



Perinatal Newsletter

Issue 2

NHS Long Term Plan

The NHS Long Term Plan (LTP) builds on the commitments outlined in the Five Year Forward View for Mental Health to transform specialist PMH services across England.

In KMPT, the Mother and Infant Mental Health Service (MIMHS) specialises in the assessment, diagnosis and treatment of women 18 and above who are affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period.

This LTP investment will enhance the current services delivered to women and their partners across Kent and Medway through an increase in multi professional workforce.

Service developments will include offering our specialist services to more women, more support for partners and family members, increased training to health and social care colleagues and increased availability to network and share good practice.

Additionally, MIMHS will continue to provide psychologically informed treatment across all disciplines. To include: CBT, DBT, EMDR, Couples Therapy, Systemic Therapy, Parent infant interactions therapy, and Video Interaction Guidance (VIG)

Maternal Mental Health Service

The Mother and Infant Mental Health Service (MIMHS), Senior Commissioning Manager for Kent and Medway CCG and the East Kent Hospitals University Foundation Trust (EKHUFT) have worked together to develop an Expression of Interest to pilot a new service!

The Maternal Mental Health Service will provide clinical care and interventions to those with moderate-severe or complex mental health difficulties associated with birth loss and trauma, occurring in the maternity/perinatal/neonatal experience. Such

presentations may include (but are not limited to) Post-Traumatic Stress Disorder (PTSD) following birth trauma, failed IVF, PTSD following perinatal loss (including early miscarriage, recurrent miscarriage, stillbirth, neonatal death, termination of pregnancy for any reason, or parent infant separation at birth due to safeguarding concerns), and severe fear of childbirth (tokophobia).

Being a Mum at the Rosewood MBU

I was admitted to the MBU after being diagnosed with post natal depression and anxiety. Covid played a big part in triggering my illness, beginning with having to leave my job, which I loved, suddenly and not as I had planned. Looking back there were many other factors too. To begin with I really didn't want to be at the MBU, but knew it was the best place to aid my recovery and bond again with my daughter. Now when I go out I sometimes accidentally refer to returning to the MBU as going home!

Brilliant care through brilliant people



Visit us at www.kmpt.nhs.uk



MIMHS Managing COVID 19

Our service has continued to provide support to mums that need our help. We have been offering telephone and video conferencing consultations as well as face to face appointments. All our staff are required to wear full PPE including aprons, face masks and visors when attending clinic or home environments.

MIMHS and MBU Support Groups

Rosewood Mother and Baby Unit have started running an online support group for partners of mums admitted to the MBU. We appreciate how difficult this time is for families. Having your partner and baby admitted to an MBU is never part of the plan and partners are no doubt, having to navigate a system and feelings that are very unfamiliar. The PAPAS online support group is a safe space for partners to meet other partners in similar circumstances, discuss things that are on their mind, receive information and support from staff at Rosewood MBU and obtain information about other sources of support if needed.

MIMHS are launching a new virtual support group for dads, partners and carers which will be on the first Thursday of every month from 6.30pm to 7.30pm.

For more information please contact us on the number below.



Your compliments mean the world

"You have supported me through the single worst time of my life. I wouldn't be here if not for your support help and guidance plus endless reassurances. Words are not enough to express my thanks for saving me and my family in some of my darkest days"

MIMHS & the MBU would very much appreciate your feedback regarding your contact with us.

You can do this by scanning this QR code or via this link:
<https://www.snapsurveys.com/wh/s.asp?k=150478556711>

Or if you would prefer to discuss your experiences please contact the service on 01622 722321 or speak with your care co-ordinator

