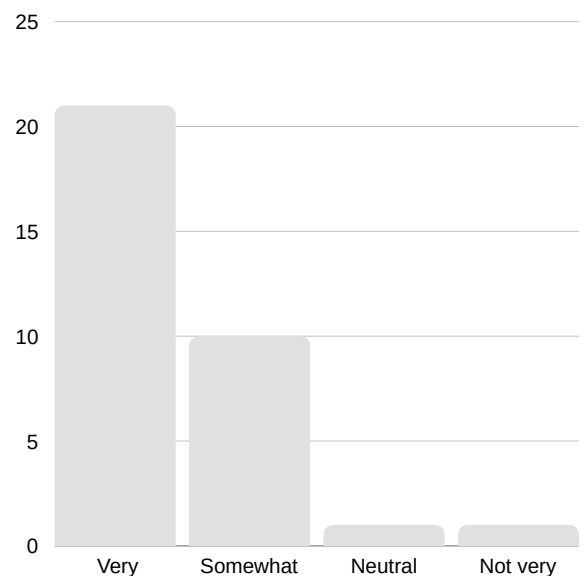


***Other:** *Counsellors, Child Psychotherapist, Family Support Worker, Health Improvement*

Did the workshop meet your expectations?

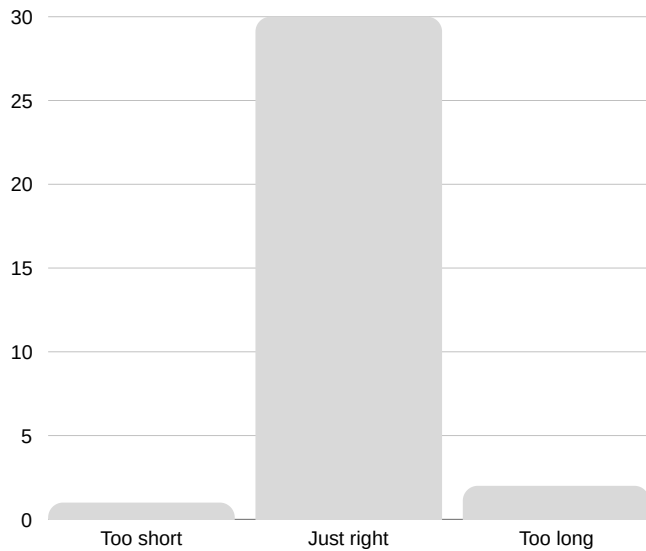


How relevant was the workshop to your current role and responsibilities?

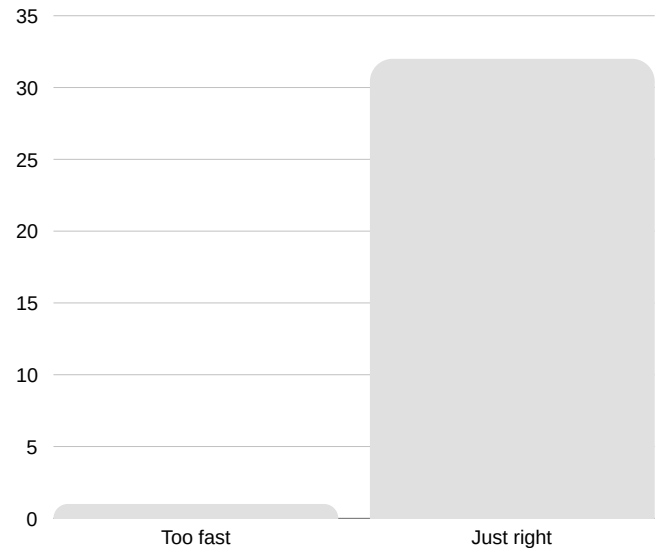


5. Outcomes and Evaluation

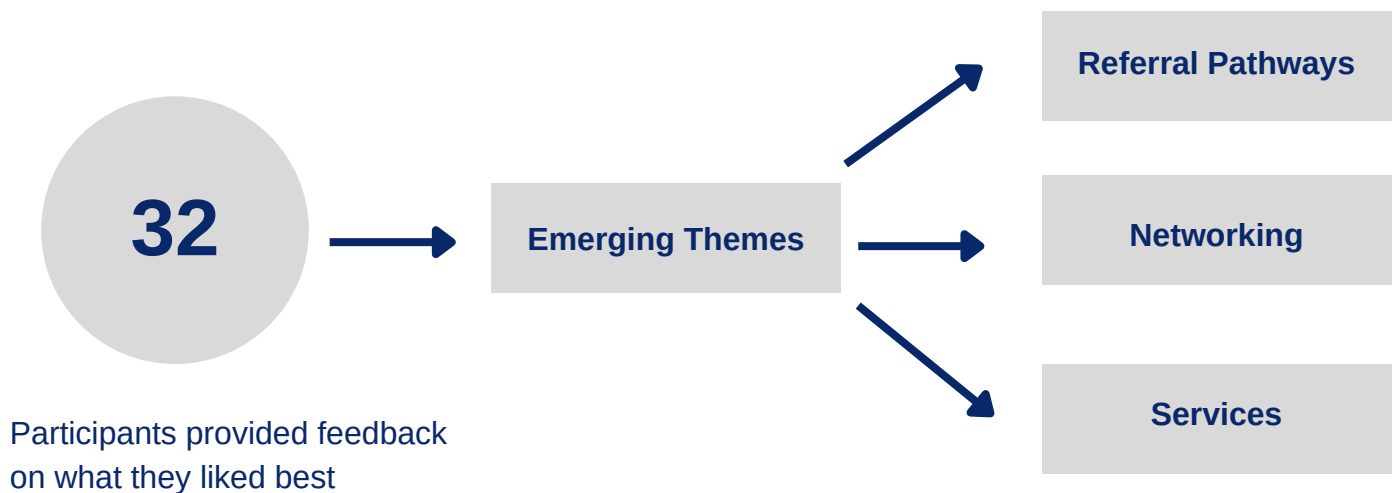
Was the workshop length appropriate?



Was the pace of the workshop appropriate?



What did you like best about the workshop?



5. Outcomes and Evaluation

Sample feedback: see Appendix 1 for all feedback

Referral Pathways

- Hearing more detail about the perinatal service and referral criteria (and mnpi)
- Knowing the referral process and how they are screened.
- It was very helpful to have an update on PMHS and referral criteria and hear about the amazing work being done and feel grateful to have all these services on our doorstep .The workshop provided opportunity to ask questions and it was good to have the opportunity to speak to other agencies and hear about other services offered.

Networking

- Meeting new people from different organisations and opportunity to hear about their role etc. The presentation was very informative.
- Being able to network and find out what others do was very useful and insightful.
- Meeting other professionals and agencies and discussing how we can work together.

Services

- Finding out more about the MBU and services attached.
- It was all really beneficial and In enjoyed the presentation and also being able to link in with the other services in the break out rooms.

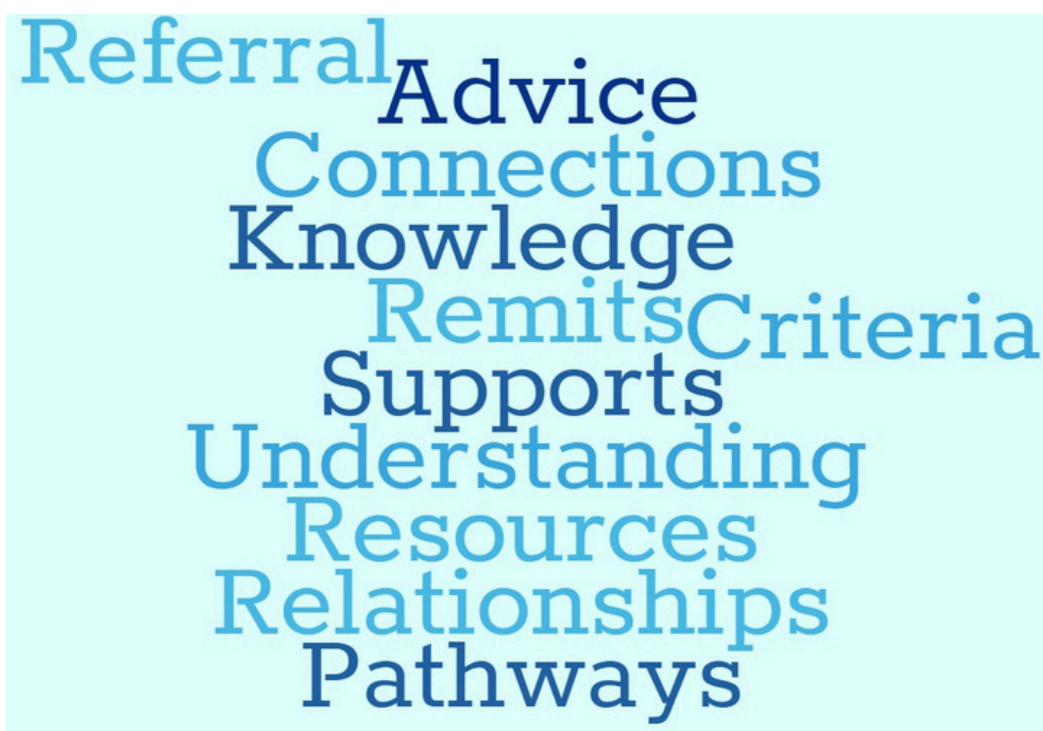
5. Outcomes and Evaluation

Was there anything missing from the workshop?

5 participants documented the following responses:

- More time- I felt with such a big audience and a big subject that it would be interesting to see if one topic and have a multi group review allowing everyone to explore some of the new thinking. I liked the fact that interpreter service now using Datix as an evidence base.
- More breakout room time but I know that is hard to come by with everyone being busy.
- A link to the PNMH resource would be good. Good practice and how we work together would be helpful.
- How to refer was unclear.
- In person.

***What did you take from the workshop that you can apply to or support your work?**

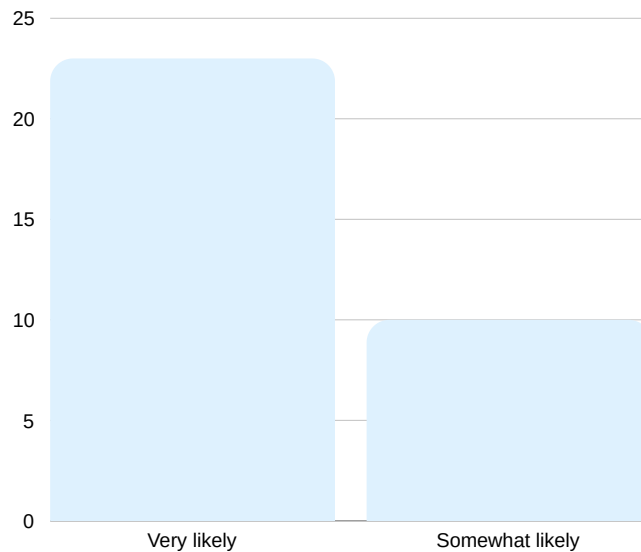


Referral
Advice
Connections
Knowledge
Remits
Criteria
Supports
Understanding
Resources
Relationships
Pathways

***See Appendix 2 for all feedback**

5. Outcomes and Evaluation

How likely are you to recommend this workshop to others?



***Do you have any other comments or suggestions that could help enhance communication and collaboration between services working with women and their families during the perinatal period?**

- Think there needs to be more collaboration between midwifery PNMH and CMH and ADRS . Maybe a forum that midwifery could bring individual patients to to discuss in a multidisciplinary conversation who would be best to support the woman even in collaboration to support their individual needs.
- More of these. Bringing live experience to the table - many of our questions could have been answered / spoken to by women who have been through this.
- I think things like this are great opportunities for collaborative work. I really enjoyed it.
- These workshops are very useful so I'd like to see more of them please. Thanks again.

***See Appendix 3 for all comments and suggestions**

6. Discussion

Analysis of the evaluations suggests that participants found the workshops beneficial in increasing their knowledge of the PNMHS, the services provided, threshold criteria and the referral pathways. The importance of networking and having time to network came through very strongly.

Although staff from the PMHS service didn't complete an evaluation, they reported they found the workshops extremely beneficial to their roles by raising their awareness and knowledge of the various community based perinatal mental health supports and initiatives available to the women and their families across GGC. Dr Ashleigh Macaulay Consultant Perinatal Psychiatrist said:

“The workshops have been a great way to interact with services who provide invaluable support to women, babies and families during the perinatal period. They were also an informal way to introduce our team, start conversations, build connections and start to collaborate moving forward”

Whilst GGC has seen an expansion of both clinical and community based perinatal mental health supports and initiatives, it appears there is still a lack of awareness by professionals and individuals of these and how to refer to them. The PNMH Conversation Workshops reinforces the importance of connections and relationship building between statutory and non-statutory services to gain a clearer understanding of each others services, criteria and referral pathways. When organisations have this information it can help them navigate women and their families to timely and appropriate support throughout their perinatal journey.

As a direct result of the Conversation Workshops, the PNMHS have connected with seven Third Sector organisations who have inputted at their Internal Teaching Sessions.

The concept of the Perinatal Mental Health Conversation Workshop is simple, yet the return was significant. Simply put, people like to speak to people, put a face to the name, rather than having to read about a service online or in a promotional leaflet.

6. Discussion

Offering protected time for those working with women and their families during the perinatal period to “converse” about their services and how they can work better together can be extremely beneficial.

At a time when significant demands and challenges lie ahead for both our statutory and third sector organisations, there has never been a greater need to increase collaboration between the two. If we are to improve outcomes for women and their families throughout the perinatal journey and beyond, we need to shift from reactive to proactive collaboration to enhance communication, target resources more effectively, avoid duplication of effort and prevent escalation of mental health crises.

7. Recommendations

1. Continue to deliver Perinatal Mental Health Conversation Workshops open to both statutory and non-statutory staff.
2. Follow up participants to explore if they have referred to the PNMHS, accessed the advice line and/or made any contact with the team after attending a workshop.

8. Next Steps

1. The report will be disseminated to the following:

- NHSGGC PNIMH network
- NHSGCC Local Implementation Group
- Other NHSGGC structures/groups addressing PNIMH

2. The PNIMH network will continue to promote the various perinatal and infant mental health services available across GGC through ongoing distribution and promotion of their “Supporting new and expectant parents’ mental health” resource.

9. Appendix 1: What did you like best about the workshop?

- Being able to network and find out what others do was very useful and insightful.
- Finding out more about the MBU and services attached.
- The opportunity to hear about other organisations within the West of Scotland and the acknowledgement that we are all striving to offer the best holistic service to parents and 0-2 year old. Lovely to hear COSP being offered as a form of support.
- I really enjoyed Ashleigh NHS presentation and exchange of info in breakout rooms.
- Mix of information and space for questions and conversation.
- Information was very useful.
- It was all really beneficial and I enjoyed the presentation and also being able to link in with the other services in the break out rooms. I said the length was just right but I feel it would also work if it was a 2 hour session as I did feel the breakout chat was a bit rushed.
- Wide range of backgrounds and also knowledge given. Presentation and processes very helpful and great to be able to ensure patients are not left behind.
- Networking aspect of it. Hearing more detail about the perinatal service and referral criteria (and mmpi).
- Pace and clarity of roles.
- Getting an opportunity to discuss in the breakout rooms.
- The opportunity to learn about the services, referral routes and the networking opportunity.
- It was very helpful to have an update on PMHS and referral criteria and hear about the amazing work being done and feel grateful to have all these services on our doorstep. The workshop provided opportunity to ask questions and it was good to have the opportunity to speak to other agencies and hear about other services offered.
- All relative to my role - always good to hear about changes and new services.
- Getting info about resources. Different referral pathways.
- Hearing about other peoples services.
- The information discussed the breakdown of the referral process.

9. Appendix 1: What did you like best about the workshop?

- Break out rooms allowed more discussion - would be good to share email addresses of staff so contact can be maintained.
- Finding out more about the services for women with MH issues.
- As a student nurse this was an extremely informative workshop that provided me with lots of information that I wasn't aware of. As a student adult nurse it was so interesting to hear about the role of a midwife.
- All of it was brilliant.
- Structure and enthusiasm.
- I thought that the workshop was really good as a whole, but in particular the presentation which was very informative. Thank you.
- The way it was planned out and ran was great. The sharing of referral process and what the different departments accept was so helpful. Getting to chat to different people in the team was nice.
- Knowing the referral process and how they are screened.
- Getting information about referral criteria and process. Also, meeting other professionals and agencies and discussing how we can work together.
- Hearing about types of supports and the variety of roles that are in place. Breakdown of referral criteria was useful.
- The overview of the MBU and community team.
- Meeting new people from different organisations and opportunity to hear about their role etc. The presentation was very informative.
- Information on how the referral system works, where its based and the statistics. Also the small group chats was useful to ask information and for networking.
- As a new Health Visitor it was very useful to find out about available services and how to access them.
- New to role so gaining knowledge about what is available.
- All of it.

9. Appendix 2: What did you take from the workshop that you can apply to or support your work?

- Awareness of the MBU and its criteria was v helpful
- Information to pass onto colleagues and into practice.
- The service offered and who will be the best contact.
- Knowing the threshold where Mums can be admitted to MBU helps to think about our referrals and their severity in many cases but also gives perspective. Knowing that there is only 2 hospitals with 6 beds each make me sad and I hope you get more money to support Mums in need. Getting notes of other organisations we can co-operate with.
- I'll add links and information to our information pack so practitioners are away of the referral criteria, helpline and referral form.
- Good to know the referral process and criteria for access to services and where my organisation can fit into that. Also what services the unit offers to mums and an idea of what that looks like so I can provide more information to my clients. Lovely to meet with other agencies and have discussions about different services.
- The knowledge gained about the unit and also the info I learned about Fast forward.
- Sharing information and resources learned on session.
- Some people that I'd like to link with.
- Knowledge of mother and baby unit.
- Ability to by pass the opt in letter when not appropriate for the woman.
- A better understanding of who is suitable for the service and what other help is available for someone who does not meet the criteria.
- it is beneficial to find out about other services offered by 3rd sector particularly for women who don't meet criteria for referral to pmht or mnpi, allowing us to direct our women to alternative supports.
- Can inform my colleagues

9. Appendix 2: What did you take from the workshop that you can apply to or support your work?

- Different services for different MH issues / addictions
- to call the helpline if looking for support or advice and whether a referral is required
- a contact from children 1st who is doing some great work in the community. A better understanding of the MBU
- It has provided me with a lot of information related to third sector organisations and the referral process. It has also encouraged me to try and secure a placement day within a midwifery team to further understand the role of a midwife.
- Updates re other areas of work.
- Potential pathways for referral.
- I now have a greater understanding of the service, it's excellent. It was helpful to hear about the difference between your service and the MNPI.
- The referral process and what to refer. The advice line number and share with my team if we aren't sure about any of our mothers mental health.
- Knowing the role of perinatal unit and how they support mum in the unit , so then I can continue the support with mother and baby at home.
- Aware of advice line and criteria for referral.
- Qualifying criteria will be useful in decision making.
- Professional helpline number. Where to find referral forms. Greater understanding of referral procedure and admissions criteria. General information on the PMH team.
- This workshop provided an opportunity to hear about the perinatal mental health team. I recently completed a course on Understanding Infant Mental Health & Development with University of Glasgow. I have a remit for mental health within the child & youth health team within North East, therefore I have a keen interest for both personal and professional development.
- A few things around contacts and what's available for my local area.
- Advice line information.
- Awareness of 3rd sector involvement as is much needed.

10. References

1. Centre for Mental Health (2022). A sound investment: Increasing access to treatment for women with common maternal mental health problems. https://maternalmentalhealthalliance.org/media/filer_public/e2/79/e27962f1-cd9c-42e9-a0e2-827a2c71f8c4/a-sound-investment-report-centre-for-mental-health-2022-mmha.pdf
2. Scottish Government (2019). Delivering Effective Services: Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services. <https://www.gov.scot/publications/delivering-effective-services-needs-assessment-service-recommendations-specialist-universal-perinatal-mental-health-services/documents/>