

# Perinatal and Infant Mental Health

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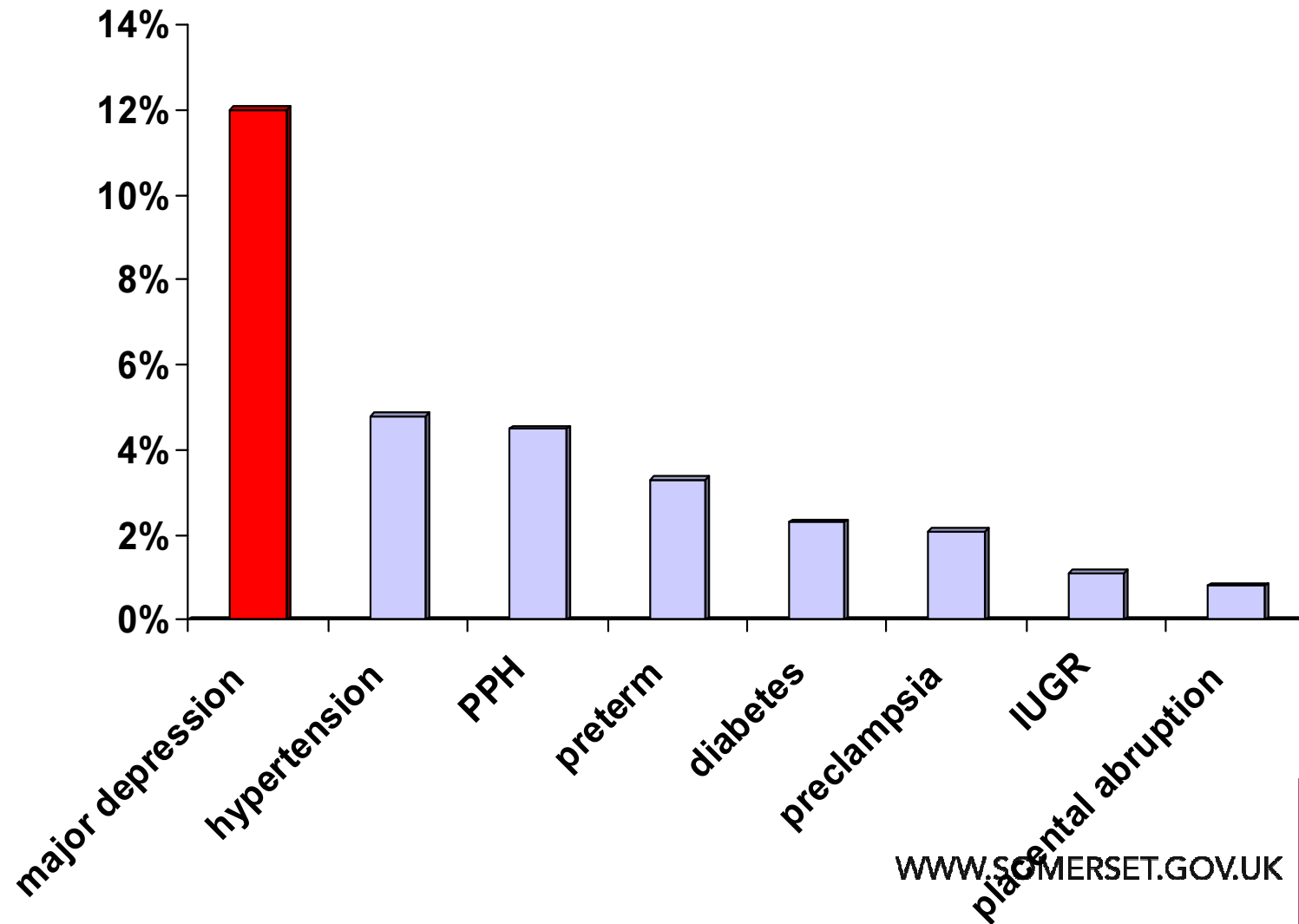
# What?

- Perinatal mental health problems affect women but have an impact on children, partners and the wider family.
- The perinatal period is from conception to one year after birth
- The mental health problems that pregnant women and new mothers can experience are the same as those that can affect people at other times.
- The causes are varied and can affect women from all backgrounds. Risk factors= history of mental illness, family history of post partum psychosis, low level of social support, adverse and stressful life events.

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## Depressive illness: the most common major complication of maternity



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# Why?

- Perinatal mental ill health affects mother and infant attachment.
- Poor attachment contributes to adverse physical and psychological impacts for children throughout the life course.
- Adverse impacts not inevitable with early detection and the appropriate support and treatment.

# The Still Face Experiment

<https://www.youtube.com/watch?v=apzXGEbZht0>

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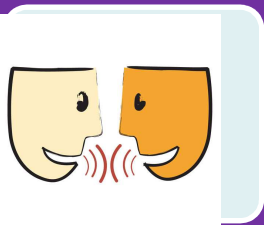
## Sufficient attention

- stimulation
- reciprocity

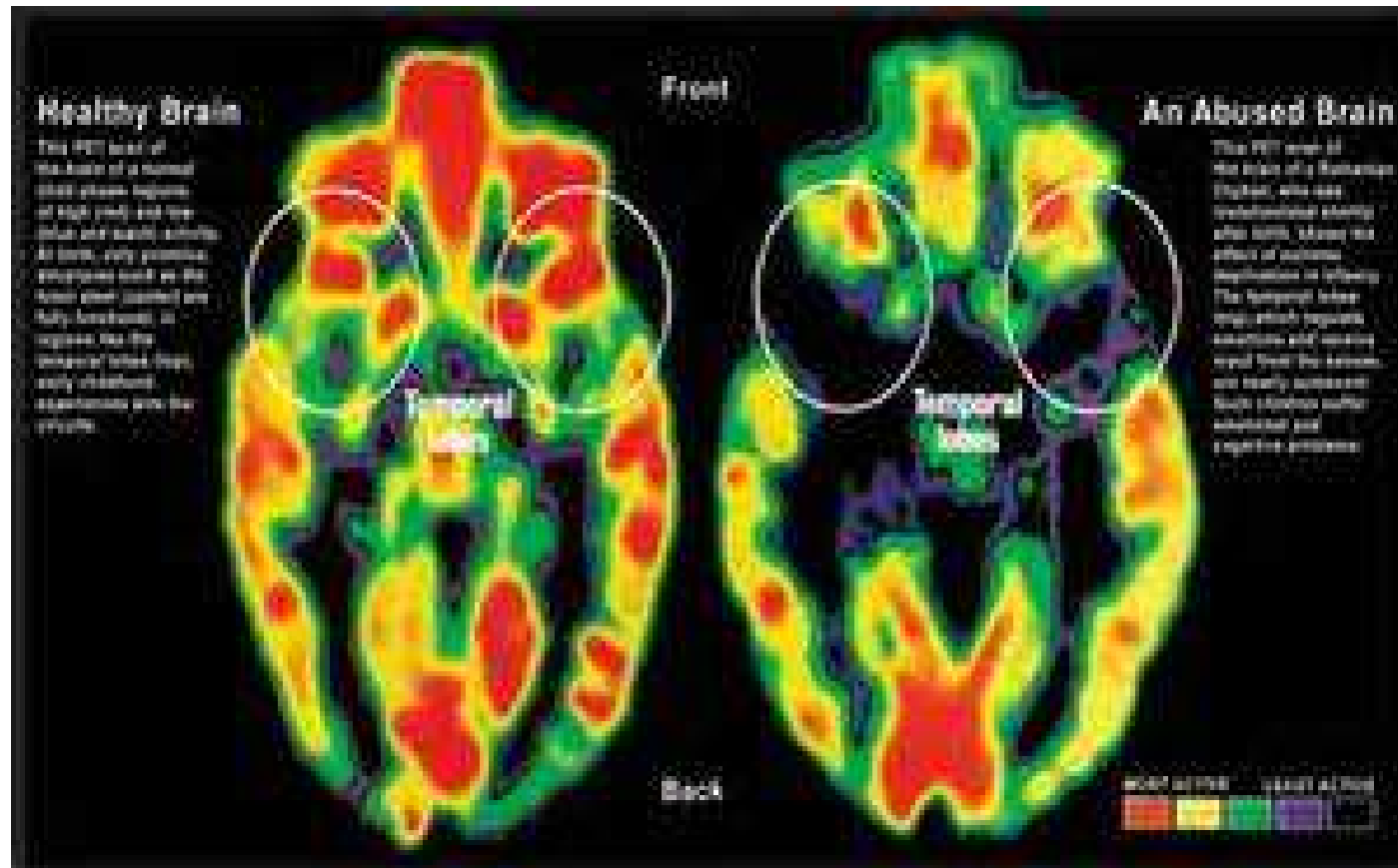


## Someone to bond with

- Attachment



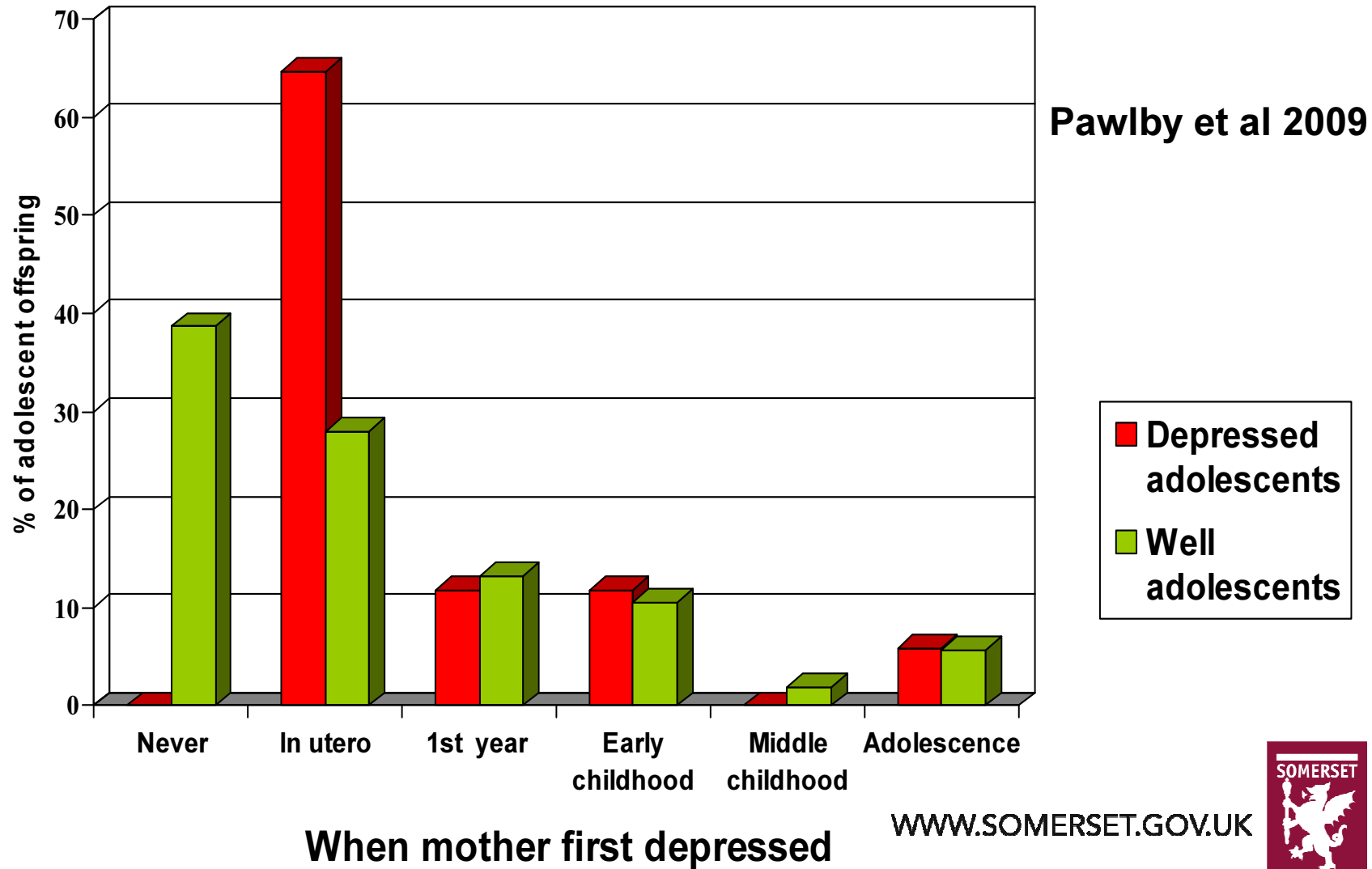
## Talking and communication



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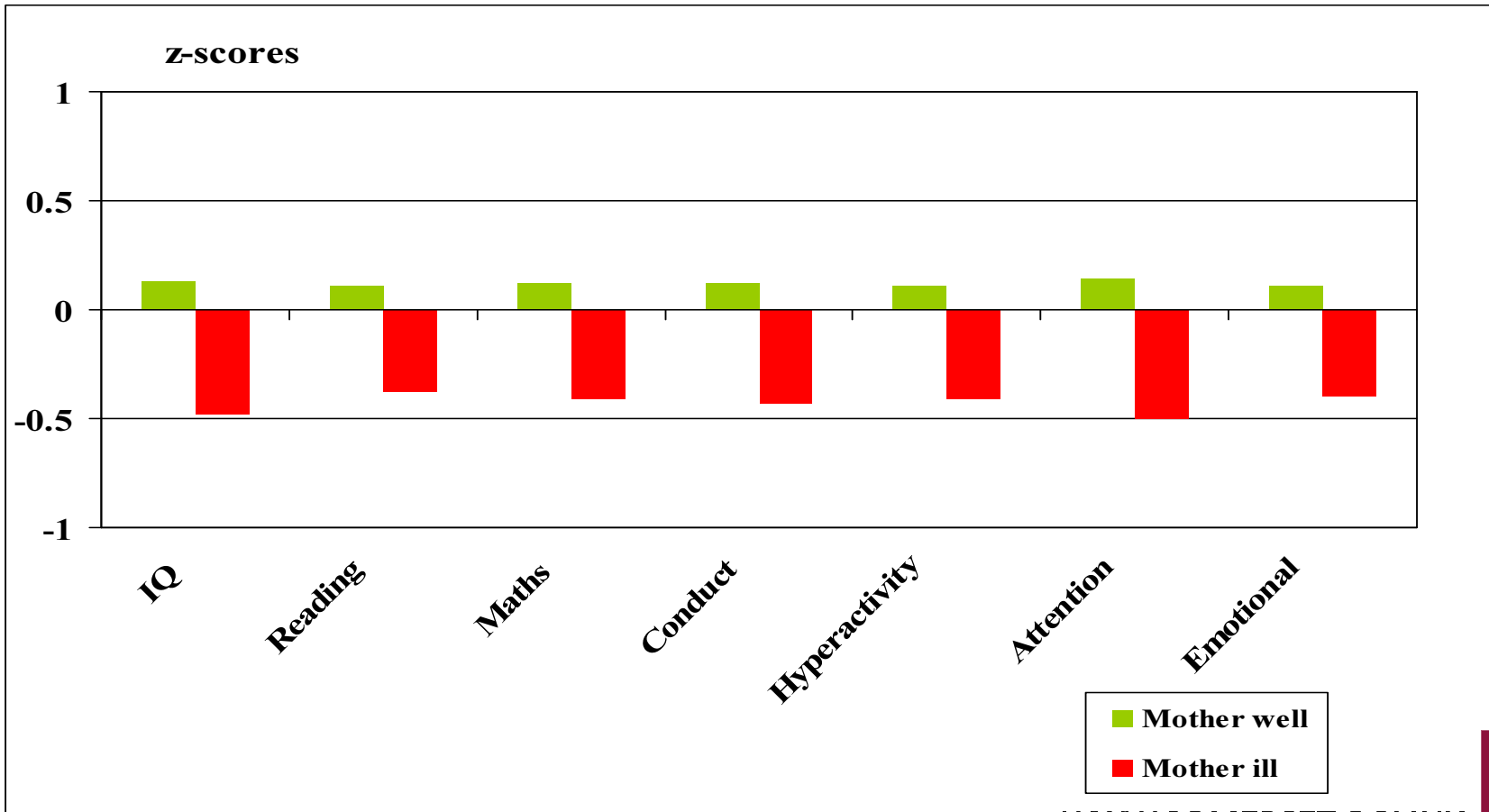


**Depressed 16yr olds    100% of mothers depressed,  
60% in pregnancy**





# Effects of maternal depression in year 1 postnatal on children at 11 years *(Hay et al 2008)*



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# How Many?



**More than 1 in 10 women develop a mental illness during pregnancy or the first year after having a baby.**



**7 in 10 women hide or underplay the severity of their illness**

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- Historically there has been a lack of integrated physical and mental health care for women during pregnancy and in the weeks and months following birth, and a lack of specialist perinatal mental health services to support women who become unwell.
- Specialist perinatal mental teams are important for secondary prevention.



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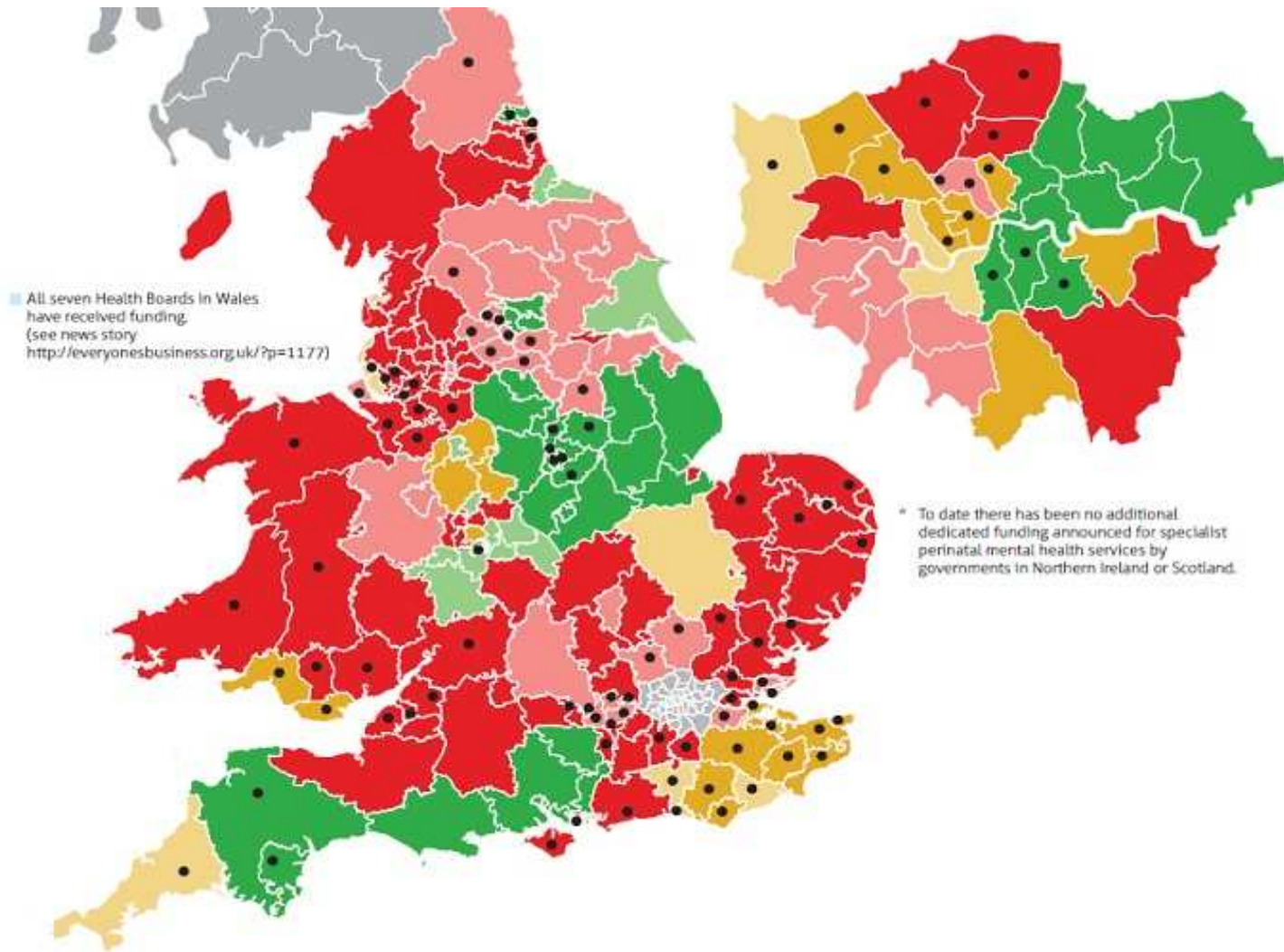


# National Context

- The Health and Social Care Act 2012 created new legal responsibility for the NHS to deliver 'parity of esteem' between physical and mental health.
- A number of professional bodies and national agencies shown considerable interest and concern over the last 10 years.
- March 2015 budget £75 million over the next 5 years. By 2020/21 30,000 more women each year to access evidence based specialist mental health care.
- 2016 Further funding for specialist community and inpatient provision totalling £365M as part of the NHS Five Year Forward View for MH.
- Not entirely clear how all additional resource is to be allocated fairly.

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## Maternal Mental Health Alliance 2017

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# Prevalence of PMH Conditions

Level of service	MH Condition	National rate	No. in Somerset
Specialist service	Psychosis	2 - 1,000	15
	Chronic SMI	2 – 1,000	15
	Severe depressive illness	30 – 1,000	160
Specialist advice	PTSD	30 – 1,000	160
	Mild moderate depression & anxiety	Lower 100 – 1,000	530
Upper 150 – 1,000		795	
Universal Management	Adjustment disorder & distress	Lower 150 – 1,000	795
		Upper 300 – 1,000	1585
Birth rate	2016 5,600	2018 5,700	2022 5,800

(CHiMat 2016)

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# Somerset Context

What we do have	What we don't have
A local steering group with passionate and dedicated commissioners and practitioners. Formed in 2016	No county wide specialist community mental health service. To provide for advice and treatment for women and support for universal services.
Good standardised practice for screening and support in GP, maternity and health visiting.	No Mother and Baby beds in Somerset. Women need to travel to access a regional MBU (.5 beds per 1000 live births) in Exeter or Bristol or be admitted
Prioritisation of women in the perinatal period by our Talking Therapy Services (IAPT).	
The Horizon groups (HV and IAPT). Community support groups.	
Wider Workforce Training (200+ trained this year). Screening detection, resources and services.	Joined up services with a consistent approach and policy for women in the PN period.
Antenatal PMH clinic at Musgrove	No specialist mental health support for the antenatal clinic.

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# The costs of undiagnosed or untreated perinatal mental health problems include:

- Avoidable suffering
- Damage to families
- Impact on children
- Death or serious injury
- Economic cost
  
- **Costs to society = 8.1 billion** (£10,000 for every single birth in the country, 72% relates to adverse impacts on the child)
- **Cost to NHS = 1.2 billion**
- **Would cost only 280 million a year** to ensure whole pathway of care meets recommended standards (Bauer et al 2016)

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- Earliest Intervention!
- We know what works.
- Positive about future developments to support women experiencing mental health difficulties in the perinatal period.
- Optimistic we will have specialist provision but it requires long term commitment.
- Continued awareness and discussion about emotional and mental wellbeing in pregnancy. This is as important as the physical aspects of pregnancy!

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# References

Bauer, A., Parsonage, M., Knapp, M., Lemmi, V., Adelaja, B., & Hogg, S. (2016). The costs of perinatal mental health problems. Centre for Mental Health.

Milgrom, J., Gemmill, W., Bilszta, J., Hayes, B., Barnett, B., Brooks, J.,

NICE (2014) 'Antenatal and postnatal mental health: clinical management and service guidance CG 192'. National Institute for Health and Care Excellence.

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# Emotional Wellbeing and Mental Health in Schools

**Fiona Moir/12<sup>th</sup> January 2018**

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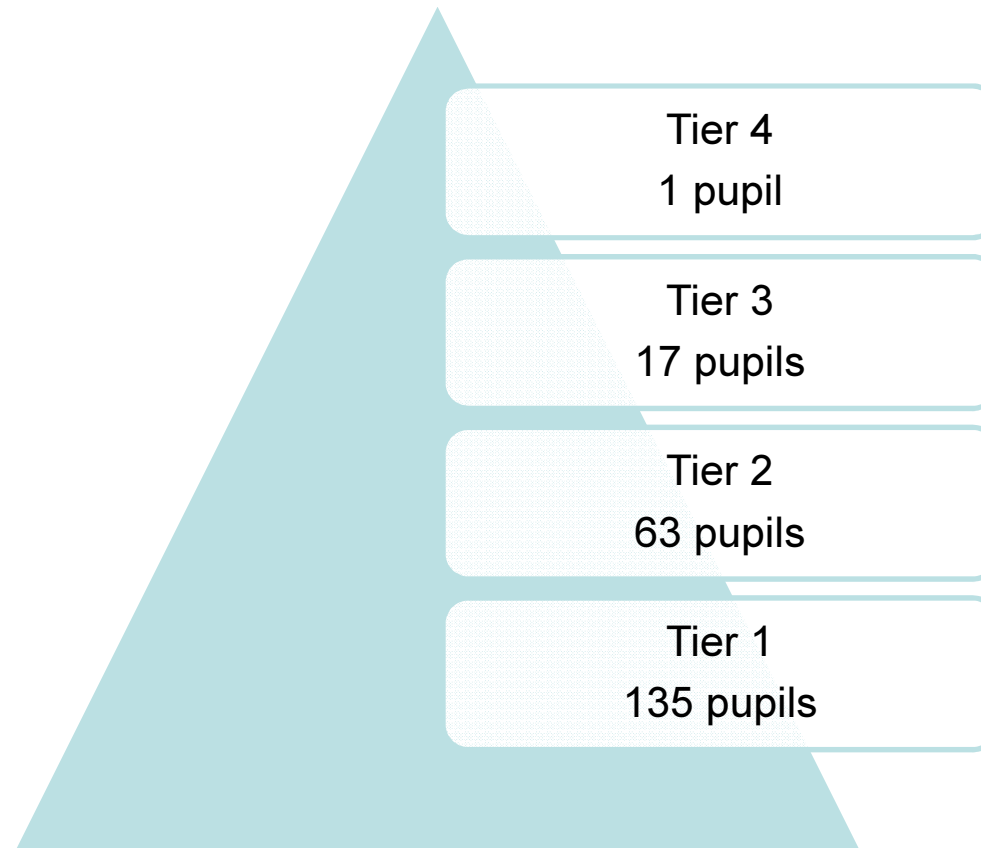
# Prevalence of Need

Tier	Description of Tier	Estimated Prevalence	Estimated numbers
Tier 4	Highly specialist / inpatient	0.075%	82
Tier 3	Require involvement of specialist support	1.85%	2,028
Tier 2	Require consultation, targeted or individual support	7%	7,674
Tier 1	Universally encountered and can be addressed in everyday service	15%	16,444

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# An average secondary school of 900 pupils will have:

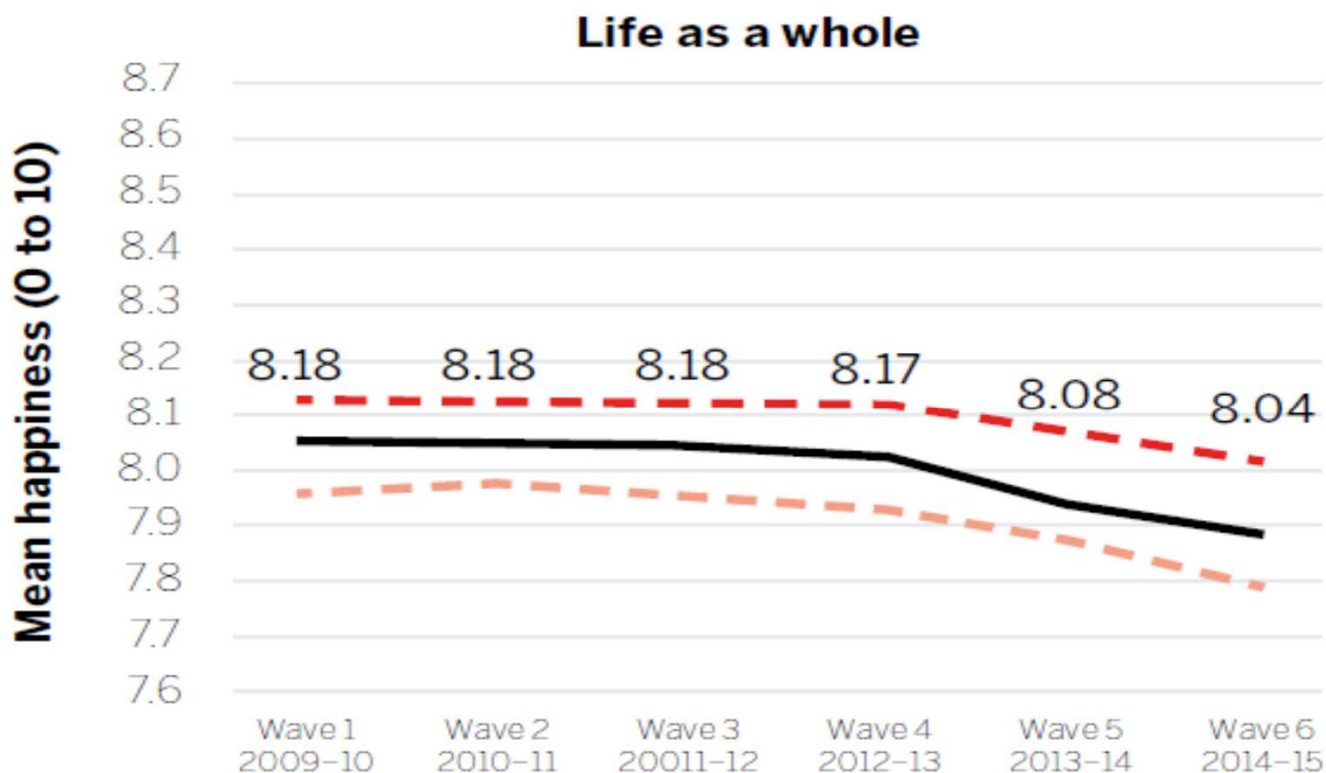


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# Young people's mental health in decline

There was a significant decrease in happiness between 2009/10 and 2014/15



The Good Childhood Report - Children's Society 2017

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# Why?

- More than half of children and young people have 3 or more serious problems to grapple with such as problems at home, living in fear of crime, bullying, financial struggles, etc.
- Children are **most** happy with their family relationships but report they are **least** happy with the **school** that they go to
- In Somerset, SEMH is the second most prevalent single primary need recorded for all statutory assessments (20.7% of assessments) and the greatest proportion of applications for High Needs funding was in the SEMH
- Increased use of social media has links to poor wellbeing

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# Somerset Children and Young People Survey 2016

- 32% of boys and 26% of girls in primary schools had a high self-esteem
- 18% of boys and 21% of girls in primary schools said they often feel lonely at school.
- 39% of boys and 51% of girls in Year 6 worry about SATS/exams/tests 'quite a lot' or 'a lot'.
- 70% of boys and 85% of girls in secondary schools worry about at least one of the issues listed 'quite a lot' or 'a lot'.



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# School staff wellbeing in decline

- In 2016, 8 in 10 people working in education experienced at least one mental health conditions in the previous 2 years including stress, anxiety and depression

Education Support Partnership Report 2016

- 75% of education staff said they had suffered from work-related stress Somerset Staff Survey 2016

- Teaching assistants have described how the role has become increasingly demanding resulting in a negative impact on their health and wellbeing

Emotion Coaching Network event Nov 2017

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# Comments from teaching staff

**‘How can we help children understand their emotions if we don’t make time to understand our own.’**

**‘Staff wellbeing comes at the bottom of the school’s priorities!’**

**‘There is still a lot of stigma about failing to cope or asking for help.’**

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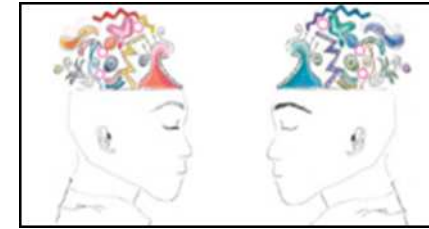


# What is available in Somerset?

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# Support for Young People



## The Little Book of Life Hacks

- Developed by young people in Somerset, the Life Hacks are a set of tips to support your own mental health and that of a friend.
- They come as a poster, postcards and a [LifeHacks Booklet](#) which is packed with ideas and links and includes true stories from young people who've tried them out.

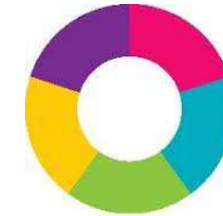


- **Kooth** is a free, safe, anonymous and non-stigmatised way for young people to receive counselling, advice and support on-line. it provides a much needed out of hours service for advice and support.

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# Support for Young People



Somerset  
Partnership

## School-Based Clinics

Led by Public Health School Nursing Service clinics provide access to information, support and advice on a wide range of issues such as sexual health, emotional health and relationships. 25 clinics in Somerset.

## Primary Mental Health Link Workers

5 WTE CAMHS workers across the county

Deliver consultation, advice, signposting

Direct work with young people at a Tier 2 CAMHS level for short pieces of focused work.

Training and attendance at TAS where possible/indicated

Commissioned to work with 11-18

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# Children and Young People's Engagement

## Somerset Children and Young People Survey (SCYPS)

- Years 2,4,6,8,10,12
- Understanding, behaviours and perceptions of a range of health issues

## Young People's Engagement Projects

- Development of the Life Hacks resources
- Body Image Project

## Youth Parliament

- PSHE CPD development
- Schools Wellbeing Award

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# Support for Staff



The role of schools in promoting mental health & PSHE  
Information about local and national organisations  
Self-harm guidance  
Advice on dealing with trauma, bereavement and suicide  
Training opportunities

[Mental Health Toolkit](#)

## New PSHE CPD Model

- 3 day training programme – starting February 2018
- Open to 40 delegates (2 groups)
- Assigned PSHE mentor to support Inset training days
- Termly network meetings to share best practice
- Whole school approach
- Staff wellbeing
- Subject and skills-based training



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**Public Health**

Helping children and young people :

- become more aware of their emotions
- manage emotions, particularly during times of stress or conflict
- recognise all emotions are valid
- recognise limits on behaviour and problem-solve to develop more effective behavioural strategies.

**460+ CYP staff trained in Emotion Coaching – Dec 2017**



Mental Health First Aid (youth) – MHFA England offer to train a member of staff in every secondary school 2017/18

**21 settings have now received training – Dec 2017**

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# Educational Psychology Service

## SEMH Information for education settings including:

- Whole school/systemic and individual casework
- Evidence-based resources for promoting mental health
- Sensory needs handbook
- Harmful Sexual Behaviour Guidance
- Critical Incident response
- Transgender Guidance



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# Schools Health and Resilience Education - SHARE

- § A universal offer to schools for supporting young people's emotional wellbeing and mental health
- § Over the next 3 years the Schools Health and Resilience Education (SHARE) team will be working in Somerset's secondary and middle school settings alongside work in PRUs and special schools.

## The project will offer:

Training and support to develop a 'whole school approach' to mental health and wellbeing

Emotion coaching

Student led projects/Peer champions

Parent forums

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# Wellbeing in Schools Award



**The Wellbeing Pathway:**  
**Promote**  
**Identify**  
**Assess**  
**Provide**  
**Review**  
**Celebrate**

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# Support for Parents

**‘Supportive family that cares  
but gives you some freedom  
and trusts you...’**

**Children’s Society 2017**



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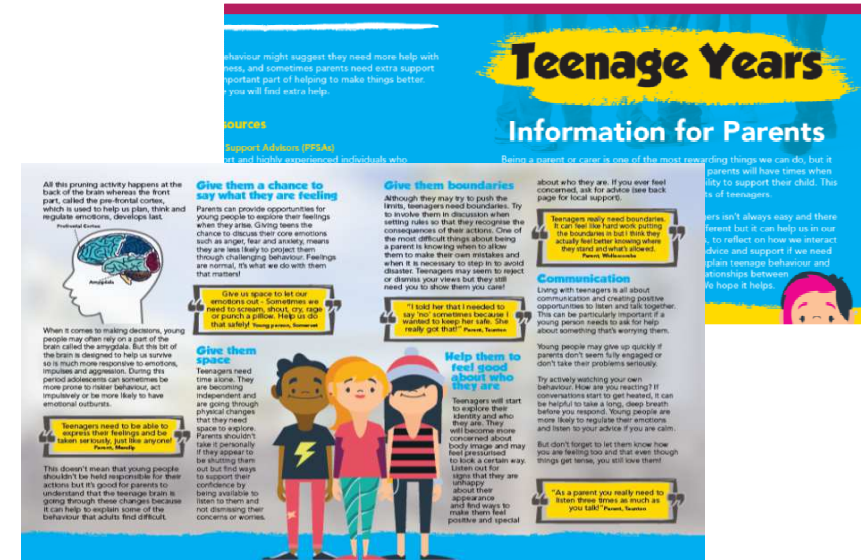


# Teenage Years Leaflet



Public Health

The leaflet has been developed to help support better understanding of the changes that take place during the teenage years and how this can affect adolescent behaviour. It provides advice and information for parents of Year 6 pupils. Resources for teachers available online.



## Parent and Carer Toolkit

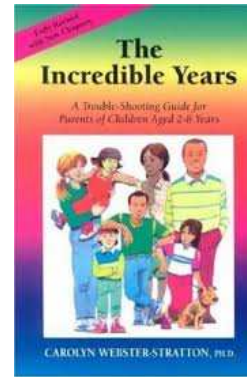
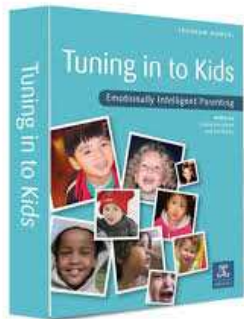
This area of the Public Health website has been designed to support parents, carers and the staff that work closely with families.

[www.cypsomersehealth.org](http://www.cypsomersehealth.org)

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# SOMERSET EMOTION COACHING PROJECT



**Parenting support programmes, drop-ins, family support, groups, 1:1**



**Getset**



**Parent and Family Support Advisors**



**Health Visiting**



**School Nursing**



**peep**

supporting parents and children to learn together

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# Transforming children and young people's mental health provision: a green paper

## Three Pillars:

1. **Incentivise every school and college to identify and train a designated senior lead for mental health**
2. New Mental Health Support Teams for early intervention and ongoing help
3. Reduced waiting times for specialist help

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