

PERINATAL MENTAL HEALTH

Psychology and Peer Support in Perinatal Mental Health

Dr Alexandra Dibley and Jo Friend



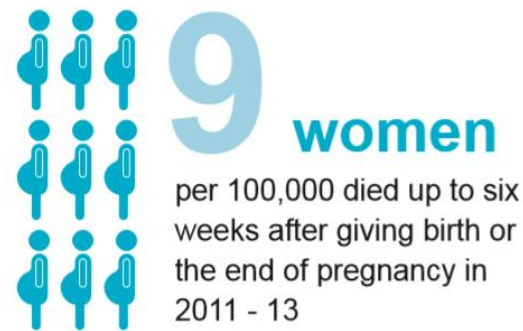
OVERVIEW

- What is Perinatal Mental Health?
- Expansion of perinatal services nationally
- Perinatal Mental Health Service in Devon
- Why specialist services are needed
- Our roles
- Challenges, risks and benefits
- Future developments

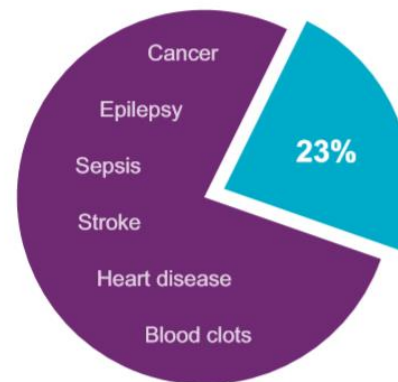


WHAT IS PERINATAL MENTAL HEALTH?

- Emotional distress affecting everyday functioning during pregnancy and up to baby turning 1
- Diagnoses such as Post Natal Depression, Ante Natal Anxiety, Post Natal OCD, Post Partum Psychosis, Post Traumatic Stress after birth
- Perinatal distress affects up to 20% of mums



Mental health matters



Almost **a quarter** of women who died between six weeks and one year after pregnancy died from **mental-health related causes**

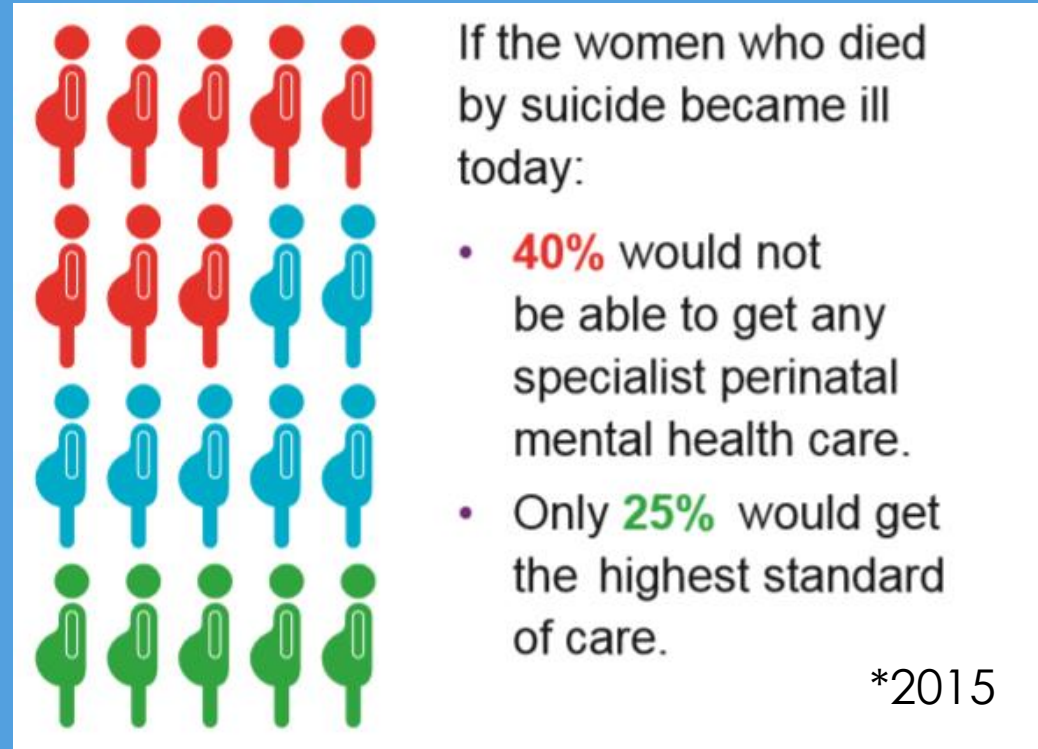


WHAT IS PERINATAL MENTAL HEALTH?

- Why is a specialist team needed?
 - 36% of mums not known to secondary services prior to contact with us
 - Demographics different to adult services
 - Focus is mum, baby, their relationship and wider family
- Language?

EXPANSION OF PERINATAL SERVICES NATIONALLY

- High profile experiences of mums harming or killing their baby and/or themselves
- Inequity of services across the country
- Evidence of interventions being 'successful'
- Focus on increasing access to Mother and Baby Units as well as community teams with psychological provision
- NHS LT plan and funding bids



PERINATAL MENTAL HEALTH SERVICE IN DEVON

- Community services started in 2007
- Focus was initially on raising awareness, assessing, advising and signposting as well as providing some care
- Campaign for MBU and expansion of service
- Now 4 community teams, Mother and Baby Unit and an Outreach Team across Devon, Somerset and Cornwall





HOW PERINATAL SERVICES MAKE A DIFFERENCE

OUR ROLES

- Senior Peer Support Worker on MBU
 - Why drawn to this role?
 - Remit of role?

**I love it when
people who have
been through hell
walk out of the
flames carrying
buckets of water
for those still
consumed by
the fire**

OUR ROLES

- Clinical Psychologist on MBU and Community Perinatal Mental Health Team
- Focus is on both mother's wellbeing, as well as the wellbeing of the infant and the mother-infant relationship
- Interventions include EMDR, Compassionate Mind, Attachment Therapy
- Staff support is integral



HOW DO OUR ROLES INTERTWINE

- We are mothers first
- Supervisor and supervisee
- Power and influence of roles
- Language
- Co-facilitation of shared sessions on the MBU
- Challenging views- each others, medical, society...

CHALLENGES, RISKS AND BENEFITS

- Emotional material for us both and all staff
- Self care, resilience, relapse
- Attachments are triggered
- Boundaries
- Richness of support for mums, hope
- Personal growth for us in working together
- Psycho-bio-social framework



FUTURE DEVELOPMENTS

- Regular co-facilitated psychology and peer support group on MBU
- Further define peer support role: expand?
- Support for fathers, partners and wider family
- Couple's therapy



THANK YOU

