

# Southwark Perinatal Mental Health Team

# Organisation Practice

- Team offers assessment, treatment and intervention from pre conception up to 24 months post natal. This includes a range of interventions for perinatal specific roles.
- Recommendations relevant to perinatal mental health and consideration on amendments and or implementations are taken to meetings for discussions.
- Training provided to staff (internal / external).
- Policies and any changes in recommendations are shared with teams and at times presented at Education and Quality in Practice (EQUIP) half day.
- Expert by Experience to be involved in interview panels.
- Diversity in recruitment (b8a and above) sit on panels; staff within the service are also trained in this

# In place...

- Working Group Party – LGBTQ+ and EDI. Currently recruiting staff to be involved in this.
- Focus Group – South Asian – to be re-advertised to collect data
- Women Like Us Event
- Perinatal P&P – evidenced improvements in access rates for different ethnic groups
- Strategic – part of provider collaborative; Pan London Network Meetings
- SLaM piloting Patient and Carer Race Equality Framework (PCREF)

# Psychology and Psychotherapy

- Data on ethnicity have been collated and presented e.g. at service wide EQUIP training.
- Psychology & Psychotherapy annual report specifically analyses quantitative and qualitative data on ethnicity in relation to access rates and service user satisfaction.
- In Southwark in 2022/23, Asian service users were under-represented relative to the local population. Black service users were represented in the same proportion as in the local population. Mixed and other ethnic groups were slightly over represented. We have tried to set up a focus group or one to one interviews to understand what might make it difficult for Asian families to access our service: this is still in progress. We have linked with third sector organisations such as the Asian Resource Centre in Croydon in order to establish closer working relationships.
- Ongoing monitoring of attendance at group interventions to review accessibility of groups



# Ethnicity profile over time (broken down by calendar month)

This page shows the current position of data completeness of the ethnicity profile data field in ePJS and the change over time of completed records broken down by month. The monthly breakdown includes service users active at the first day of each calendar month.

Level of completeness  
current caseload

100.00%

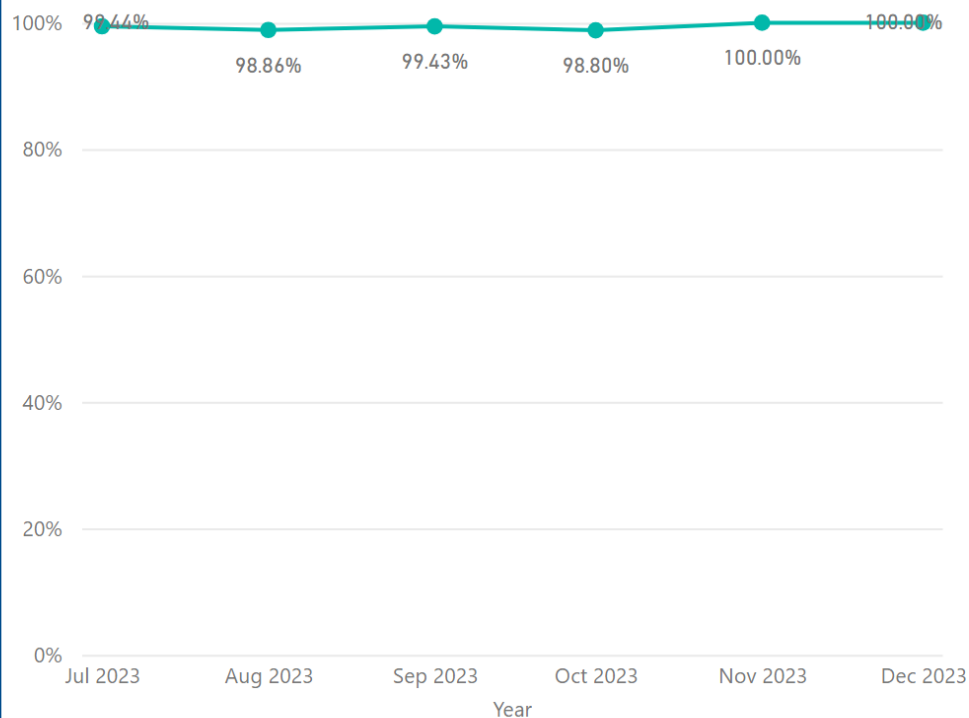


Missed opportunities  
last month

0

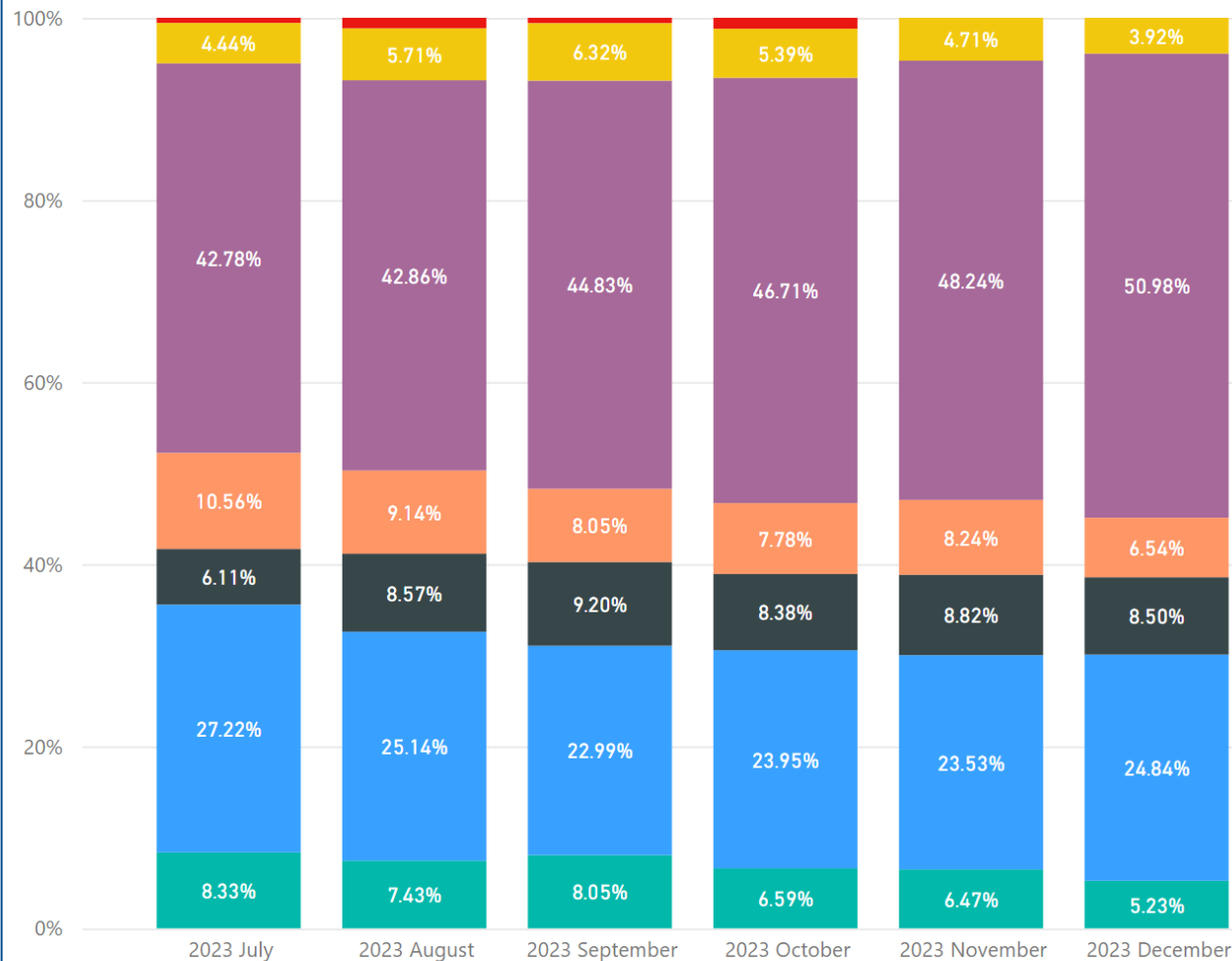


## Completed ethnic profile over time (monthly)



## Ethnic profile breakdown over time (monthly)

1. Asian or Asian British 2. Black or Black British 3. Mixed 4. Other Ethnic Groups 5. White 6. Not Stated 8. Blank



Profile Changes

Comparison View

Patient Level

Definitions

About

# Challenges

- Clinical time taken for Cco to liaise with different departments (e.g. housing)
- Hard to sign post patients
- Transformation funding – this impacts on wait times, access data, workforce to deliver a service

## MBRRACE (2023) recommendations

- Partnership working (Maternity, CSC, Health Visiting, GP)
- Professional curiosity around safety / domestic violence and abuse
- Safeguarding supervision
- Personalised care plans (mental health) and pre birth care plans
- Daily referral meetings and triage calls if there is a concern
- Upskilling staff with perinatal specific training
- Training offered to working age CMHT and acute wards – this includes thinking about father, partner and significant others mental health.

# In place...

- EQUIP – use this as a training platform, where maternity and IAPT Perinatal Leads are invited (sharing of lessons learnt from maternal death and serious incidents)
- Weekly MDT meetings – mental health midwife and health visitor invited to this meeting for sharing of information
- Staff groups (complex case discussions / learning and development / safeguarding supervision / maternity safeguarding supervision)
- Part of consult for start for life



# Perinatal Mental Health Specific Guidance

- SWK piloting 24m workstream
- Number of referrals in 2023 – 385; initial assessments – 349
- Number of late referrals (7m and above) – 1 (forwarded to PCMHT as no perinatal specific needs)

# In Place...

- Transformation Plan – Workstream meetings ongoing to analyse what is working and where the gaps are
- All workstreams are co produced
- Plan to attend business meetings with Primary Care Networks to raise profile with available service from pre conception to to 24 months
- Close links with Parental Mental Health Teams as a discharge pathway
- Women Like Us Group – themes captured on service development

# Challenges

- Staffing workforce (not in line with CR232)
- Recruitment into specialist posts (e.g. parent infant psychotherapy)
  - *Impact on delivery of services – longer wait for assessments / intervention – poorer outcomes*
  - *Not full complement of workforce – increases wait times; access rates reduce*
  - *Staff burnt out*
- Difficulty in receiving referrals from stakeholders
- Transformation funding