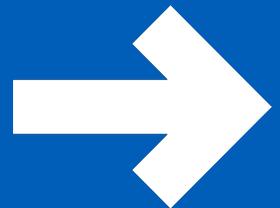


# NHS England perinatal mental health transformation programme: a chance for real change

Tracey Robinson  
Senior Project Manager, NHS England



# PMH part of a major transformation so that, by 2020...

70,000 more children will access evidence based mental health care interventions

Intensive home treatment will be available in every part of England as an alternative to hospital.

No acute hospital is without all-age mental health liaison services, and at least 50% are meeting the 'core 24' service standard

**At least 30,000 more women each year can access evidence-based specialist perinatal mental health care**

10% reduction in suicide and all areas to have multi-agency suicide prevention plans in place by 2017

Increase access to evidence-based psychological therapies to reach 25% of need, helping 600,000 more people per year

The number of people with SMI who can access evidence based Individual Placement and Support (IPS) will have doubled

280,000 people with SMI will have access to evidence based physical health checks and interventions

60% people experiencing a first episode of psychosis will access NICE concordant care within 2 weeks including children

Inappropriate out of area placements (OAPs) will have been eliminated for adult acute mental health care

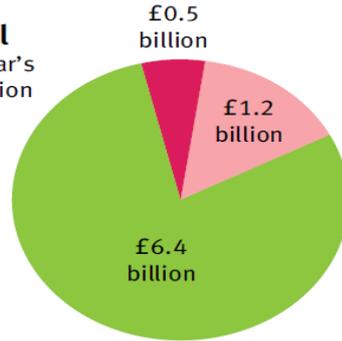
New models of care for tertiary MH will deliver quality care close to home reduced inpatient spend, increased community provision including for children and young people

There will be the right number of CAMHS T4 beds in the right place reducing the number of inappropriate out of area placements for children and young people

# Where we started.....

**Known costs of perinatal mental health problems per year's births in the UK, total: £8.1 billion**

health and social care   
other public sector   
wider society 



**Up to 20%** of women develop a mental health problem during pregnancy or within a year of giving birth



Of these costs  
**28%** relate to the mother  
**72%** relate to the child



**Suicide** is a leading cause of death for women during pregnancy and in the year after giving birth

**Variation and inequality:** fewer than **15%** of localities provided specialist services for women with complex or severe conditions at the full level recommended in NICE guidance, and more than **40%** provided **no service at all**.

# Putting policy into practice

## Total £365 million investment across 2016/17 - 2020/21

	2016/17 £m	2017/18 £m	2018/19 £m	2019/20 £m	20/21 £m
Perinatal MH Community Teams	5.0	20	43.5	73.5 (in CCG baselines)	98.0 (in CCG baselines)
Additional specialist funding				11.5	22
Mother & baby units	4.5	10	15	15	15
Workforce development	3.0	2.5	2.5	2.5	2.5
Clinical Networks	1.5	1.5	1.5	1.5	1.5
<b><u>Target of additional women seen</u></b>	<b><u>500</u></b>	<b><u>2000</u></b>	<b><u>9000</u></b>	<b><u>20000</u></b>	<b><u>30000</u></b>



# Community Services Development Fund



# Community Services Development Fund

## Wave 1: the picture at the end of 2017/18

### Funding

- £40m funding allocated to 20 areas who applied to develop services across 16/17-18/19

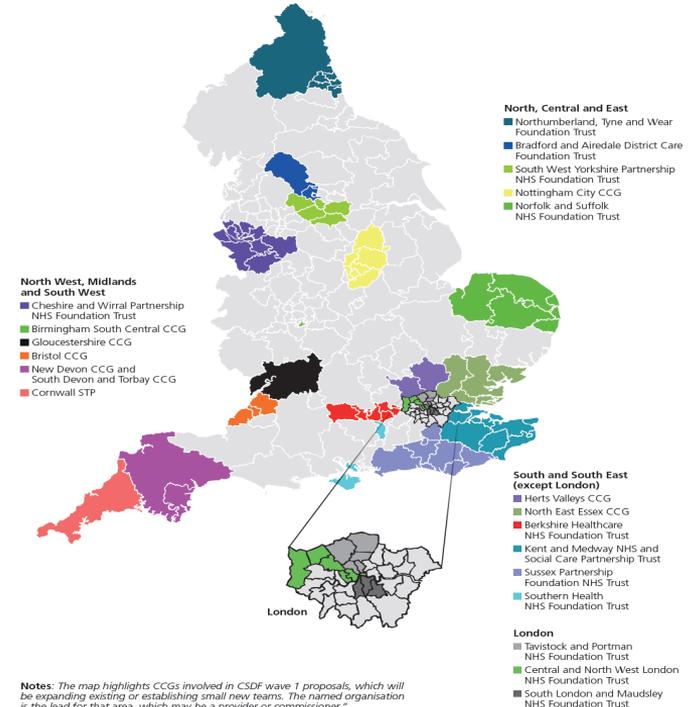
### Staffing

- 236 new specialist staff recruited

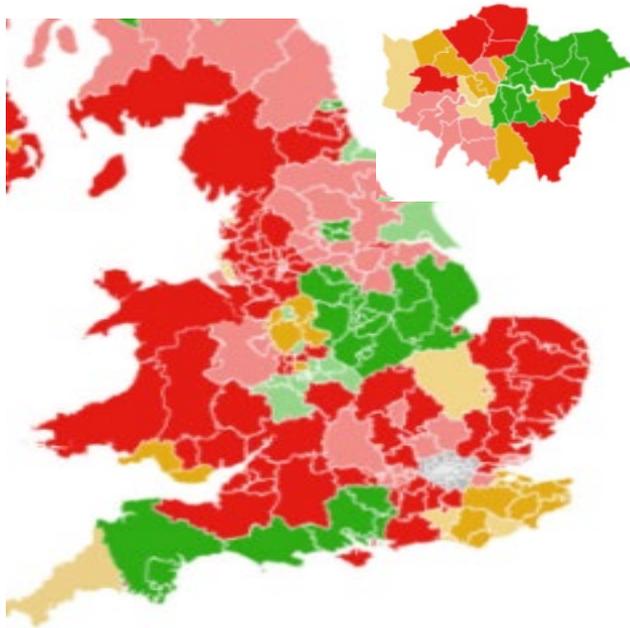
### Outcome and reach

- 17/18 implementation plan target was for 2000 additional women to be able to access specialist services
- **Over 7000 additional women were actually seen in the wave 1 services**

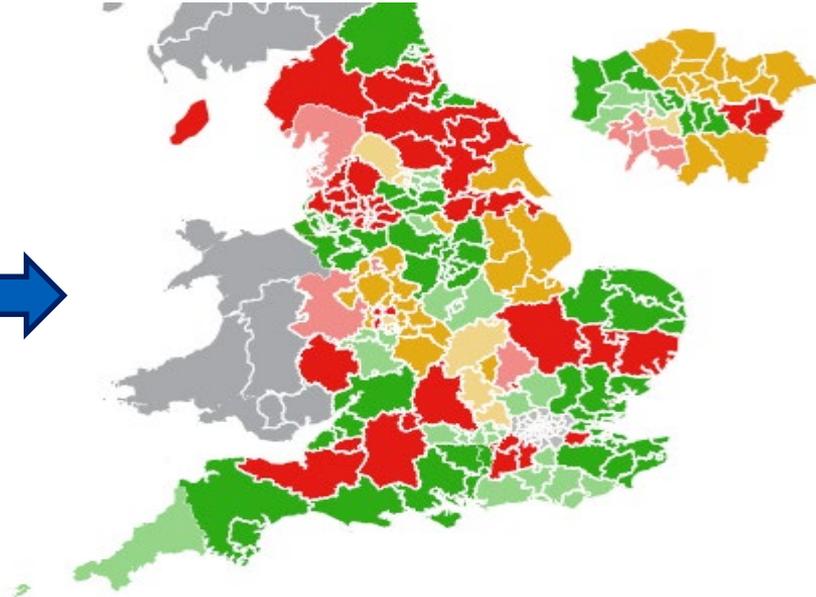
Specialist perinatal mental health community teams – Community Services Development Fund Wave 1



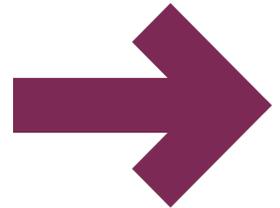
# End of Wave 1: Turning the map green for England



2015



2017



# Community Services Development Fund: Wave 2



- **£23.5m** additional funding distributed across 35 STP-led applications to develop services during 18/19
- Wave 2 services plan to employ **494 new specialist staff**
- **Funding allocations mean that 100% of STPs & CCGs across England will be providing specialist perinatal mental health community services by April 2019**
- Specialist PMH community services should be further developed and expanded through the additional transformation funding entering CCG baselines in 19/20 and 20/21

# Mother and baby units



# Mother and Baby unit developments

Support for expanding **Mother and Baby unit** capacity

- 8 extra beds in existing units commissioned on sustainable basis.
- Contracts for four new, eight-bedded units awarded and scheduled to open during 18/19
  - South West – Devon Partnership Trust (March 2019, 4 bed interim unit opened in March 18)
  - South East Coast – Kent and Medway Partnership Trust (August 2018)
  - North West – Lancashire Care FT (October 2018)
  - East Anglia - Norfolk and Suffolk FT (January 2019)
- Investment in existing MBUs for quality improvement initiatives.



# Clinical networks



# Perinatal Mental Health Clinical Networks



- 12 multidisciplinary Perinatal Mental Health Networks operating across all 4 NHSE regions with clinical leads.
- Funded to bring together:
  - Clinicians and managers (all mental health, primary care, obstetric...)
  - Commissioners (mental health, maternity and CRG)
  - Experts with lived experience, 3rd sector organisations
  - Local Authority (Social Workers, Health Visitors, Public Health)
- Identify local need for service services and training, develop local pathways
- Opportunities to engage and support regional improvement activities including learning from wave 1 and wave 2 implementation.
- Development of evidence based products to support innovation and quality improvement e.g. digital toolkits and apps, service promotion materials



# Workforce development



# Workforce development



Working in partnership with Health Education England, have funded to date:

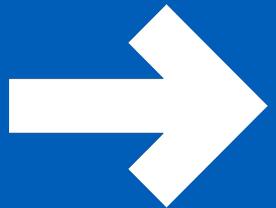
- Regional perinatal mental health training programmes for staff across all services who see women in the perinatal period
- Development of a multi-professional perinatal mental health competency framework
- Specialist perinatal psychiatry leadership programme delivered through Royal College of Psychiatrists
- Functional mapping of professional roles in specialist perinatal mental health teams, leading to development of role description resources

Still to come:

- National scoping of current PMH training provision and development of national training directory
- Profession specific specialist PMH training for other professions within these services: psychology, nursing, occupational therapy, nursery nurses

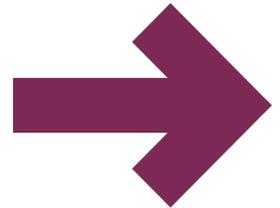
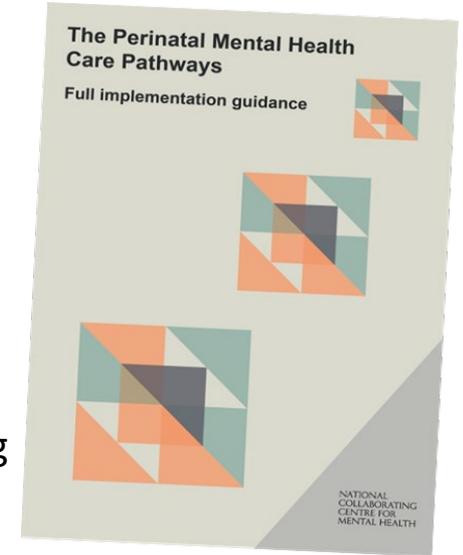


Other work



# Other national work to support service quality and sustainability

- Publication of perinatal mental health care pathways guidance
- Improving national data availability for perinatal mental health services – commissioning of bespoke data collections and partnership work with NHS digital to link maternity and mental health datasets
- Development of perinatal mental health best practice guidance e.g. for implementation of outcome measures, for family involvement, for improving equality of access across communities.
- Development of contractual levers and incentives to support sustainable investment in high quality perinatal mental health services



**For further information contact...**



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