



## **Maternal Mental Health Conference**

Wednesday 16<sup>th</sup> November

Gloucestershire Academy, Sandford Centre, Keynsham Road, Cheltenham

**Evaluation results – TOTAL No. OF FORMS RETURNED = 36**

### **QUESTION 1**

Has today helped you with what you need or want to do as part of your work/involvement in Maternal Mental Health issues?

1 Not at all	NIL		
2	NIL		
3 Moderately	5	3 – 4	2
4	14		
5 Extremely	15		

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### **QUESTION 2**

Are you glad you came today?

1 Not at all	NIL
2	NIL
3 Moderately	NIL
4	18
5 Extremely	18

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### QUESTION 3

#### What was most useful from today?

- Alain Gregoire's and Robin Balbernie's presentations giving an accessible view of Mat MH problems and what needs to be done to try and alleviate them. (2)
- Specialist perinatal MH service – Alain Gregoire. (6)
- Sharing info that is specific to your geographical patch. Update to most recent pathways/on-going progress.
- All was useful (3) – workshops were too rushed – did we gain from them as initial presentations were good? (3)
- Networking. Learning of initiatives being introduced.
- All of the speakers – slightly different angles – good variety, excellent presentations.
- Infant MH in relation to Mat. MH and specialist perinatal MH services (pity speakers were not given longer slots)
- Seeing way forward, resources available at present, all information presented, understanding 'cogs'. Workshop excellent.
- All the speakers were useful. Enjoyed the guided self help work and could be very interested in taking this forward. Would be very interested in links with infant and Mat MH services as a mere 'working together' approach.
- All speakers were excellent – well thought out programme. Clarity of role of Graduate workers.
- Whole day useful, particularly afternoon on guided self help and meeting and understanding work of graduate workers (9)
- Awareness for Mat. MH – something seen to be done at last.
- Domestic violence very interesting. Making MH issues more open/available to everyone from various sources.
- Listening to speakers – especially Vicky Macdougall and Alain Gregoire – excellent, and Vicky's workshop brilliant – needed more time (2) How to ask the question about abuse.
- Reinforcement of existing knowledge – evidence based research as confirmation from key speakers. Use of MH workbook sounds interesting.
- Gaining overview of what is happening locally in relationship to national background and my part in the picture.
- Alain Gregoire, Chandni Mehta, Robin Balbernie, Paul Hopkins (3), Alison Sedgwick-Taylor.
- Care pathway workshop – Jonathan /Rob.
- Impact of maternal depression on mother child relationship.
- Effects of Mat. MH and importance of prevention in Ante and Post natal period.



#### QUESTION 4

##### How do you plan to take forward learning from today with your organisation?

- Link Mat. MH and PND issues to Children's Centre work.
- Bringing in contacts with families.
- Clarification as to key workers in my professional group. Liaison with midwife as to specific targets for Mat. MH.
- Knowledge useful for signposting clients to services (I run stress management courses)
- To work and evolve massage group with mothers. Today reinforced importance of this non-threatening tool to work alongside mothers in a group or one to one.
- Would be interested if an Infant MH forum to support professionals could be set up for C & V staff.
- Meeting with manager – self evaluation and possible action plan, reflective, look at policies and cascade info.
- To hopefully do some training using guided self help. To work with clients with knowledge on attachment issues and implications for .....MH associated with depression/anxiety.
- Hope to use Mat MH workbook with appropriate training and support. Already part of Mat MH Pathway surgery pilot (2)
- Need to find out if triage worker operating from my base. Books on prescription – use more.
- By discussing further training. Implications for HVs in use of self help work.
- With better understanding of the GSH – more encouraging to clients to partake and better able to support them.
- To take into account preventative and early interventions.
- Thank you for today – have been running a group for PND support for mums for years and felt very much on my own!
- Use it in PND support group currently being run at Russett House, Tuffley.
- Continue to raise awareness and to support parents and children. Inform colleagues (community family workers, early years centre).
- Importance of HV role in early identification of PN depression (ante-natally and post-natally) and risks to mothers, children of failure to do so – also long term effects on community health.
- Discuss with CPN, midwife, HV in team to see how we can develop a surgery awareness and protocol to deliver service in Cirencester. Feedback to other members of team points from today's speakers. Be better at asking about domestic situation.
- Look at how there can be support services to improve mothers' understanding of infant mental health.
- Posters for waiting room and info for rest of team.
- Feedback to professional development network for health visitors in West Glos PCT.
- Push for more input retraining for health professionals with PND.
- Discuss with Primary Health Care Team and other health professionals.
- Try and set up a PND group for parents in our patch. Continue to use CBT in listening visits.
- Need MH training and updates on use of EPDS and CBT.
- Use CBT skills within PND group.
- Be more aware of mental health issues – talk to staff/service users. Ask more questions re mental health.
- Use with families and discuss in staff meeting. Reassurance that we are positive in how we deal with families.



## QUESTION 5

**Health Visitors:- If training were available would you be interested in using the Maternal Mental Health workbook with clients as another intervention tool?**

Yes 25

No 1 (would like to but retiring)

## ANY OTHER COMMENTS

- Too much information delivered under too much pressure of time – slides with a lot of information rushed through too quickly to digest – either less info or more time please! (9)
- Difficult to hear some of the speakers. (5)
- As HVs/Midwives are frontline workers, recognition and prevention of depression. I think further training in MH issues is essential. (1)
- Parking (2)
- Very well structured and organised. Great balance, great conference. The self-help guides could be really helpful in our EYC – interested in further training. Best Start/Bumps & Babies Group/Drop-in users. Career development. Sometimes we refer users to other services but they are reluctant – they want help at the Centre – they have formed relationships with us. As a knock on how we can best help the children too as a result of the guides.
- Many thanks this has been very useful and information with lots of useful information to take away. Great to know others share similar visions. Thank you for all your efforts to put this day together – much appreciated.
- Excellent facilities!
- Feel like we are doing this already alongside non-directive counselling – but without the structure or adequate supervision.
- An excellent day – feel as though batteries are re-charged which is rare these days. Would have liked more on effect on children's mental health.
- Very interested in domestic violence courses/training in the future, particularly with Vicky Macdougall.
- Guided self help would be a really useful tool for HVs.
- Work closely with CAMHS so am very aware of Robin's work. Wish that all staff are trained in this subject. Excellent that as an education worker I was able to attend this health conference – more inter-agency working.
- Would be interested in developing a specialist HV role to work with people suffering MH issues in the community.
- We are out there visiting with no tools or supervision!
- Very interesting day, worthwhile and beneficial (2)
- 13 West Glos PCT HVs in attendance today and many more unable to attend, perhaps it would be useful to attend a professional meeting.