Tell us what you think!

Renae Hayward, Senior Health Promotion Officer, Women’s Health Clinical Support Programs

This perinatal and infant mental health newsletter has been in circulation since 2008. Can you believe it? Some of you have been following it since its humble beginnings and might remember a simple four-pager that has since grown into a bimonthly beast regularly topping ten pages with contributions from all over WA and Australia.

I often get emails of thanks and appreciation for the publication, but it would be great to have a bit more in-depth feedback on what you like most (and least) about Perinatal and Infant Mental Health News and Events. As such, I’ve created a short survey and would love as many people as possible to complete it and tell me what they think.

Please follow this link to complete the survey: www.surveymonkey.com/r/BT5F2WJ

The survey will be open until 31 March 2017.

Thank you in advance!

In the meantime, I hope you enjoy issue 52 of the newsletter which features 14 pages of service information, research, training and professional development and resources.

If you have any queries or comments, please feel free to contact our team on the following email: whcsp@health.wa.gov.au

Issue 52 – February 2017

Inside this issue
1 Tell us what you think!
2 Black Swan Health’s perinatal depression counselling program
3 The unique neural profiles of postpartum anxiety and depressive disorders
4 Mother-Baby Nurture Group
5 Power is knowledge and support is key
6 Managing the perinatal mental health of women from culturally and linguistically diverse backgrounds
7 beyondblue launches new Healthy Families website
8 Important changes to Ngala services
9 Training calendar 2017
10 Perinatal mental health resources
11 About this newsletter

Contact Women’s Health Clinical Support Programs

whcsp@health.wa.gov.au
(08) 6458 1795
www.wnhs.health.wa.gov.au
Black Swan Health’s perinatal depression counselling program

Adapted from Black Swan Health’s Perinatal Depression Fact Sheet

Black Swan Health’s perinatal depression counselling program is a short-term, low-cost counselling service for women and their partners who have been diagnosed with depression during pregnancy or up to a year after the birth of their child.

The program is available for anyone in need and the cost per session ranges from nothing to $35, depending on what patients are able to pay.

Black Swan Health’s mental health professionals specialise in working with perinatal depression issues and are located across the Perth metropolitan area. These professionals are qualified clinical psychologists, psychologists, mental health social workers and mental health occupational therapists.

For referral information, please go to:

For more information, please contact the counselling team at Black Swan Health.

P: 9201 0044
E: ataps@blackswanhealth.com.au

Service locations: Osborne Park, Fremantle, Joondalup, Midland and Cockburn

The unique neural profiles of postpartum anxiety and depressive disorders

Renae Hayward, Senior Health Promotion Officer, Women’s Health Clinical Support Programs

In the February 2017 issue of Trends in Neurosciences, a review has been included that looks at the neurobiology of postpartum anxiety and depression.

As the authors note in their introduction, “Little is known about the neural correlates of [anxiety and depressive] disorders when they occur in mothers, but they do have unique neural profiles during the postpartum period when compared with when they occur at other times in a woman’s life. Given that the neural systems affected ... overlap and interact with the systems involved in maternal caregiving behaviours, mother-infant interactions are highly susceptible to disruption.”

It was a news summary of this research by the Huffington Post that first caught my eye, but it is well worth seeking out the full article, since it is freely available online (and includes more detail to explain the image on the right):

www.cell.com/trends/neurosciences/fulltext/S0166-2236(16)30177-1
Mother-Baby Nurture Group

Sharon Cooke, Coordinator – Mother-Baby Nurture, Playgroup WA

Mother-Baby Nurture is a 10-week support group for mothers and their 0-6 month (pre-crawling) infants hosted by a Peer and Senior Facilitator. Our practice is informed by attachment theory and reflective functioning, and its impact on the developing internal state of the infant.

In a safe and welcoming environment, we invite participants to gently notice their thoughts and feelings towards their new role and relationships. We make space for the infant in the session, supporting the mother to:

- notice her baby’s attempts to connect and communicate,
- wonder about the inner life of her baby, and
- support the mother to respond and delight with her infant.

Outcomes include enhanced maternal sensitivity and attuned responsiveness, reduced self-reported symptoms of maternal anxiety and depression, increased parenting confidence and reduced sense of isolation.

Mother-Baby Nurture is a support group, which is complimentary and not intended to replace psychological, psychiatric or medical advice or services.

Locations and cost

Groups are hosted every school term in the following locations Baldivis, Gosnells, Fremantle, North Perth, and Midland.

There is no cost to attend – the service is funded by the North Metropolitan Health Service.

How to refer

Please refer women:

- Struggling with the transition to parenting (not exclusive to first-time mothers),
- Expressing relational or developmental concerns with baby,
- That may have a history of pregnancy/birth trauma, loss, family of origin/relationship difficulties, and/or
- That may have elevated symptoms of depression or anxiety.

No medical referral is required. Please encourage the mother to make initial contact and register her interest either by email (motherbabynurture@playgroupwa.com.au) or phone (1800 171 882). One to two weeks before start date, the senior facilitator will conduct a phone interview to assess suitability and prioritise those with greatest need.

For more information, visit: www.motherbabynurture.com

Image: From www.motherbabynurture.com
Power is knowledge and support is key

Fiona Darling, Social Worker and Senior Project Officer, Jean Hailes for Women’s Health

As a social worker I’ve worked with young women and families where the arrival of a new baby understandably affects relationships, physical health and mental wellbeing. Providing support for the challenges and difficulties that parenthood can bring, while helping to highlight the strengths new parents have, is an important part of working in family settings.

Part of this involves looking at relationships, family and parenting issues, support systems and mental health and wellbeing. Linking to relevant community networks and programs, or providing referrals to services and information, can assist and support parents in ways that will work for them. Websites like Raising Children Network, Young, Pregnant and Parenting, Perinatal Anxiety and Depression Australia and the Australian Government’s Pregnancy, Birth and Baby provide access to quality information and links to local networks, groups, online forums and professional support that can be beneficial at this time.

When it comes to managing mental health and wellbeing, it’s impossible to tell parents what it will feel like to be pregnant or have a baby. It can be joyous for some, but for many it can also be a time of worry and anxiety. Being worried and anxious during pregnancy and early parenthood is not uncommon, however it’s when anxiety starts to interfere with daily life that it is time to do look at further support.

When it comes to helping parents understand and distinguish between what may be ‘normal’ or reasonable experiences of worry, and what may be unhealthy or unhelpful thoughts, websites that offer practical tools and information on symptoms, causes and ways to manage these feelings can be really useful and accessible for parents.

‘Anxiety: learn, think, do’ (http://anxiety.jeanhailes.org.au/) is a website that provides knowledge, skills and strategies to address individual mental and emotional health needs. Developed by Jean Hailes for Women’s Health, the website provides women with evidence-based videos, podcasts, self-assessment tools and practical toolkits to better understand and manage worry, anxiety and anxiety disorders that can occur at different stages of their lives. There is a section specifically for women during pregnancy and early parenthood which is particularly useful at this potentially challenging time.

This article has been reproduced with permission. It first appeared on the Jean Hailes website: http://jeanhailes.org.au/what-were-thinking/blog/power-is-knowledge-and-support-is-key
Managing the perinatal mental health of women from culturally and linguistically diverse backgrounds

Adapted from https://thinkgp.com.au/education

In a 2011 Census, around 1 in 4 Australian residents were found to have been born overseas. This module, developed in 2015 with content partner beyondblue, outlines common issues affecting the perinatal care needs of women from culturally diverse backgrounds.

By completing this learning activity, participants will be able to:

- Outline common issues that affect access to perinatal mental healthcare for women from culturally and linguistically diverse and Indigenous backgrounds.
- Identify factors relating to cultural inclusion and competency that help improve mental healthcare for women from culturally and linguistically diverse and Indigenous backgrounds.
- Discuss the key considerations in screening and referral pathways to formulate management plans that address issues of inclusion and cultural sensitivity.
- Describe the importance of a team approach to mental healthcare for women of culturally and linguistically diverse and Indigenous backgrounds.
- Identify the information available to help support and educate women and their partners from culturally and linguistically diverse and Indigenous backgrounds.

The length of the training is one (1) hour and it is accredited (RACGP 2 CPD, ACRRM 1 CME PD).


beyondblue launches new Healthy Families website

Rebecca Wright, Project Manager – Families, beyondblue

Healthy Families is all about giving parents and carers the knowledge and confidence to raise healthy, resilient kids and take care of their own mental health. Packed with practical tips and strategies, the website provides age-specific mental health and wellbeing information to support families of all shapes and sizes. There’s also a range of resources for new and expectant parents, covering everything from adjusting to parenthood and what to expect through to anxiety, depression and other mental health conditions.

In the Pregnancy and New Parents section, parents can read about:

- Becoming a parent: what to expect
- Maternal mental health and wellbeing
- Dadvice: for new and expectant dads
- Just Speak Up (experiences of perinatal anxiety and depression).

For more information visit www.healthyfamilies.org.au
Important changes to Ngala services

Adapted email from Ngala CEO, Ashley Reid

Due to recent funding changes for parenting services in WA by the Department for Local Government and Communities, some current Ngala services will close and others will open. Ngala will provide services from 1 April 2017 in the north west metropolitan region and in the Midwest and Gascoyne region, but will no longer provide some services in the Perth metropolitan area.

We will work in partnership with Anglicare WA in bringing parenting services to other country areas. Ngala will also collaborate with other funded service providers to ensure quality parenting services to WA families.

How it affects services

From 12 February 2017, a number of Ngala program in the Perth metropolitan area will unfortunately be closing. Programs affected are Parenting Workshops, Parenting and Play Time groups and Parenting Consultations in:

- NE metro – currently provided at Ellenbrook and Noranda and Midland,
- SW metro – currently provided at Rockingham,
- SE metro – currently provided at Kensington and Belmont, and
- NW metro – Ngala will operate in NW metro under a new funding arrangement. Parenting services will commence on 1 April 2017 for families with children 0 – 18 years.

We sincerely apologise for any distress or inconvenience caused by these changes. We also thank families and communities in these regions for allowing us to support their parenting journeys.

Stay up to date with Ngala’s new services on the Ngala website (www.ngala.com.au) or by liking us on Facebook.

(Article continued on page 7.)
(Continued from page 6.)

<table>
<thead>
<tr>
<th>Service affected</th>
<th>Continuing</th>
<th>Closing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting Workshops</td>
<td><strong>Let's Sleep</strong> (for families of children aged 6-12 months), <strong>Solid Start</strong> (for families of children aged 4 to 7 months), and <strong>Workshop for Dads</strong> (for families of children aged 0-5 years).</td>
<td>Other Parenting Workshops will no longer be scheduled after 12 February 2017.</td>
</tr>
<tr>
<td>Parenting and Play Time groups</td>
<td><strong>Parenting and Play Time</strong> groups at Merriwa and Calista will continue as usual.</td>
<td>No further Parenting and Play Time groups will be scheduled after 6 February 2017 in Rockingham, Noranda, Ellenbrook, and Butler.</td>
</tr>
<tr>
<td>Early Parenting Groups</td>
<td>Early Parenting Groups (including Young Parents’ Groups) for parents of babies aged 0-3 months will continue as usual.</td>
<td>Parenting Consultations at Kensington centre will no longer be available for families. Bookings are now closed.</td>
</tr>
<tr>
<td>Parenting Consultations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Available throughout WA**

The Ngala Parenting Line continues to welcome calls from WA families with children 0-18 years. Call 9368 9368 (or 1800 111 546 for country callers) for free parenting support.

This service is available 8am to 8pm, Monday to Sunday. Families can also contact the Ngala Parenting Line online.

**New services coming**

From April 2017, new parenting service providers have been funded to support WA regions:

- NW Metro – Ngala
- SW Metro – Meerilinga
- NE Metro – Mundaring Children’s Services
- SE Metro – Communicare

Ngala will provide parenting services in the Midwest and Gascoyne; Anglicare WA will provide parenting services in Kimberley, Wheatbelt, Goldfields, Peel South West and Great Southern and EPIC will provide services to the Pilbara.

These providers will share details of services as soon as possible within their communities.
Perinatal & Infant Mental Health Symposium: Let’s showcase Western Australia

Presenting a symposium for health professionals working with families with babies and young children, who would like to know more about what is happening in perinatal and infant mental health in their home state.

The International Marce Conference was held in Melbourne in September 2016. Over three days there were some standout presentations and plenary speakers, and a number of these presentations were given by WA based clinicians. The Elizabeth Clinic feels that it is time to showcase our own State. There is a lot to be proud of - some great programs and services and some wonderful clinicians. This will be a rich and interesting day, and a great opportunity for networking. Registering early will make this a surprisingly affordable professional development training day.

**WHEN:** 9am-4pm Friday 10th March 2017

**WHERE:** The Boulevard Centre, Floreat Forum, Perth

**COST:** $90 (includes morning tea & afternoon tea)
**EARLY BIRD:** $65.00 for registrations made by 20th January 2017

**Enquiries and Registrations:** enquiries@elizabethclinic.com.au

All profits will go to the Cradle Institute - a not-for-profit WA PIMH research and training organisation.
CITY OF COCKBURN PRESENTS OUR 10TH
FREE EVENT FOR FAMILIES

hello baby

Wednesday 29 March 2017
10am – 12.30pm
Manning Park
Azelia Road
Hamilton Hill

welcoming little ones into the Cockburn community
Certificate for baby, parenting calendar, entertainment and music, parent massage and activities for all.
» Also available: information on parenting, health, childcare and Cockburn Early Years
» Free raffle with great prizes, register on the day
» Subsidised toddler lunch packs available for purchase from Friends of the Community van for $2.50
» NEW: 10 baby book vouchers to celebrate our 10th year
For more information: cockburn.wa.gov.au/hellobaby

cockburn.wa.gov.au/hellobaby | 9411 3444
Accessible event
Contact us for details
Women’s Health Clinical Support 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

| Dates: Thursday 19th January, Friday 9th June, Thursday 10th August, Tuesday 17th October |
| Location: KEMH, Subiaco WA, Special Dining Room |
| Time: 9:00am – 13:30pm |

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: Friday 10th March, Tuesday 16th May, Friday 8th September |
| Location: KEMH, Subiaco WA |
| Special Dining Room |
| Time: 9:00am – 16.00pm |

The Perinatal Anxiety Screening Scale
This new training module is designed to introduce the Perinatal Anxiety Screening Scale (PASS). Developed by the KEMH Department of Psychological Medicine to ensure early targeted intervention for women with mood and anxiety disorders and reduce the impact of disrupted parenting.

| Dates: Wednesday 8th February, Wednesday 26th April, Thursday 6th July, Wednesday 8th November |
| Location: KEMH, Subiaco WA, Special Dining Room |
| Time: 9:00am – 13:30pm |

Charges may apply in 2017

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.

Training using videoconferencing available for rural and remote regions.

Please complete the registration from (next page) and send to lea.davidson@health.wa.gov.au
Participants will receive a confirmation email once their form has been submitted.

WHCSP Perinatal Mental Health training is available to all Government and Non-Government health staff.
# Registration Form

## ATTENDEE INFORMATION

<table>
<thead>
<tr>
<th>Name</th>
<th>Click here to enter text.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job Title/Role</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Organisation</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Email</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Emergency Contact</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Phone</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Phone</td>
<td>Click here to enter text.</td>
</tr>
</tbody>
</table>

## WORKSHOP SELECTION

<table>
<thead>
<tr>
<th>Name of the workshop(s) attending:</th>
<th>Date of Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
</tbody>
</table>

Please specific any special learning needs or access issues
Click here to enter text.

## EVENT INFORMATION

<table>
<thead>
<tr>
<th>Arrival</th>
<th>Please arrive <strong>15 minutes prior</strong> to the commencement of training for registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Transport</td>
<td>KEMH is about a 15 minute walk from both the Subiaco and Daglish Train stations</td>
</tr>
<tr>
<td>Parking</td>
<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>
</tr>
</tbody>
</table>

Please return this completed Registration to whcsp@health.wa.gov.au
Perinatal mental health resources

Print materials from beyondblue
To order the following, call 1300 22 4636 or visit www.beyondblue.org.au

- The beyond babyblues guide to emotional health and during pregnancy and early parenthood (A5 booklet)
- Dad’s handbook: A guide to the first 12 months (A5 booklet)
- Understanding perinatal depression and anxiety (DL pamphlet)
- Just Speak Up PND Campaign posters (double-sided)
- Just speak up PND Campaign postcard

Please note that this is not a complete list of resources. For more information, please call beyondblue or visit the website.

Print materials from the Women’s Health Clinical Support Programs
To order the following, email Renae.Gibson@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)


Resources to download and print:
Visit www.panda.org.au/learning-with-panda/panda-resources/fact-sheets to find:

- Fact sheets in Chinese, Vietnamese, Arabic and more
- Fact sheet on perinatal anxiety and depression in men
- Fact sheet on perinatal anxiety and depression and the LGBTIQ community
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 Clinical Support 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 Clinical Support Programs as indicated below.

Contact information

This newsletter was produced by the Women’s Health Clinical Support 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

This newsletter has been designed in a printable format and is circulated to a distribution list via email. Following distribution, it is made available at www.wnhs.health.wa.gov.au/whcsp.php under ‘News’. Upon request, the newsletter can be made available in alternative formats for a person with a disability.

Copyright

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

© Department of Health 2017

Disclaimer

The information presented in this newsletter is provided in good faith as a public service. The accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency or appropriateness of any information or advice provided.

Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.