

Title	Buckinghamshire Joint Health and Wellbeing Strategy themed agenda item on perinatal mental health
Date	14 September 2017
Presentation of:	Dr Nicola Widginton, General Practitioner Ruth House, Health Visitor, Perinatal Mental Health Project Manager

Purpose of the presentation:

For the Health and Wellbeing Board to consider in more detail the Joint Health and Wellbeing Strategy priority on perinatal mental health to identify potential gaps where a partnership approach from the Health and Wellbeing Board can add value.

Background:

The Health and Wellbeing Board is committed to giving every child the best start in life. A healthy pregnancy and early years are key to achieving these aims. In order to do this we need to work together with individuals, communities and partners to improve outcomes for babies, their mothers and families.

What happens during pregnancy and the earliest months after a child is born has a dramatic impact on a child's life and the adult they become. Getting it right at this critical time offers the best chance we have of raising happy and healthy children who reach their full potential, live satisfying lives and contribute positively to their community. Investing in the early years is good for society, promotes economic growth and reduces demand on health and social care services.

The refreshed Joint Health and Wellbeing Strategy states that:

During maternity, we will improve the health and wellbeing of mothers and their babies by:

- *Supporting the adoption of healthy lifestyles for the whole family.*
- *Ensuring good support for maternal and paternal mental health.*
- *Early detection and support for people experiencing domestic violence.*
- *Ensuring access to high quality parenting advice and support.*
- *Delivering targeted campaigns to raise awareness about the importance of antenatal care to all women and offer culturally sensitive information, advice and support to women from specific ethnic groups according to need.*

Under the **Promote good mental health for everyone** priority, the strategy states that we will:

- *Improve maternal mental health by building effective screening for mental health issues in pregnancy and maternity pathways and ensuring rapid access to effective intervention for all women who require it.*

At the meeting on 14 September, Dr Nicola Widginton and Ruth House will present to the Board on Perinatal Mental Health in Buckinghamshire.

The presentation will look at:

- Why perinatal mental health services are so important
- The consequences of perinatal mental illness
- Warning signs that someone maybe suffering from perinatal mental illness
- How we can improve detection (and why detection is sometimes poor)
- Service provision, programmes and future working in Buckinghamshire

The presentation will be followed by a roundtable discussion to:

- Reflect on the presentation
- Consider any gaps
- Look at what the Health and Wellbeing Board can do and
- Next steps

Recommendation for the Health and Wellbeing Board:

To consider the presentation on the day and contribute to the roundtable discussion, specifically to consider:

1. What can my organisation do to support this priority?
2. What action can the HWB take together to support and promote perinatal mental health and wellbeing?
3. What do I want others to do to support this priority?

Background documents: