



FORUM MINUTES	
Date	05/05/2022
Venue	Virtual (Zoom)
Attendees	MW, ST, AL, LH, JH, GP, DC, DR, FK, CT, CH, CG, CN, FB, ME, SS, LB, MG, JL, CM
Apologies	PV

	ACTION
<p>1. Midlands Update</p> <p>iHV Updates</p> <p>1) Campaigning efforts</p> <ul style="list-style-type: none"> • Maternal Mental Health Matters Awareness Week 2-8 May -the goal is to raise public and professional awareness of PMH and advocate for parents and their families • Mental Health Matters Awareness Week 2022 9-15 May -this year's theme is exploring the impact of loneliness • IMHAW 13-19 June –theme is 'understanding early trauma' –if you are making plans do email jasmin@parentinfantfoundation.org.uk to be included into calendar of events <p>Further positive changes:</p> <ul style="list-style-type: none"> • New statutory guidance, which will be produced by NHS England, will require ICBs to nominate an executive children's lead -responsible for ensuring the ICB sets out clearly the steps it will take to address the needs of babies and CYP. • NHS England issuing statutory guidance which will include a statement that each ICB must nominate an executive children's lead, ensuring leadership for babies and CYP on every ICB. 	<p>Please See Slides for further Information</p>



- ICBs reporting annually on how they are delivering their child safeguarding duties.

2) Infant Mental Health Virtual Conference 15th June

- The aim is to recognise the factors that contribute to early trauma
- Value the importance of adopting a trauma-informed approach to working with families



[Click here](#) to
book

3) Upcoming Training events



Hosted PIMH Champions Training

13TH & 14TH JUL 2022

2-Day Course via Zoom (09:00-16:30)

For Multi-Agency



PIMH and families who identify as LGBTQ+ 1 day Champion Training-Register interest:

Training@ihv.org.uk

***18th October**



**Hosted Fathers & PMH
Champions Training**

27TH JUN 2022

1-Day via Zoom
For Multi-Agency

4) iHV Update: Research, Policy, and Resources

- A variety of reports and guidance have been included in the slidesets uploaded on the iHV website.

5) Research Opportunity- MuM-PreDiCT

- Goal is to improve care for pregnant women with multiple long-term health conditions through research: [Delphi Survey](#) + <https://bham.onlinesurveys.ac.uk/delphi-survey-core-outcome-set-mumpredict>

6) Resources to support Ukrainian Nationals in UK

2. Networking Discussions

Group 1



Champion Role Updates:

- Group highlighted the importance of organisations **releasing time** for training, but also addressed the **impact** this may have **on workloads** (e.g., when attending a 2-days training event)
- **Flexibility in delivering the training** is well-received, for instance over 4-days or 1-day -this allows Champions to think about what participants need and want in light of their existing knowledge levels



- General discussions around **who can support Champions** (e.g., requiring more than one person to deliver training; how many Champions are being trained in different organisations, how can you cope when people leave their posts, and more)
- Thoughts around **how Champions** can further knowledge, skills, and advocacy for the community -takes time and reduces overall workload capacity
- **Food for thought:** some areas don't have protected time or a SPHV who can drive the change

Gold standards Ideas:

- There is a **need for leaders** who can then be the advocate for services, training, and more
- **Minimum level of mandatory training for staff is required**, and perhaps guidance as to what that level would look like for all staff- taking into consideration role/competence etc
- **Fathers not written into KPIs;** support network needed in services/equal priority should be given

Group 2

Champion Role Updates:

- **Current staffing issues** alongside computer/technical problems

Gold standards Ideas:

- **Integration of System 1** or another similar system
- Using bite-size training, red books
- Returning to groups that are **face-to-face**
- Whilst some HVs are **back in the office**, this is not the case for all areas (e.g., in phone calls assessment it can be hard to pick up cues)
- Discussion around what happens when someone does screen for mild/moderate depression (?) -**what are the steps** which would then be taken – are there the services to refer on to/workforce challenges across the system



Group 3

Discussion Points:

- Services are dwindling, yet referrals are pouring in -services are therefore **unable to meet needs** and this negatively **impact on children, parents, and their families**
- HVs are still unable to go out and access certain buildings, and it can be hard for families and parents to get to grips with the service limitations
- Discussion around **autism and attachment issues** -HV's have noticed a substantial increase in communication disorders and were wondering how this may increase over time

3. LH Lived Experience

- LH story was well-received and many **positive verbal comments** were expressed during the Forum
- *Thank you for sharing your story, Leanne*
- *Always eye-opening to hear from lived experience speakers. Thank you!*
- LH also shared the **Maternal Mental Health Alliance Updates**

Dr AL Presentation

- AL discussed the concept of **Shared Pleasure (SP)**, defined as the “the parent and child sharing positive affect in synchrony” - expressed in facial expressions such as a laugh or curving of mouth to smile, direct gaze contact, and more
- AL conducted a study in a high-risk sample of South African mothers to Assess the presence of SP moments in a population of well dyads and those with mothers that had mental illness

Feedback

- *Brilliant presentation, thank you so much*
- *Great - so interesting! Thank you.*
- *Excellent presentation*

Please
[See MMHA Slides](#)
for further
Information

Please
[See DR AL Slides](#)
for further
Information



<p>5.</p>	<p>Date of next Forum</p> <ul style="list-style-type: none"> July 5th -all Champions welcome <p>South East PIMH Forum Agenda</p> <p>9: 30- Welcome/Introductions</p> <p>9.45- iHV/National update</p> <p>10.15- Networking and discussions</p> <p>10.45- Refresh and recharge</p> <p>11.00- Guest Speaker: Kaat De Backer, Perinatal Mental Health Midwife and Research Assistant at King's College. <i>ASPEN-study Attempted Suicide in the Perinatal Period</i></p> <p>11.30- Guest Speaker: Hannah Bissett, Everyone's Business Champion, Maternal Mental Health Alliance</p> <p>12.00- A.O.B</p> <p>12:10- Delivery of Champion training: This is a standing item where we will orientate and familiarise Champions with iHV training materials and resources, and Champions will have the opportunity to have a Q&A with the iHV Team.</p> <p>12.30- Close</p>	<p>Please Book Here</p>
<p>6.</p>	<p>Final Comments:</p> <ul style="list-style-type: none"> Amber Snell, Trainee Clinical Psychologist at The University of East Anglia has designed a study called <i>“Psychological Understandings of Postpartum Psychosis: A survey to explore the experiences and views of staff supporting women and families within the first year after birth”</i> 	



- **What is this study about:** It aims to explore staff experiences about what support is currently offered to women who have experienced Postpartum Psychosis. It also seeks to explore whether there are any unmet needs after specialist perinatal support ends, and what support is accessed at this point. We also hope to identify factors related to staff confidence when delivering interventions and providing support within their roles.
- **Why participate:** You may help others who are struggling with Postpartum Psychosis in the future. You may contribute valuable information that may be of use to the researchers. There is an option to be entered into a prize draw for Amazon vouchers to compensate you for taking part in this study.
- **Who can participate?** Staff members from any discipline who currently support women with Postpartum Psychosis within their role, e.g., signposting, screening, referral, psychological interventions, family support etc. Be willing to take part in a approx. 20-minute online survey at the following link: <https://uea.onlinesurveys.ac.uk/psychological-understandings-of-postpartum-psychosis-a-su-2>

Thank you for taking the time to join us!