Welcome

Welcome to this bumper edition of the Perinatal and Infant Mental Health news and events. There is a lot that we wanted to share with you this month, we hope you find it interesting. Excitingly, the Pregnancy and Emotional Wellbeing Study is starting to recruit women from rural and regional WA. We meet the team and find out more inside. There are two fantastic symposiums happening in early 2019. One in the South West, and one being organised by our own team which will be in Perth. Flyers for both are inside. We have also been very busy getting ready for perinatal anxiety and depression awareness week which is taking place from the 11-17th of November. There are some great ideas, as well as the calendar of events.

We are delighted to share a few photos of our team (below) looking after our own mental health by enjoying a morning tea during mental health week in October.

As always, we welcome any feedback or suggestions, please get in touch with us using the details below.

Get in touch with us....
Phone: (08) 64581795 Address: 15 Loretto St, Subiaco. 6008
Email: SPIMHP@health.wa.gov.au Website: www.kemh.health.wa.gov.au
Wrapping up 2018….
The 2018 training calendar was closed with the last EPDS session for the year conducted at KEMH on October 15. Thank you Julie Hope and Deborah Bass for delivering this training.

The 2019 calendar will be circulated in November so please nominate early for sessions you would like to facilitate. A new training module on the Antenatal Risk Questionnaire (ANRQ) will be added. The aim of this module is to promote screening for psychosocial risk factors as recommended by the CoPE and NHMRC clinical guidelines. I anticipate that these sessions will be popular so please register early if interested.

Final training events for this year:
- Perinatal Anxiety Disorders Armadale-Kelmscott Hospital Tues Oct 30
- CACH Perinatal Anxiety Disorders on Wed Nov 21 November 21.
- Perinatal Mental Health Screening Graylands Hospital Thurs Nov 22

HealthPathways
At a recent meeting with the WA Primary Health Alliance, permission was given for non GPs to have access to HealthPathways, please follow instructions below for referral pathways you may not have considered.

https://wa.healthpathways.org.au
Username: connected
Password: healthcare
For those of you in the Department of Health you can access health pathways from your desktop as follows:
- Go to the Start menu.
- Go to 'health apps' and the link to HealthPathways WA URL should be there (see left).
Celebrating a good start to life

2018 Perinatal and Infant Mental Health Symposium

In recognition of the importance of the first 1000 days, Women and Newborns Health Service is happy to present this one day symposium on supporting the early parenting environment. Exploring evidence based strategies that scaffold mothers and families during the perinatal period give us the best opportunity to work with families to promote a good start to life.

Special Guests include Professors Megan Galbally, John Newnham, Gareth Baynam, Rebecca Angin, Clare Rees as well as Drs Lisa Miller & Shivani Senaratne, Rochelle Metacw, Keli MacMillan, Angela O’Connor and Terri Smith.

Venue: Harry Perkins Institute of Medical Research Auditorium – QEII Medical Centre
Date: Friday 29 March 2019
Time: 8:30am – 4:30pm
Cost: $70 - $90 Early bird closes Feb 27th
Contact: Lea.davidson@health.wa.gov.au
South West Perinatal and Infant Mental Health Symposium

Together Anything is Possible
“We don’t have to do all of it alone. We were never meant to.” Brené Brown

Saturday 23 February 2019
Symposium from 9am-4.30pm, Sundowner from 4.30-6.30pm
with keynote speaker Dr Vijay Roach, Gidget Foundation
Undalup Room, City of Busselton

- Open to all Health Practitioners and interested community members -

Join us!
Early Bird tickets available for $115 until 31 December 2018
Regular tickets $150, closing date 15 February 2019
Tickets include morning tea, lunch, afternoon tea, a sundowner
welcome drink and grazing table

Purchase tickets through radiancesouthwest.com.au

Nearly 1 in 5 mothers and 1 in 10 fathers will experience perinatal anxiety and depression (known previously as postnatal depression) that is often hidden and not fully understood. That’s around 100,000 Australians each year. Tragically, suicide is a leading cause of maternal death. Emotional wellbeing for pregnant women and new parents can be restored with timely and supportive care. Join us to improve your knowledge of the importance of mental health for the men, women and children we love and care for.

For more info contact Radiance South West on 9791 3350 or 0490 094 994 and radiancesouthwest.com.au
Regional and Rural Pregnancy and Emotional Wellbeing Study - Road trip

The Pregnancy and Emotional Wellbeing Study (PEWS) is a longitudinal, pregnancy cohort study designed to progress our understanding of perinatal depression and the intergenerational relationship between maternal and child mental health. The team has recently commenced recruiting participants from regional and rural areas of Western Australia.

The study is a multidisciplinary, national and international collaboration that examines maternal mental health and infant and child outcomes. This involves collection of data across domains of biology, psychology and social wellbeing from the first trimester of pregnancy to beyond the postpartum period.

In September, the Regional and Rural PEWS research team Prof Megan Galbally, Prof Andrew Lewis, Dr Stuart Watson and Leanda Verrier travelled to Bunbury and Busselton to meet with key stakeholders and conduct interviews for the research assistant position. Following the interview, the team are delighted to welcome Bunbury local and midwife, Kasey Biggar on-board.

Despite cost and time-saving advances that new technologies such as video conferencing can bring, being able to meet with people face-to-face helps to develop more meaningful relationships. Our meetings at Bunbury Regional Hospital with Katrina Jones (Clinical Midwifery Manager) and Debbie Esther (Regional Manager South West Mental Health) gave the team an opportunity to understand some of the issues facing rural practitioners and ideas on successful recruitment of women for the study.

The team also caught up with Dr Sarah Moore GP Obstetrician from the Rural Clinical School in Busselton who shared her research enthusiasm around the Rural PEWS. Sarah has already started recruiting women from her practice and spreading the excitement with her GP colleagues.

The metropolitan arm of the PEWS is progressing exceptionally well with recruitment almost complete at Fiona Stanley Hospital. They are still looking to recruit another 23 women (under 20 weeks pregnant) from King Edward Memorial Hospital, so your assistance would be greatly appreciated. If you know any women who would be interested please contact Research Coordinator Kylie Marston on 6151 1193 or email SMPEWS@murdoch.edu.au.
**The Regional and Rural Pregnancy and Emotional Wellbeing (RRPEWS) Team**

**Kasey Biggar, South West Research Assistant.**

**Why did you decide to get involved with the PEWS study?**
I am a midwife at Fiona Stanley Hospital and was lucky enough to be made aware of the study by a colleague. I am passionate about being a Midwife in every aspect. Through my experience I am aware that mental health issues are non-discriminatory to women and unfortunately numbers are increasing. There is not enough support or resources out there for women and their families.

**What reaction do you get from people in the community?**
I have been fortunate enough to meet many wonderful people in the community. I have been surprised by the excitement that this study has created. When engaging in conversation with people in the community, the reception has been overwhelmingly positive. When speaking to pregnant mothers, if they have not been directly affected by perinatal mental health, they more often than not know someone that has.

**What’s your favourite part of working on the project?**
What is very exciting is the study extending to the country. I am looking forward to the future findings and the changes that are going to happen. I love knowing I am contributing to future change being part of this research.

**Kasey Biggar, South West Research Assistant.**

**This is a new role for you, what are you most looking forward to?**
What an absolute honour to be involved in such a wonderful study. With 1 in 7 women experiencing postnatal depression I am excited to be involved in a project that will identify possible areas of improvement to reduce the number of women experiencing perinatal depression and improve outcomes for mothers and babies.

**Why do you think Bunbury is a great place to expand the research?**
We have a huge catchment of women birthing down here in the South West. We also have different stressors and different services and it is great that the needs of regional communities are being included.

**Why do you think it is important to include regional women?**
To just have a snapshot of data from the metro area would not paint a whole picture on the possible causes of perinatal depression. WA is huge and its services are vastly different from one area to another. To fully understand what is needed for women and their babies we need to collect a broad range of data. I look forward to the role-out in other areas.
Regional and Rural Pregnancy and Emotional Wellbeing Study

Pregnant women needed for a new research study

This innovative study will analyse factors involved in the emotional wellbeing of mothers and their infants and help to transform our understanding of perinatal depression and anxiety. This will enable us to develop better treatments in the future.

If you are less than 20 weeks pregnant and keen to participate in this study to help researchers better understand how to support mums, we’d love to hear from you.

For more information please call us on 6151 1193 or email at smpews@murdoch.edu.au.

South Metropolitan Health Service HREC Approved (PRN: 2016-192)
**Events, planning and a celebration!**

It has been a very busy couple of months! In October we celebrated Mental Health week at King Edward Memorial Hospital (KEMH) with some activities and events for staff. The Perinatal and Infant mental health promotion network group has had their second meeting, and the SPIMHP has been working towards our 2019 planning. We have been preparing in earnest for Perinatal Anxiety and Depression Awareness Week which is coming up in a couple of weeks. There’s more information on the following pages. If you are hosting an event, please don’t forget to share any photos and a little write up with us, we love to see how things go around the state!

**Mental Health Week**

Mental Health Week ran from 7-14 October and the theme for this year was *‘Mental Health starts where we live, learn, work and play’*. As well as enjoying a special morning tea with a focus on promoting good workplace mental health and holding information stands, the team hosted a morning seminar at KEMH where we heard Professor Megan Galbally discuss the current research on perinatal mental health, and Senior Social Worker Clare Dimer presented on her perinatal and work-related experiences in Married to the Mob.

**Congratulations!!!**

We are very proud and excited that the Women and Newborns Health Service, Aboriginal Senior Health Promotion Officer, Janinne Gliddon has been awarded a Churchill Fellowship. Her project is called ‘*Aboriginal Doulas for Aboriginal Women*’. The fellowship with enable Janinne to travel to Canada, the USA and New Zealand to meet with key midwives and community women who run these programs specifically for Aboriginal/first nation women in their community. The project will also enable Janinne to develop cross collaboration and additional knowledge to benefit our Aboriginal women here in Western Australia.

Congratulations Janinne!
Perinatal Anxiety and Depression Awareness Week 2018

November 11-17th is Perinatal Anxiety and Depression Awareness Week. Around 1 in 7 new mums and up to 1 in 10 new dads are likely to experience postnatal depression. The rate of anxiety across the perinatal period is thought to be just as high. While anytime is a good time to talk about mental health, awareness weeks are a great opportunity to engage communities in conversations.

There is lots happening around WA, check out the following page for the events calendar, or why not organise your own! For more information about perinatal depression and anxiety, as well as ways to look after your mental health, go to:
www.beyondblue.org.au
www.ActBelongCommit.org.au
www.panda.org.au

PANDA’s digital toolkit

PANDA has launched their digital toolkit for PANDA week 2018. It has lots of tips, info and images (like those on the left) Check it out here:

As part of the week, PANDA will be launching a new Checklist for expecting and new mums and their loved ones to assess their mental health. While not diagnostic, the idea is to prompt individuals to consider their mental health and emotional wellbeing. Participants can fill out the Checklist that corresponds to the stage of parenting that they are in, and they will be given a results page that they can either print out and take with them to an appointment with a health professional to facilitate a conversation about their mental health, or that they can email to PANDA or a health professional.
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| Albany           | Pram Walk through the field of lights                                 | Tuesday 13<sup>th</sup> November, 17:30 – 19:00 | Georgina Greaves  
Great Southern Child Health Service  
9842 7563 |
| Busselton foreshore | Big Pram Walk, family entertainment, parent education and market stalls | Sunday 11<sup>th</sup> November, from 8am | Register online for this free event! Visit our Facebook page:  
Big Pram Walk Busselton or call 9791 3350 or 0490 094 994 for more information. |
| South Bunbury    | Open morning with Mental Health Nurse guest speaker                    | Tuesday 13<sup>th</sup> November. From 10:30am | Suzanne Mumford 97213268  
suzanne.mumford@health.wa.gov.au  
Jill Hibben 97543662  
jillh@gpdownsouth.com.au  
Prosser St Child Health clinic |
| Ellenbrook Library | Pram walk and talk. FREE coffee, ice-cream, children’s games, face painting and activities. | Thursday 15<sup>th</sup> November 9.30- 11.30am | Sue-Ellen Smith 9250 2203 or 0404893074  
executive.assistant@mwhcp.org.au  
Wear your comfy shoes & bring a big hat. Everyone is welcome |
| Geraldton        | Big Pram Walk, morning tea and children’s activities at Stow Gardens   | Thursday 15<sup>th</sup> November, 9.30am | Desert Blue Connect (Sarah O’Malley), 0899642742, no rsvp required. |
| Gosnells         | Pram Walk, Support Services stalls, Children’s Park play, Yoga, Sound Bowl Relaxation | Tuesday 13<sup>th</sup> November, 9.30am-12pm | Lauren Reid-Dornbusch – City of Gosnells  
9397 3000 or lreiddornbusch@gosnells.wa.gov.au  
No RSVP necessary, just come on the day |
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<tr>
<td>Joondanna</td>
<td>Chat and Play Australian Breastfeeding Association meeting</td>
<td>Monday 12th November, 9:30-11:30am</td>
<td>Julia Moore&lt;br&gt;0400763807, no need to RSVP all welcome&lt;br&gt;56 Green Street, Joondanna</td>
</tr>
<tr>
<td>Kojonup</td>
<td>Pram walk and morning tea. Guest speaker – local GP</td>
<td>Tuesday 13th November, 10am</td>
<td>Diane House, Child Health Nurse, 98312262. No RSVP required.</td>
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<td>Lake Monger</td>
<td>“Celebration of Fatherhood” Closed - service user only (Perinatal Mental Health program Womens Health and Family Services)</td>
<td>Tuesday 13th November, 5:30pm-8:30pm</td>
<td>No RSVP - this is a closed event. WHFS offer specialist perinatal mental health groups and 1:1 counselling, contact <a href="http://www.whfs.org.au">www.whfs.org.au</a> for more info.</td>
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<tr>
<td>Northam</td>
<td>Postnatal exercise group</td>
<td>Thursday 15th November 2018, 10am</td>
<td>Iris Dolphin 9690 1691</td>
</tr>
<tr>
<td>North Perth</td>
<td>“Celebration of Recovery and Wellness” Closed - service user only (Perinatal Mental Health program Womens Health and Family Services)</td>
<td>Tuesday 13th November, 9:30am-12:00pm</td>
<td>No RSVP - this is a closed event. WHFS offer specialist perinatal mental health groups and 1:1 counselling, contact <a href="http://www.whfs.org.au">www.whfs.org.au</a> for more info.</td>
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<tr>
<td>Perth</td>
<td>Big Pram Walk</td>
<td>Sunday, 19th November 8.00am – 12pm</td>
<td>Andrea Hogan&lt;br&gt;<a href="mailto:contact@bigpramwalk.com.au">contact@bigpramwalk.com.au</a>&lt;br&gt;For more information go to <a href="http://www.bigpramwalk.com.au">www.bigpramwalk.com.au</a> (registration fees apply)</td>
</tr>
<tr>
<td>Pinjarra</td>
<td>Poster display at Child Health drop in clinic</td>
<td>Monday 11th November, 9-10:30am</td>
<td>Kathy Taaffe&lt;br&gt;<a href="mailto:kathryn.taaffe@health.wa.gov.au">kathryn.taaffe@health.wa.gov.au</a>&lt;br&gt;Drop in. No RSVP needed.</td>
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Check out the list and any new additions here: [https://www.kemh.health.wa.gov.au/~/media/Files/Hospitals/WNHS/Our%20Services/State-wide%20Services/SPIMHP/Calendar%20of%20events%202018.pdf](https://www.kemh.health.wa.gov.au/~/media/Files/Hospitals/WNHS/Our%20Services/State-wide%20Services/SPIMHP/Calendar%20of%20events%202018.pdf)
Bright Tomorrows Start Today
This month CoLab, a partnership between the Telethon Kids Institute and Minderoo, launched the *Bright Tomorrows Start Today* campaign. The campaign brings the science of early childhood brain development to life to show us how meaningful moments build young brains. The project is a great example of how we can intervene early and encourage good mental health and wellbeing in young children. Launched on Telethon weekend, you may have seen the ad showing the remarkable little creature that represents the baby’s brain.

You can watch the campaign ad and find out more at: https://colab.telethonkids.org.au/bright-tomorrows/

World Kindness Day
World Kindness Day is a day that people are encouraged to be a little kinder to each other. The *Random Acts of Kindness* website has some great Kindness ideas including planting a tree, leaving a kindness card in a library book or taking out your neighbours rubbish. https://www.randomactsofkindness.org/world-kindness-day#

Being kinder can help us create communities that better support good mental health and wellbeing. Act Belong commit has some kindness cards available in their resource pack too. www.actbelongcommit.org.au

And a World Kindness Day event is being held at the Herb Graham Recreation Centre in Mirrabooka (see left). Tickets are available here: https://www.eventbrite.com.au/e/world-kindness-day-tickets-49840710908
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 the Statewide Perinatal and Infant Mental Health Program (SPIMHP) 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 SPIMHP as indicated below.

Contact information
This newsletter was produced by the SPIMHP, Women and Newborn Health Service, Department of Health WA.
Please direct any queries via the following:
   Email: spimhp@health.wa.gov.au
   Phone: (08) 6458 1795

Accessibility
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