

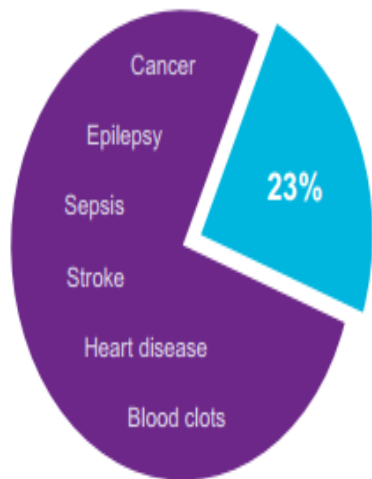
# PERINATAL MENTAL HEALTH

Providing specialist care for women with  
perinatal mental health disorders

Daisy Kelly

# Mortality

## Mental health matters



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



1 in 7 women died by **Suicide**

The leading direct cause of maternal death in the year following birth.


# Economic

# £8.1bn

**LSE PSSRU** London School of Economics & Political Science **Centre for Mental Health**

**The costs of perinatal mental health problems**

Annette Bauer, Michael Parsonage, Martin Knapp, Valentina Iemmi & Bayo Adelaja





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


**Costs v improvement**



The cost to the public sector of perinatal mental health problems is **5 times** the cost of improving services.

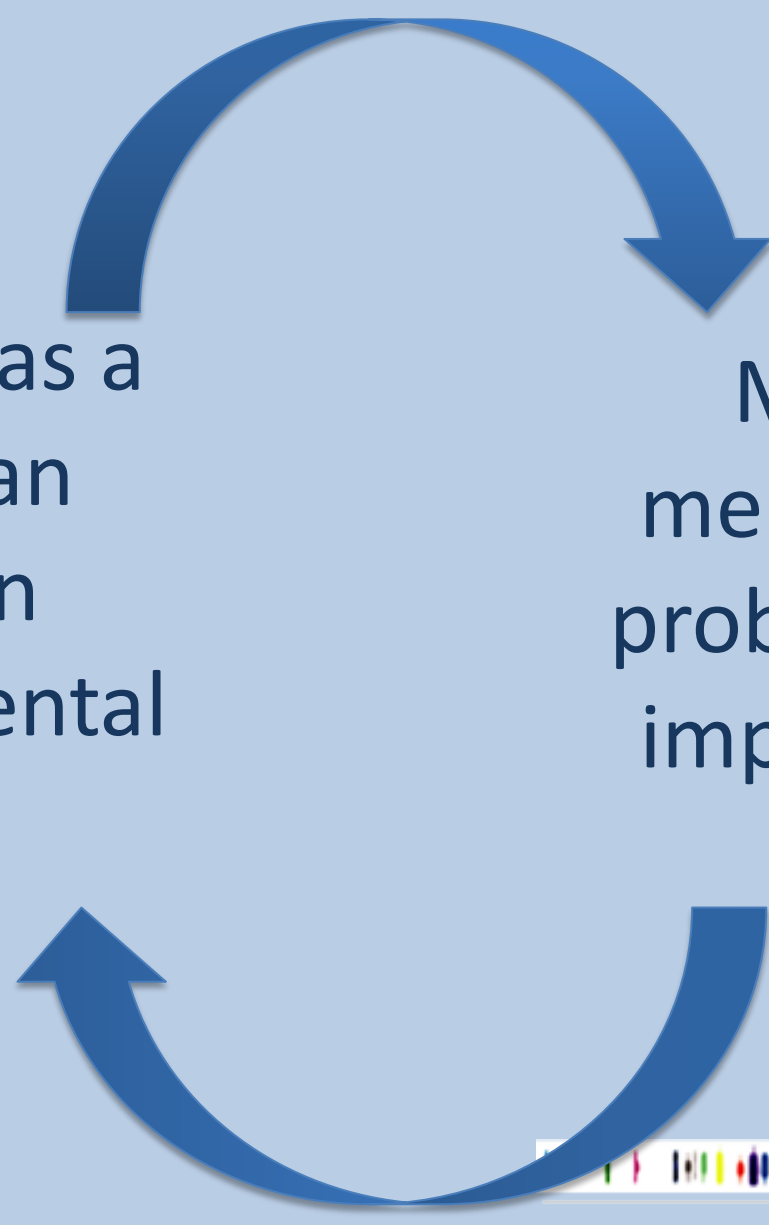


**MBRRACE-UK**  
Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries across the UK



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






Experience as a  
child has an  
impact on  
mother's mental  
health

Mother's  
mental health  
problem has an  
impact on the  
child

# Considerations

**MYTH #3**



**If I'm diagnosed with a mental health issue, my baby will be taken away from me**

NCT – 10 myths about perinatal mental health

# Concerns

- Impaired attachment due to inappropriate responsiveness to cues

Baby Communication Awareness Week 2011  
#BeforeWords



© I have lots of emotions just like you, and I'm still learning about how I feel. When you are sensitive and sympathetic to me by reflecting and talking to me about how I feel, I find this reassuring. Then I begin to understand how different emotions feel ©

Baby Communication Awareness Week 2011  
#BeforeWords



© Your face and voice are my most favourite toy. Rattles and teddies can be fun as I get older but I much prefer engaging and playing with you, chatting and soaking up your smile ©

- Potential impaired attachment with infant – a young infant has very limited means to independently self-regulate, and uses the mother as their ‘neurobiological regulator’, in order to help themselves emotionally regulate.



- Intergenerational transmission of poor mental health: for postpartum women for whom there is a history of childhood maltreatment, emotional dysregulation is likely to impact on the mother-infant attachment relationship, thereby negatively affecting an infant's ability to emotionally regulate.
- the infants distress signals may reactivate childhood trauma in the mother
- the mother may struggle to manage the day to day needs of a baby whilst also managing a severe mental illness
- Potential associated co-morbidities such as domestic abuse or substance misuse
- deliberate harm to a child as a result of maternal mental illness is rare

# Considerations

- PMI can impact on parenting ability, however there will be many families in which risk factors are present who do not maltreat their children
- A diagnosis alone does not always equate to child protection concerns and many women with PMI are able to parent well.
- Some conditions are associated with a higher risk of social services involvement (schizophrenia, personality disorder) (iHV, 2017)
- Balance between educating women of the implications of untreated mental illness, but also of nurturing their self esteem and encouraging them to understand the concept of the 'good enough' mother
- Treatment can be effective, and can break the cycle of mental illness

# 2018

- 2% child protection plan
- 4% child in need plan
- 94% no input from social care



NATIONAL  
MATERNITY  
REVIEW

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# BETTER BIRTHS

*Improving outcomes of  
maternity services in England*

*A Five Year Forward  
View for maternity care*





# Continuity Teams

## Launch November 18<sup>th</sup> 2019

- 1/3 vulnerable women
- 1/3 homebirth
- 1/3 those who are deemed to benefit from caseloading

Crystal Team – BR3/SE20

Sapphire Team – BR5/BR6

- ‘women with complex social needs benefit disproportionately in terms of outcomes, from continuity of carer’
- ‘caseload midwifery appears to confer increased benefit and reduced harmful outcomes for women with complex social factors’.

