



*PARENTAL MENTAL HEALTH AND CHILD WELFARE
NETWORK*

*Beyond the Smile
PMHCWN/SPN Study Day on
Perinatal Mental Health*

March 18th 2008

Kings House Conference Centre, Sidney Street, Manchester, M1 7HB



Aims of event: to raise awareness and promote debate around key issues concerning perinatal mental health and the journey into parenthood. In particular, to consider perspectives from service users, carers, statutory and voluntary sector providers; implementation of the NICE guidelines; and the development with CSIP of a national infant and maternal health network.

*PARENTAL MENTAL HEALTH AND CHILD WELFARE NETWORK
1ST FLOOR, GOLDINGS HOUSE, 2 HAYS LANE, LONDON SE1 2HB
TEL: 0207 089 6864*

*TO BOOK A PLACE ON THIS CONFERENCE, PLEASE CONTACT
JEAN HEALY: spn@scie.org.uk*

PMHCWN / CSIP / Mind / Marce Society study day
'Beyond the smile: working together for positive maternal mental health'

The importance of positive wellbeing for pregnant women during the period leading up to birth, the birth process itself and the weeks and months of early parenthood are well known to be crucial for both parental and baby and infant positive social, emotional and clinical mental health. The perinatal journey is also a time of particular vulnerability for new mothers and fathers and effective, timely and seamless support is crucial to promote positive experiences and outcomes for parents, babies and families, and the wider community.

This national study day will explore how whole family approaches and cross-sector working can be used to improve mental health and well-being for new mothers, fathers, babies and families where one or both parents has experienced mental health problems

This will include the implications of the Think Family strategy, and models of intervention such as the nurse-family partnership pilots, pathfinder projects, Newpin and Building Bridges services. It will also highlight partnerships that promote effective linkages across children's and adults', health and social care, antenatal and postnatal services. It will embrace social as well as clinical aspects of mental health support, and create a safe space for mutual learning for participants through exploring issues from their own practice and personal experience.

It will include regional and local perspectives from primary care, secondary adult mental health and children and families' services; third sector service providers, service users and carers.

Specific aims of event

- To remind participants of the policy context and research evidence on why maternal mental health matters;
- To highlight innovative practice in creating continuity of care, working effectively across children's and adults' services, inter-agency and cross-sector working;
- To learn from practice experience of setting up and sustaining high quality services and issues faced by practitioners;
- To share models of running networks for affected parents and babies including support groups both face-to-face and web-based;
- To promote the development of the North West infant and maternal mental health network in partnership with CSIP.
- To discuss issues around implementation of the NICE guideline.

Audience: Frontline practitioners in health and social care working in community, primary or secondary adult mental health and children and families' services; third sector decision makers and service providers; service managers; PCT commissioners; service users and carers; academic and social researchers.

Where and when: Central Manchester, Tuesday 18 March 2007

Keynote speakers: Naomi Eisenstadt, Director of Social Exclusion Task Force; Elaine Hanzak, survivor of postnatal depression and acclaimed speaker.

**'Beyond the smile: working together for positive maternal mental health' PMHCWN / CSIP /
Mind / Marce Society study day
Manchester, Tuesday 18 March 2007
Programme**

NB. Programme is draft so subject to change

9.30 – 10.00 Registration and tea and coffee.

10.00 Chair's welcome

10.10 Opening session

Keynote speaker: Naomi Eisenstadt, Director, Social Exclusion Task Force.

Why maternal mental health is so important – the policy and research context.

10.40 Elaine Hanzak, survivor of postnatal depression and acclaimed speaker. Inspiring others with a view from the ground.

11.10 Q&A and discussion.

11.30 Refreshments

11.50 Workshops

To include:

* Social aspects of wellbeing in mothers, fathers and babies; engaging fathers in protective role – Judy Foster ex-chair of SPN

* Flexible care pathways – promoting positive family relationships through mother and baby units and beyond – Caroline Carr, Clinical Nurse Specialist, Brockington Unit, South Staffordshire and Shropshire Trust plus ex-service user.

* Postnatal support group models: funding, facilitating and sustaining partnership and peer-run support groups for new mothers – Breda Seaman, Forth Valley Acute Hospitals NHS Trust plus representative from Stirling Association for Mental Health.

* Models of intervention from the voluntary sector: Newpin – Rose de Paeztron FWA and Carolyn Martin, Newpin Manager Southwark, London.

1.0 Lunch and poster viewing

1.45 Afternoon session

Interactive theatre piece – on route into motherhood via maternity services

2.15 Afternoon workshops

To include:

* Supporting women in practice: 'passing baton' of care model, continuity of care, working across services – Jan Cubison, Service Coordinator, Sheffield Perinatal Mental Health Service, Sheffield Care Trust

* Working with parents from marginalised groups: refugees and asylum seekers (*tbc*)

* Family-nurse partnerships: learning from the pilot sites – Kate Bellingham, Programme Director, Health led Parenting and First Years of Life Programme, Department of Health.

* Developing a regional Infant and Maternity Mental Health Network – Cheryl Power, CSIP North West Network Coordinator.

3.30 Break

3.45 Panel discussion 'How do we achieve positive outcomes for everyone from partnership working?'

4.15 Entertainment and close.