



Parental Mental Health Pathways

Sub group of Parental–Infant Mental Health & Wellbeing Steering Group

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Create one
PIMH pathway
across
Coventry and
Warwickshire!



Easy ??



Rules !!

- One pathway across C&W
- Keep it parent and child centred
- Have a whole-systems approach
- The right support at the right time
- Versatile enough to be relevant across all areas of Coventry & Warwickshire at any point in time
- No wrong door
- Aspiration with out boundaries
- Keep it simple
- Make it useable across all sectors

And remember whose shoes
are you wearing?





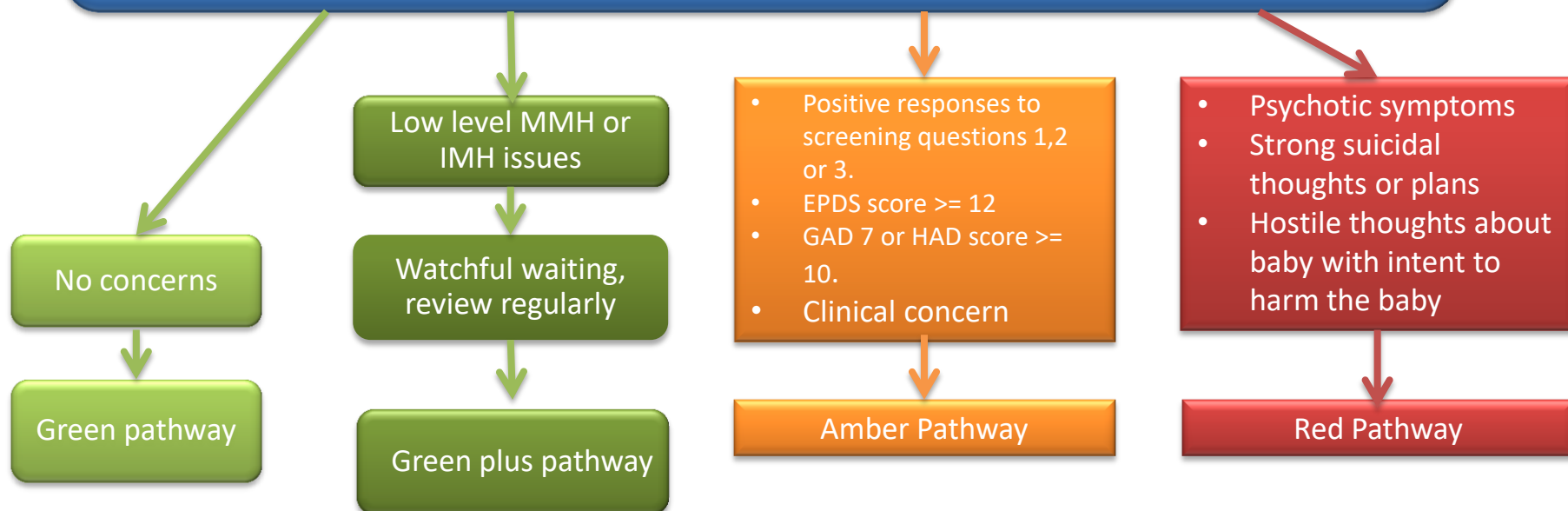
Parental Infant Mental Health Wellbeing Pathway (PIMH) in the first two years (1001 critical days)

Think family,
Think positive mental health for all.

At designated routine contacts the midwife (MW) and Health Visitor (HV) will ask routine mental health screening questions. The ASQ social and emotional screening tool will be used at the 9-12 month and 27 month development assessments.

Identification by others e.g GP, IAPT, FSW, FNP, trained third sector

Self concerns and concerns identified by untrained staff to be referred to trained staff in first instance.



Screening Questions :

to be interweaved with in the contact and not asked as a list

1. Past or present severe mental illness
2. Previous treatment by a psychiatrist/specialist mental health team including inpatient care
3. A family history of perinatal mental illness – do they have a mother or sister who has experienced 1 or 2 in the perinatal period.
4. During the past month have you often been bothered by feeling down, depressed or hopeless?
5. During the past month have you often been bothered by have little interest or pleasure in doing things?
6. Feeling nervous, anxious or on edge?
7. Not being able to stop or control worrying?
8. Do you have any concerns about bonding with this baby now or once it is born?

Mindful of ACE's and the impact on families.

If Yes to 4 or 5 , screen using EPDS. If Yes to 6 or 7 screen using GAD 7

If Yes to any : Is this something that you feel you need, or want, help with ?

NO

Build a relationship, find out what support is acceptable, support families to engage.
Watchful waiting, review regularly.

YES

- EPDS score < 12
- GAD 7/ HAD score < 10
- Mild clinical concern

- Positive responses to screening questions 1,2 or 3.
- EPDS score > /= 12
- GAD 7/ HAD score > /= 10.
- Moderate or higher clinical concern
- Identification of four or more ACEs

Green plus pathway

Refer to MW or HV

DRAFT AUG 18 KMM DA

Amber pathway or Red
pathway if meets criteria

GREEN PATHWAY

- Routine contacts with midwifery and Health Visiting services assessing PIMH
- Online Solihull Approach AN and PN courses
- AN and PN Solihull approach groups
- Child and Family centres.
- Other community groups (check availability in your area)
- Exercise (check local availability)
- 5 Ways to wellbeing
- Peer support
- Own Self-help strategies to maintain HWB
- Social media/education
- Positive MH Campaigns by national groups
- Baby and family apps
- Mindfulness
- Relaxation
- Sleep management and advice
- Promotion of inter-parental relationships
- Infant feeding support
- Dads Matter twitter account

GREEN PLUS PATHWAY

- Birth Listening service
- Baby steps
- Listening visits
- Solihull Approach postnatal plus group
- Specialist groups
- Referral to GP
- Use of counselling services
- Self-referral to IAPT
- HV-led VIG
- Universal Plus pathway for HV
- Support with presenting difficulties, e.g sleep.
- Referral to FSW and EH services
- Referral to Child and Family centres and other community groups
- Referral for inter-relationship advice
- Use of self help books (books on prescription)
- Use of self help websites e.g NHS choices, Warwickshire's 'Big White Wall', MIND

AMBER PATHWAY

- Positive responses to screening questions 1,2 or 3.
- EPDS score ≥ 12
- GAD 7/ HAD score ≥ 10 .
- Moderate or higher concern
- ASQ SE score > 50 for 9-12 months
- ASQ SE score > 85 for 27 months
- Clinical concerns

Referral into PIMH SPA team
(PMHT/HV/MW/IAPT/RISE/CMH service)
(available for phone advice)

Green Plus Pathway

- PMHT
- IAPT
- RISE
- PMHT-led VIG
- Other MH services
- Drug and alcohol
- Eating disorders
- Community Mental Health Team (CMHT)

Red Pathway

Green or Green Plus Pathway

RED PATHWAY



- Psychotic symptoms
- Strong suicidal thoughts or plans
- Hostile thoughts about baby with intent to harm the baby



Referral to and timely response from

- Crisis team 0300 200 0011
- A&E
- Ambulance
- Police
- MBU (Mother and Baby Unit)
- AMHAT (in-hospital Adult Mental Health Assessment Team)
- RISE



Amber Pathway

PRE-CONCEPTION

1. Family history (female 1st degree) of bipolar disorder, schizophrenia, schizo-affective disorder, psychosis
2. Pre-existing severe MH

Concerns sufficient to stop the woman conceiving due to:

1. Trauma from previous delivery
2. Primary tokophobia
3. Severe concerns about the woman's ability to bond with the baby

Referral into PIMH SPA team
(PMHT/HV/MW/IAPT/RISE/community PIMH service)

- PMHT
- IAPT
- Other MH services
- Drug and alcohol
- Eating disorders
- Community Mental Health Team (CMHT)

Advice and discharge to GP &/or CMHT until pregnant

Once pregnant refer directly into Amber Pathway

Risks

- No GP / GP out of area
- Woman doesn't book with midwife
- Inadequate assessment
- Woman doesn't disclose issues
- Fear of services
- HV unaware of Pregnancy
- Other priorities on staff
- Non consistent practitioners
- Non face to face contact
- Poor communication between services
- Disengagement from services
- Cultural or language understanding

Training / Communication Plan

- Midwives and HV
- Primary care : GP & PN
- MH services : IAPT, Drug and alcohol, Eating disorders, CMHT, Crisis team
- Maternity services : Obstetricians, HCA, sonographers
- Third sector : Children centres, MH charities, Parenting charities
- Local Authority : SW, FSW, EH, MASH
- Emergency Services : Police, Ambulance, A&E, Crisis team, AMHAT
- Parents : Positive messages, By your side, Parents in Mind
- Breast feeding peer supporters

Please

Please



Please

Please



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