Welcome to 2018

Alisha Wells, Senior Health Promotion Officer, Women’s Health Strategy and Programs

I can’t believe it is February already, 2018 is zooming along. Happy New Year to you all, I hope this year is everything you hope it to be.

I am Alisha Wells and only keeping Renae’s seat warm for a few weeks until a more permanent person comes along to fulfil her maternity leave. In the meantime, if you have any questions or would like to contribute something to the May issue of the newsletter please email whcsp@health.wa.gov.au

Like last year, 2018 looks to be a very busy in the perinatal infant mental health space. In this issue you will find a handful of the Perinatal Depression & Anxiety (PNDA) Awareness Week events held around the state, information about the new COPE e-learning available for professionals, education and training calendar plus much more.

Have a good year, everyone!

Check out this INTERACTIVE POSTER by AAIMHI. Simply download the PDF and then click on the 3 video links (i.e. click on the words above the arrows).
PNDA Awareness Week 2017

Alisha Wells, Senior Health Promotion Officer, Women’s Health Strategy and Programs

Perinatal Depression and Anxiety Awareness Week was 12-18 November 2017. There were lots of events and activities around the state to celebrate and raise awareness. In the following pages you will see a few highlights from some of the amazing events that were. Congratulations to everyone on your activities.

Hedland’s first pamper morning a huge success!

Ashlee Hasson, Health Promotion Officer, WA Country Health Service - Pilbara

On Thursday 16 November, Hedland’s first pamper morning was held by WACHS-Pilbara Population Health in South Hedland to raise awareness and show support for those affected by perinatal depression and anxiety (PNDA).

The event was a great success with 15 mothers and 17 children attending the pamper morning event. Mothers and expecting mothers were treated to nail painting, foot scrubs and face masks all whilst relaxing and enjoying conversation with other new mums while the children engaged in a range of activities. The event was branded and incorporated the Act-Belong-Commit message and signage by providing mums the opportunity to socialise and be a part of a group.

The event was supported by Hedland Well Women’s Centre and the Child and Parent Centre. Success of the event was influenced by the ongoing support and promotion from several partner agencies and their promotion.

Women were treated to free goodie bags, morning tea and encouraged to visit the Act-Belong-Commit website. This provided a call to action where parents can find more information about the campaign, take a self-assessment, find a local club, or search for mentally healthy activities in the area.

The women were invited to participate in a PNDA quiz and provided valuable evaluation on the event to enter the draw for a chance to win two Act-Belong-Commit prize packs. All in attendance highlighted it was for a wonderful cause, a fantastic morning and recommended that the pamper morning should be an annual event. Everyone in attendance are now able to recognise the correct symptoms of PNDA and identify a local service provider that could assist those affected or experiencing PNDA. Such a brilliant outcome!

To continue PNDA Week celebrations, information displays and free goodie bags were available for families to access throughout the week at Community Health, Hedland’s Well Women’s Centre
and the Child and Parent Centre. The displays provided a call to action where parents can find out more about the Act-Belong-Commit campaign and Beyond Blue’s Healthy Families website with various key perinatal depression and anxiety organisations and supports.

Thank you and congratulations to all involved in this year’s PNDA activities. We look forward to next year’s events and encouraging more dads, mums and bubs to get out and about, socialise and raise awareness of the importance of self-care for antenatal and postnatal women and men.

**City of Wanneroo’s PNDA 2017 activities**

*Hayley Cann, Early Childhood Officer, City of Wanneroo*

On Tuesday the 14th of November, Playgroup WA (PGWA) hosted their Annual Fun Day at Kingsway Stadium next to the Dinosaur Park.

This event provided an excellent opportunity to promote Post Natal Depression and Anxiety Awareness week to a variety of parents and early year service providers.

The City of Wanneroo’s Early Childhood Officers (ECO’s) continue to develop and strengthen integrated, collaborative partnerships and the event attracts thousands of families across the northern corridor and the State. The ECO’s are part of the Wanneroo and Surrounds Early Years (WASEY) network and were only too keen to work with Department of Health Promotions, Beyond Blue and local Child Health Nurses to promote local and state-wide PNDA services at a universal and light-touch event.

The ECO’s were also able to collaborate with other members of the WASEY network and access Health Promotion resources to put together over 150 PNDA information ‘show bags’. Parents were welcomed into a marque where City of Wanneroo Library and Heritage staff provided traditional and home-made activities so children could play whilst parents had time to talk with professionals and participate in the Post Natal Depression and Anxiety Awareness Quiz to win an Act, Belong, Commit Family Picnic Back Pack.

On Friday 17th November the City continued to promote PNDA week at *It’s all about Play* hosted from Wanneroo Library. ECO’s and Wanneroo Clinic Child Health Nurse used the universal session and drop-in clinic to display and promote PNDA services. Parents also had the opportunity to participate in the PDNA quiz, talk to professionals and take home information ‘show bags’.

The week was a huge success with over 90 Quiz participants and 150 plus show bags distributed.
Great Success with Interagency Collaboration

Anthea Downsborough, Community Health Nurse, Child and Adolescents Health Service

The Child and Adolescent Health Service (CACH) North zone- Joondalup region organised a Pram walk from Iluka Foreshore to Burns Beach and return, on Wednesday the 15th of November 2017.

This was to raise awareness & show support for parents going through Perinatal Anxiety & Depression and was in conjunction with the awareness week.

The event was a great success with interagency collaboration by Ngala, City of Joondalup fitness instructors, a local psychologist and support from local business.

The session lasted for 1.5hrs and started with a talk from clinical psychologist Dr Jeanette Brooks on importance of physical activity and “nature therapy” for perinatal mental health, as well as mentioning other strategies for looking after ourselves as mums.

Following the talk the city of Joondalup fitness instructor provided 10 minutes of warm up exercises to prepare for the walk along the Burns Beach walking path. The weather and nature were in its brilliance with blue skies, many butterflies, seals and dolphins all on show for the families who attended.

2018 Calendar Events
New COPE e-learning

Dr. Nicole Highet, Founder and Executive Director, COPE: Centre of Perinatal Excellence

COPE online training program, designed to provide a range of health professionals with the latest information, tools and skills to support the provision of best practice in maternal mental health care in the perinatal period.

In this course we will provide you the most up to date information about mental health in pregnancy and the postnatal period. We will also provide you the latest recommended tools and resources in line with the New Australian National Guideline, to enable you to effectively identify and support women with mental health conditions and their families, throughout pregnancy and the postnatal period. Critically this course will provide you with insights, challenge myths and assumptions, and equip you with the necessary skills to ask and respond to the needs of women in your care.

This course is made up of three core modules:
Module 1: An overview of mental health disorders in the perinatal period - comprising of four lessons
Module 2: Psychosocial assessment and screening - comprising of six lessons
Module 3: Referral and treatment - comprising of three lessons

Transcripts of each lesson are provided and contain references at the end of each transcript. Supporting tools and resources are also attached to each lesson for your reference.

Evaluations are also built in throughout the course, to enable you to monitor your learning outcomes as you progress through the course. In addition there are four case studies at the end of Modules 2 and 3, to apply your learning through case scenarios.

To access the training, go to http://training.cope.org.au/.

New kid on the block

Alisha Wells, Senior Health Promotion Officer, Women’s Health Strategy and Programs

Launching in PNDA Week in November 2017, a new community network in the South West, Western Australia called Radiance Network South West. It is a community network connecting parents to local services to support emotional wellbeing during early parenthood. The network provides information about local support services in the Busselton area for parents and expectant mums and dads as well as running The Radiance
Network Support Group and Mother Baby Nurture groups, a 10 week group supporting mothers and their babies through the first few months.

The Radiance Network South West was made possible from a community grant from an individual and a small grant from WA Primary health Network and a partnership between South West Women’s Health & Information Centre and LAMP Inc. The support network is designed to help parents in the region improve their emotional wellbeing as they journey into parenthood. The Busselton based community network runs plans to secure funding in the future to be able to create support groups in other communities in the South West Region.

For more information go to website www.radiancesouthest.com.au

Childbirth and Mental Illness Celebrates 10 years

Adapted from wnhs-healthpoint.hdwa.health.wa.gov.au

On the 20th of November 2017, staff at King Edward Memorial Hospital recently joined together with current and former patients to celebrate the 10th anniversary of the Childbirth and Mental Illness (CAMI) antenatal service, which cares for women with diagnosed mental illness during pregnancy.

Since welcoming their first patient in 2007, the CAMI service has cared for more than 450 women and operates a clinic once a week at KEMH.

The specialised multi-disciplinary service was created following a landmark research paper in 2005, which identified that women with a schizophrenic or bipolar disorder were a higher risk of poorer obstetric outcomes.

The CAMI antenatal clinic is a true collaboration between the Department of Obstetrics and the Department of Psychological Medicine and staff enjoyed the opportunity to celebrate ten successful years during what was also, Perinatal Depression and Anxiety Awareness Week.

Image: Courtesy of King Edward Memorial Hospital

Mind the Bump
Professor Anne Buist – Medea’s curse: Mothers who Kill

Alisha Wells, Senior Health Promotion Officer, Women’s Health Strategy and Programs
On Friday 23rd February, Professor Anne Buist, MBBS, MMed, MD, FRANZCP along with Dr Brendan Jansen and Professor Megan Galbally hosting a Friday Forum at Agnes Walsh House Lounge, King Edward Memorial Hospital between 12.30pm – 14.45pm.

Anne Buist, is Professor of Women’s Mental Health at the University of Melbourne, Austin Health. For over twenty-five years she ran mother baby units in both the private and public sector. Currently she oversees a perinatal outreach program, and works with protective services and the courts in cases of abuse, infanticide and child murder.

Professor Buist received a four-million-dollar grant and led the beyondblue postnatal depression program 2001-2005, screening over 40,000 women across Australia including the outback, CALD and indigenous women; recommendations from this study have been accepted by the Federal government and are being implemented across Australia.

Other research has included the history of child abuse and perinatal depression, antenatal prevention, a cost analysis of perinatal depression, a qualitative study of why women delay seeking help and video feedback in the mother-infant relationship. All these projects had direct implications for clinical care as well as assisting in advising government and health services how to best ensure good outcomes.

In her spare time, Anne is also a well-known author of psychological thrillers having published three novels and co-authored a fourth. Anne is a frequent visitor to Perth as part of the Writers Festival and Perth Festival Writers Week.

Program

12.30 – Professor Megan Galbally – Welcome and introduction
12.40 – Professor Anne Buist – Medea’s curse: Mothers who kill
13.30 – Dr Brendan Jansen – Post-traumatic Stress Disorder
14.20 – Panel discussion – Perinatal Trauma and Risk, Professor Anne Buist, Dr Brendan Jansen and Professor Megan Galbally
14.45 – Close

For more information Please contact Leanda Verrier, State Coordinator Perinatal Mental Health on leadna.verrier@health.wa.gov.au or (08) 64581791

World Association for Infant Mental Health (WAIMH) Congress 2018.

Adapted from http://www.waimh2018.org/waimh/

WAIMH’s mission promotes education, research, and study of the effects of mental, emotional and social development during infancy on later normal and psychopathological development through international and interdisciplinary cooperation, publications, affiliate associations, and through regional and biennial congresses devoted to scientific, educational, and clinical work with infants and their caregivers.
In May 2018 WAIMH are hosting a world congress in Rome, Italy. The theme is the interplay between nature and nurture and its challenge for 3rd millennium Infant Mental Health. The world has always been constantly changing, but perhaps never before has the rate of change been so fast. The big question is how these changes affect us, our children and their children. Particularly some of the new and constantly developing technology we are using hold great promises, but at the same time also threat. The congress plenaries will address both old and new aspects of nature-nurture interplay. The plenarists for Rome 2018 include Professor Massimo Ammaniti (Italy) Professor Jay Belsky (USA), Professor Hasse Karlsson (Finland) and Professor Jenny Radesky (USA). The plenaries will present new data on prenatal stress and its effect on both the mother and the developing infant; how the use of smart phones, tablets and computers will affect child development during the early years; and, how our individual characteristics can affect susceptibility to different environmental stressors. More information about the world congress can be found at [http://www.waimh2018.org/](http://www.waimh2018.org/)
Women’s Health Strategy and Programs provides training to improve the health and safety of families in WA Health.

**The Uses and Misuses of the Edinburgh Postnatal Depression Scale**

This training is designed to assist health professionals and others in using the Edinburgh Postnatal Depression Scale (EPDS). Other ancillary questions have been included to support health professionals with perinatal screening.

**Recommended** for health professionals working with families during the antenatal and postnatal period.

**Duration** 4 hours

| Location: KEMH, Subiaco WA, Special Dining Room | Location: KEMH, Subiaco WA, Special Dining Room |
| Time: 9:00am – 13:30pm | Time: 9:00am – 16.00pm |

**Perinatal Anxiety Disorders**

This module is possibly the first of its kind in Australia giving participants an introduction to anxiety in the perinatal period. Prevalence and the types of anxiety disorders will be explored, along with engagement, screening and treatment.

**Recommended** for health professionals working with families in the perinatal period including general practitioners, child health nurses and midwives.

**Duration** Full day

| Dates: Wednesday 7th February, Tuesday 24th April, Friday 6th July, Wednesday 7th November | Charges may apply in 2018 |
| Location: KEMH, Subiaco WA, Special Dining Room | Presenters are also available to provide training at your workplace on request. Talks can be tailored to meet the needs of your organisation or group. |
| Time: 9:00am – 13:30pm | Training using videoconferencing available for rural and remote regions. |

Please complete the registration (next page) form and send to lea.davidson@health.wa.gov.au


Participants will receive a confirmation email once their form has been submitted.

WHS&P Perinatal & Infant Mental Health training available to all Government and Non-Government health staff.
Women's Health Strategy and Programs

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<td>Please note, there is free 2 hour parking around KEMH, however these bays are frequented by parking inspectors. All day parking is available at the Subiaco Arts Centre and the Daglish train station.</td>
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Please return this completed Registration to whcsp@health.wa.gov.au
Perinatal and infant mental health resources

Feature resources – PANDA

During Perinatal Depression & Anxiety Awareness Week (12-18 November) PANDA’s ‘It happened to me’ campaign encouraged people everywhere who have been affected by perinatal anxiety or depression to start a conversation about the illness.

By having people saying ‘It happened to me’ in communities right across Australia it will help raise awareness about the signs and symptoms of perinatal anxiety and depression. It will also illustrate how common it is and help to reduce stigma.

By sharing numerous personal stories about people’s experiences of perinatal anxiety and depression. These will illustrate how complex an illness it is. That it can devastate the lives of individuals and families.

Importantly, they will also show that it is a temporary, treatable illness. There is hope of recovery.

The hope is that these stories will prompt other people who have experienced similar challenges in becoming a parent – whether it occurred a year ago or twenty years ago – to speak out in their communities and say, ‘That happened to me too.’

Where to find some of our favourite resources

From beyondblue:  www.beyondblue.org.au/get-support/order-printed-information-resources

From PANDA:  www.panda.org.au/health-professionals/fact-sheets-resources

From Jean Hailes:  https://jeanhailes.org.au/health-professionals/resources-order

Where to order or download WA resources

Find a list of our available resources here (including download only):  www.wnhs.health.wa.gov.au/whcsp.php

To order hard copies of the following, please email whcsp@health.wa.gov.au

- ‘Being a Mum’ / ‘Being a Dad’ pamphlets for Aboriginal families
- You Are Not Alone: Emotional Health for Mothers (Ethiopian and Sudanese DVDs)
- Boodjarri Business: Yarning about Feelings After Baby (DVD)
- Boodjarri Business: Working with Aboriginal Mums, Babies & Families (DVD)
- Care for your baby by caring for yourself poster (A2 or A3)
About this newsletter

Who can contribute?

This newsletter was predominantly created to celebrate successes and share information among professionals working in the fields of perinatal and infant mental health in Western Australia.

In the interests of information-sharing, submission of articles and other relevant content are invited from external agencies, including those from the non-government sector and other Australian states. Please note, however, that Women’s Health Strategy and Programs reserves the right to maintain editorial control, including the ability to decide the final content to be published and/or making editorial changes to content submitted.

If you would like more information about the submission process, please contact Women’s Health Strategy and Programs as indicated below.

Contact information

This newsletter was produced by the Women’s Health Strategy and Programs, Women and Newborn Health Service, Department of Health WA.

Please direct any queries via the following:

  - Email: whcsp@health.wa.gov.au
  - Phone: (08) 6458 1795

Accessibility

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