Milton Keynes Perinatal Mental Health; working together to improve outcomes

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Start of our journey:
• Long history in MK of committed individuals but… lack of strategic coordination
• Provider led scoping paper and gap analysis
• Local incidents leading to serious case review
• Raise in regional/ national profile of perinatal mental health
• Priority for local maternity services liaison committee
• Support from TVSCN

MK response
• Forming a collaborative
• Investing in services
• Clarifying the pathway
• Developing training
Forming a Collaborative

• The importance of involving women with lived experience.. The benefits for women of becoming involved
• Involving a range of agencies
• Getting support from organisational leads
• Convincing people that perinatal mental health is a priority… clinician time spent in collaborative activity
• Aims of the group
  • Establishing a common language
  • Building on existing relationships and strengths
  • Reviewing data
  • Progressing and monitoring the programme of work
Investing in services

- Identifying source of funds, adult mental health and CYP commissioners working together
- Building a business case… making it a priority for financial allocation
- Working with the regional lead to understand and evidence resource requirements
- Developing the specification and KPIs
- Provider challenges
  - Recruiting experienced staff
  - Developing specialist teams in a small locality
Clarifying the local Perinatal Mental Health Care Pathway

- Understanding current processes
- Learning from incidents and reviews
- Adapting national guidance to a local context
- Reviewing pathways from other areas
- Deciding what format will support ease of use
- What is in scope and what is out of scope?! 
- Launching and communicating the pathway
- Audit and review
Developing Multiagency Training

- Understanding what is currently provided
- Responding to the PMNH CQUIN for Health Visitors
- Mapping the needs for MK.. Across multiple agencies
- Understanding regional developments
- Bring together the options
- Making recommendations and making it happen…
How will we know we’ve made a difference?