@nhsscotlandevent #NHSScot19

# Donna Bell

***Director of Mental Health, Scottish Government***

***Session Chair***

# Mental Health Strategy 2017 - 2027

To play the video please click here: https://vimeo.com/347470044/c67feed2ff

# Clare Haughey, MSP

*Minister for Mental Health*

# Children's and Young People's Mental Health

To play the video please click here: https://vimeo.com/347470117/3013a433b8

# Stuart Currie

***Councillor and Health & Social Care Spokesperson, COSLA***

# Perinatal Mental Health Services

To play the video please click here: https://vimeo.com/347470189/1dd161d0bf

# Dr Roch Cantwell

*Consultant Perinatal Psychiatrist and Lead Clinician for Perinatal Mental Health Network Scotland, NHS Greater Glasgow and Clyde and NHS National Services Division*

NHS SCOTLAND

# Better Perinatal Mental Health in Scotland

We will provide three tiers of support across Scotland, in line with the needs of individuals:

- for those 11,000 women a year who would benefit from help such as counselling we will support the third sector to provide this
- for those 5,500 women in need of more specialist help we will ensure rapid access to psychological assessment and treatment
- for those 2,250 women with the most severe illness we will develop more specialist services and consider the need for a small number of additional inpatient beds or enhanced community provision

*Programme for Government, 2018*

Healthier Scotland
Scottish Government

# Perinatal Mental Health Network Scotland

- Established 2017
- Aim to ensure equity of care for all women, their infants and families, who experience, or are at risk of, mental health problems in pregnancy or the first postnatal year

Perinatal Mental Health Network Scotland
National Managed Clinical Network

Healthier Scotland
Scottish Government

Perinatal Mental Health Network Scotland
National Managed Clinical Network

NHS SCOTLAND

## Women & Families Maternal Mental Health Pledge

"I should have the right to good care from NHS Scotland for my baby, my family and me"

The NHS Scotland Charter of Patient Rights and Responsibilities* gives patients the right to get services appropriate to their need, to be involved in decisions about their care, to expect confidentiality and to be treated with dignity and respect, to have safe, effective care and to be able have any complaints dealt with.

More than one in five women will experience mental health difficulties in pregnancy or the first postnatal year. A woman's need for care at this time is distinctly different from that at other times and good care benefits not only her, but also her baby growing up, her partner and other family members. **The Mental Health (Scotland) Act (2015)** gives a woman the right to be admitted to a specialist mother and baby unit, jointly with her infant, if she needs inpatient mental health care. In addition, women with lived experience of perinatal mental illness have identified the following expectations, which they believe would help improve care for women, their infants and families throughout Scotland.

**I expect that:**

1. **I am fully involved, and at the centre of my care, so that I have the information I need to make the best decisions for me, my pregnancy and my infant's future health**
2. **I can be confident that staff who assess and care for me will have the appropriate level of knowledge and skills**
3. **I will receive preconception and pregnancy advice and care if I have a pre-existing mental health problem**
4. **I will receive expert advice and care about my maternal mental health when I require it, wherever I live in Scotland**
5. **I will have rapid access to talking therapies during my pregnancy and postnatal period**
6. **I can openly discuss my maternal mental health without fear of stigma or of being judged**
7. **My family are given the information and support they need to help me and to get help for themselves**
8. **I can be confident that my baby will have parents who are supported with their mental health**

*You can find the NHS Scotland Patient Charter at: https://www.nhsinform.scot/care-support-and-rights/health-rights/patients-charter/the-charter-of-patient-rights-and-responsibilities

**Published March 2019** **For current version please contact: nss.pmhn@nhs.net**

Scottish Government
Riaghaltas na h-Alba
gov.scot

Maternal Mental Health Change Agents

Maternal Mental Health Scotland

NHS SCOTLAND

# Women and Families Maternal Mental Health Pledge

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# Perinatal Mental Health Curricular Framework

DIMENSIONS

1. Health and wellbeing
2. Family support
3. Parent-infant relationship
4. Stigma
5. Interventions

LEVELS

1. Informed (All staff)
2. Skilled (Direct contact with pregnant and postnatal women)
3. Enhanced (Regular contact with women affected by perinatal mental ill health)
4. Specialist (Working in specialist perinatal and infant mental health teams)

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National Managed Clinical Network

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# Delivering Effective Services

**Delivering Effective Services:**

**Needs Assessment and Service Recommendations for Specialist and Universal Perinatal Mental Health Services**

- Working in Partnership
- Developing Professional Expertise
- Ensuring Equity of Care
- Delivering Best Outcomes

- Mother and baby units
- Community perinatal mental health services
- Infant mental health
- Specialist midwives
- Maternity and neonatal psychological services
- Primary care mental health
- Third sector and peer support
- Competencies, education and training
- Quality indicators and outcomes

Healthier Scotland
Scottish Government

# Future direction

- PMHN Scotland recommendations launched by First Minister and Minister for Mental Health March 2019
- £50 million committed by Scottish Government over 4 years for perinatal and infant mental health
- Perinatal and Infant Mental Health Programme Board (PNIMH-PB) established
  - Developing scope and workplan
- Perinatal Mental Health Scotland
  - Workplan 2019-2020

# Perinatal Mental Health Network Scotland – Future Work

- Models of peer support
- Induction programme for staff new to specialist teams
- Training resources matched to Curricular Framework
- Core specialist data set, assessment and outcome indicators
- Perinatal mental health care pathways

*In association with Programme Board and NES*

Perinatal Mental Health Network Scotland
National Managed Clinical Network

Healthier Scotland
Scottish Government

# Suicide Prevention Services

To play the video please click here: https://vimeo.com/347470247/3be04f6446

# Rose Fitzpatrick

*Chair, National Suicide Prevention Leadership Group*

## SUICIDE IN SCOTLAND:

- In 2017 there were 680 probable deaths by suicide in Scotland – 7% fewer than the previous year.
- Between 2011-2017, 5,286 individuals aged 5+ years died from suicide in Scotland
- 73% were male
- 47% were aged 35-54 at the time of death
- Suicide deaths were almost three times more likely among those living in the most deprived areas than among those living in the least deprived
- The Scottish suicide rate fell by 20% between 2002-06 and 2013-17.

Sources: https://www.isdscotland.org/Health-Topics/Public-Health/Publications/index.asp?#2306) and https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/suicides/main-points)

# CONSULTATION ON SUICIDE PREVENTION ACTION PLAN:

- 5 public engagement events supported by a number of organisations
- Public engagement paper published on 8 March 2018 received nearly 300 responses

- Analysis of consultation documents can be found here - https://www2.gov.scot/Publications/2018/11/5327

# SUICIDE PREVENTION ACTION PLAN:

1. Establishing the National Suicide Prevention Leadership Group and supporting the development of local action plans.
2. Creating and implementing refreshed mental health and suicide prevention training by May 2019.
3. A coordinated approach to public awareness about suicide prevention.
4. Timely and effective support for those affected by suicide.
5. Improved crisis support services for people in distress.
6. Use of digital innovation to improve suicide prevention.
7. Targeted preventative activity for at-risk groups.
8. Ensuring the needs of children and young people are reflected across all of the actions.
9. Ensuring that data, evidence and guidance is used to maximise impact in and improve service planning and delivery.
10. Developing appropriate reviews into all deaths by suicide.

Full Suicide Prevention Action Plan can be found here -
https://www.gov.scot/publications/scotlands-suicide-prevention-action-plan-life-matters/

**PURPOSE OF THE NSPLG**:

- The National Suicide Prevention Leadership Group has been established to help drive implementation of the Scottish Government's Suicide Prevention Action Plan, which sets out a target to further reduce the rate of suicide by 20% by 2022 (from a 2017 baseline).

- The Group will operate by collaborative leadership and will support, challenge and facilitate activity to influence change, remove barriers and ensure progress against the Action Plan.

- The Group will work with energy, commitment, pace and impact.

**MEMBERSHIP OF THE NSPLG INCLUDES:**

- Third sector
- Local Authority delivery partners
- NHS
- COSLA
- Health and Social Care Partnerships
- Criminal Justice sector
- Clinical practitioners
- **Most importantly, individuals with lived experience of the impact of suicide**

A full membership list and terms of reference can be found at https://www.gov.scot/groups/national-suicide-prevention-leadership-group/

**DELIVERY PLAN**:

- Published on 20th December 2018.
- Sets out the work towards the vision of the Suicide Prevention Action Plan: *Every Life Matters.*
- Describes an initial, sequenced and high-level summary of our work.
- Delivery Plan will be updated as work evolves.
- All of the Actions in the Delivery Plan are underpinned by consideration of equalities and inequalities.

Delivery Plan can be found here - https://www.gov.scot/publications/national-suicide-prevention-leadership-group-delivery-plan/

# SUICIDE PREVENTION ACTION PLAN – ACTION 2 TRAINING

- Suicide prevention online universal resource launched by the Minister for Mental Health on 28 May 2019

- NHS, COSLA and SPFL committed.
- How will you watch, use and support your colleagues to benefit from it?

https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide

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