Welcome to 2019!

We hope all of our colleagues have had a chance to relax over the festive season and we look forward to working with you in 2019.

The New Year is often a time for reflection and planning ahead for the year to come. The team at Act-Belong-Commit produced a number of mentally healthy tips over the festive period as part of their 12 days of Christmas campaign. These great suggestions are suitable for any time of year and a good reminder of little things we can all do to look after our mental health. In the New Year, Act-Belong-Commit are encouraging people to commit to a mentally healthy goal for 2019. Here at WHNS, we found some great examples in the office. Sandra Cherry, WHNS Executive Assistant to the Co-Directors, has pledged to find three things every day that she is grateful for. Becky White, Senior Health Promotion Officer is looking to spend more time reading novels, and Anna Headon, SPIMHP Administration Assistant, has pledged to be more adventurous in accepting all invitations. View more at actbelongcommit.org.au

We have lots to share with you in this newsletter as the year gets underway. We provide a re-cap of some of the fantastic events that took place across Western Australia for Perinatal Anxiety and Depression Awareness week in November 2018. The 2019 Perinatal and Infant Mental Health Symposium is rapidly approaching and the Perinatal and Infant Mental Health subnetwork steering group report back on the multidisciplinary planning day that was held in November. We always welcome contributions for these newsletters so please get in touch if you have something to share.

Get in touch with us....

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Email: SPIMHP@health.wa.gov.au

Address: 15 Loretto St, Subiaco. 6008
Website: www.kemh.health.wa.gov.au
Kimberly Mum’s Mood Scale Update

The Kimberley Mum’s Mood Scale (KMMS) is a validated tool for screening Aboriginal women for depression and anxiety in the perinatal period.

2018 was a busy year for the KMMS project. We have been engaging with partners across the Kimberley, Far North Queensland and the Pilbara. In May 2018, Kat Ferrari was employed as the Kimberley KMMS Project Officer; and Sarah Blondell is taking on the Pilbara KMMS Project Officer role in January 2019. Emma Carlin continues in the Research Fellow role and has been a regular visitor across the three project regions during the course of 2018.

2018 saw the Kimberley team and partners undertake an extensive refresh of the KMMS manual and KMMS training package. The new manual and training was tested with the Beagle Bay clinic in November and feedback from staff was positive. We are working with Aboriginal Community Controlled Health Organisations (ACCHOs), Nindilingarri and Western Australian Country Health Services (WACHS) to schedule a complete roll out of KMMS training during the first half of 2019. Training for Balgo, Biliiluna and Mulan is currently scheduled for January. Information regarding training occurring in your location in the Kimberley will be distributed in time however you can contact Kat to register your interest or for any further KMMS information, on kmmsprojectofficer@kamcs.org.au

For WACHS staff, KMMS and Edinburgh Postnatal Depression Scale (EPDS) training will be combined and jointly facilitated by Kat and Melissa Williams- WACHS Maternal and Child Health Coordinator.

We look forward to working with Maternal and Child Health staff to make the KMMS the best it can be!

KMMS Project team.

KMMS Kimberley and Far North Queensland Project teams in December 2018.
New Year, New Calendar…
The 2019 training Calendar was circulated late last year and sessions are starting to fill. This year there will be two modules on screening tools: the Edinburgh Postnatal Depression Scale, and the Antenatal Risk Questionnaire. Both these modules are being offered by videoconference and good to see WACHS staff registering for these events.

Antenatal Risk Questionnaire (ANRQ) training module
At the end of 2018 35 KEMH midwives were trained in how to administer and score the ANRQ. This was in preparation for a trial implementation of the psychosocial screening tool in two Midwifery Group Practices that started in December 2018.

2019 PIMH Symposium: Celebrating a good start to life
We are pleased to release the program for the upcoming symposium, Celebrating a good start to life (see next page). Registrations for the March 29 symposium opened in late 2018 and we have close to half the target audience already. Just a reminder that Early bird closes on February 27. We hope to see you there!

VC Registration
Rural and remote staff can register to attend via videoconference for free. The registration form is available by contacting us at SPIMHP@health.wa.gov.au. There is a limit to how many can attend by VC so places will only be available for regional and remote areas, for example no to Joondalup but yes to Mandurah.

South West Perinatal and Infant Mental Health Symposium
South West Women’s Health and Information Centre in collaboration with Radiance are hosting a ‘Together Anything is Possible’ symposium on Saturday 23 February 2019
Tickets can be purchased through: www.radiancesouthwest.com.au

The International Association for Women’s Mental Health is hosting its 8th world congress in Paris March 5-8.
Highlights include Prof. Maria OQUENDO’s opening lecture on Depression and Anxiety in Women: a pathway to suicidal behavior; Mrs Christine LAMB’s plenary on Women in War: the untold story; Prof. David RUBINOW’s plenary lecture on Sex and depression: this is your brain on steroids and; Maria MELCHIOR’s plenary lecture on Depression during the perinatal period.
For more information go to: www.iawmh2019.org
# Celebrating a Good Start to Life (DRAFT),
Harry Perkins Auditorium, Friday 29 March 2019

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>8.00</td>
<td>Registration</td>
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<td>8.30</td>
<td>Welcome</td>
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<tr>
<td>8.30-</td>
<td>8.30 – Introductions and house-keeping – Leanda Verrier</td>
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<td>8.32-</td>
<td>8.32 – Welcome- Robyn Lawrence Chief Executive, NMHS TBC</td>
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<td>8.35-</td>
<td>8.35 – Welcome to Country – Ingrid Cumming</td>
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<td>8.45-</td>
<td>8.45 – Official opening – Hon. Roger Cook MLA Deputy Premier, Minister for Health, Mental Health</td>
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<td>9.00</td>
<td>Prof Megan Galbally – Depression, antidepressant use and outcomes for mother and child: findings from the Pregnancy Emotional Wellbeing Study</td>
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<td>Chair: Leanda Verrier</td>
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<td>9.40</td>
<td>Prof Clare Rees – Understanding the Exacerbation and Emergence of Obsessive-Compulsive symptoms in the Perinatal Period</td>
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<td>Chair: Leanda Verrier</td>
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<td>10.10</td>
<td>Dr Lisa Miller &amp; Dr Shivanthi Senaratne – Eating Disorders in Pregnancy: latest recommendations for clinical practice</td>
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<td>Chair: Leanda Verrier</td>
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<td>10.40</td>
<td>Morning tea</td>
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<td>11.10</td>
<td>Terri Smith, PANDA CEO &amp; Megan Cherry, Community Champion</td>
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<td>Lessons from PANDA’s Helpline, messages from PANDA’s consumers and an update on consumer informed tools to help you in your practice</td>
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<td>Chair: Leanda Verrier</td>
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<td>11.50</td>
<td>Angela O’Connor – WANDAS Model and Challenges of Co-occurring AOD, Mental Health and FDV</td>
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<td>Chair: Leanda Verrier</td>
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<td>12.20</td>
<td>Lunch</td>
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<td>Lessons for Today from the History of Childbirth developed by Prof John Newham. Presented by staff from Maternal Fetal Medicine.</td>
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<td>Chair: Prof Megan Galbally</td>
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<td>A/Prof Gareth Baynam – Precision Public Health and the Future of Mental Health</td>
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<td>Chair: Prof Megan Galbally</td>
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<td>2.25</td>
<td>Afternoon Tea</td>
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<td>2.45</td>
<td>Prof Rebecca Anglin – Gut Feelings: Diet, the Gut Microbiome and Mental Health in the Perinatal Period</td>
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<td>Chair: Dr Brendan Jansen</td>
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<td>Chair: Dr Brendan Jansen</td>
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<td>3.45</td>
<td>Rochelle Matacz &amp; A/Prof Lynn Priddis – Better Together: A creative approach to building a more cohesive Perinatal and Infant Mental Health System of Care</td>
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<td>Chair: Dr Brendan Jansen</td>
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<td>4.15</td>
<td>Closing comments and farewell</td>
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<td>4.00</td>
<td>– Closing comments and evaluations – Leanda Verrier/Dr Brendan Jansen</td>
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<tr>
<td>4.10</td>
<td>– Acknowledgements and farewell – Dr Jodi Graham (A/Executive Director, Women and Newborn Health Service)</td>
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Update on Perinatal and Infant Mental Health Subnetwork Steering Group

At the end of November 2018, the Perinatal and Infant Mental Health Subnetwork Steering Group came together for a Strategy Workshop with the Mental Health Network (MHN) Co-Leads which was facilitated by Professor Fran Ackermann from the Faculty of Business and Law, Curtin University. The focus of the workshop was to identify the key issues and gaps in service for perinatal and infant mental health that the group could realistically progress throughout 2019.

Using a computer-based group mapping process, the steering group worked in pairs entering issues and priorities on iPads that were collated, clustered and themed on screen for all to see. The next step was to decide on two themes that represented the most important and urgent for the group to progress. Not surprisingly, **consistency of service availability within metro and rural areas** and **integration of services across the continuum of care including promotion and prevention** were the two themes identified. Solutions to these issues were then discussed with consideration given to building on resources already available within the context of our current health system and funding constraints.

As we commence the new year, a big thank you to Dr Caroline Zanetti who has stepped down as co-chair, with congratulations and welcome to Donna Kristianopolus (Raphael Services) who will be filling the position. Also, welcome to Sara Stephens (Child and Community Health) who recently joined the group. Since the steering group started two years ago, there have been changes to membership with current members who attended the workshop pictured below. Over the coming twelve months, the group looks forward to continuing to work on making a difference to perinatal and infant mental health outcomes for our State.

From left to right – standing: Helen McGowan (MHN Co-Lead), Rod Astbury (MHN Co-Lead), Phyllis Winmar, Sue Luketina, Leanda Verrier, Nicole Wood, Ebony Schroeder, Rochelle Matacz, Donna Kristianopolus.

From left to right – seated: Jacquie Frayne, Elizabeth Izett, Megan Galbally, Sara Stephens, and Angela O’connor.

Members not in photo – Alison Evans, Caroline Zanetti and Jane Doyle (co-opted member)

10 MINUTE WATCH

In November, Professor Megan Galbally was interviewed by Dr Sarah Moore about the importance of emotional health and wellbeing during the perinatal period. This 10 minute clip gives an easy to understand overview of current knowledge of perinatal mental health and what the Pregnancy Emotional Wellbeing Study is hoping to add to the evidence base. [https://youtu.be/jGo0LwumBkI](https://youtu.be/jGo0LwumBkI)

**CALL FOR ABSTRACTS IS OPEN**

The Marcé Society is multi-disciplinary and provides a forum for the exchange of information and ideas between professionals concerned with the welfare of women and their families around the time of childbirth.

The Australasian Marcé Society for Perinatal Mental Health will be holding its Biennial National Conference at the Pan Pacific in Perth from the 10 – 12 October 2019. Australasian Marcé Society President Dr Caroline Zanetti and the organising committee invite you to join them in considering current and novel approaches to clinical care, professional training, and prevention and early detection of perinatal mental health problems.

The theme of the conference is *Love and Fear – Becoming a person within a family*. This conference will explore important mediators of the process of change, looking from the different perspectives of mothers, fathers, other carers, siblings and infants in the perinatal period.

Two international speakers have been confirmed:

- **Emeritus Professor Ron de Kloet**, Academy Professor of the Royal Netherlands Academy of Arts and Sciences, who has pioneered research on stress hormones in health and disease and more recently on the role of treatment in pregnancy for the prevention of mental disorders in offspring;
- **Dr Hisako Watanabe**, from Keio University in Tokyo with research interests in mother infant mental health and in particular, infant adaptation to the caregiver relationship;

**Call for abstracts closes 7 April 2019**

For more information go to: [www.marceconference.com.au](http://www.marceconference.com.au)
Dr Jacquie Frayne, General Practitioner / Obstetrics, King Edward Memorial Hospital

Your work involves medical practice as well as research and teaching. How important do you think it is to combine these roles?

I think that the three roles - clinical, research and teaching are very important and actually fit really well together. It gives me a unique opportunity to see things from multiple perspectives. All too often researchers may not understand the realities of day to day clinical demands, and teaching brings you back to basics, asks questions that force you to rethink what you know, and you are always learning. My clinical role in the public hospital system and in private general practice allows me to see both sides of the patient journey and what it is like for them navigating our health system.

What is the most rewarding aspect of your work?

There are many rewarding aspects of my work depending on what role I am in. Supporting women as they start their families is always a highlight. It is such an important stage in people's lives, - not always rewarding, not always easy, and not always turning out the way that they had hoped and planned.

I also love my role as educator, not just medical students, but junior doctors and GP colleagues. It is rewarding to know that you can make a difference on multiple levels. My work with the CAMI (Childbirth and Mental Illness) antenatal clinic at KEMH is also amazing. Being part of a multidisciplinary team and working towards common goals is so different from general practice – where communication with other providers is often lacking.

What inspired you to work in this field?

I remember vividly my first encounter as a junior GP with a new patient, booked as an add on at the end of a very long day, who wanted a quick appointment for a referral. I took her in at 8pm and an hour later we emerged from the consulting room. She had just had her third child and had very severe PND. This consultation had a profound impact- there was no such thing as a quick referral! She needed help and support immediately and luckily, I felt I was able to make a difference.

What do you hope to see for the future?

I would love a future where as health professionals we respect our individual roles, knowledge and skill set and work together in a truly collaborative way.
PANDA WEEK 2018

Perinatal Anxiety and Depression Awareness (PANDA) week was held across Australia in November 2018. The SPIMHP worked with organisations all over Western Australia to plan, promote and resource events. A total of 33 organisations were supported with 21 registered events taking place around the state. We sent out 2,155 resources to events that were expecting 535 attendees! Some of our partners have been kind enough to share information about some of the events they coordinated below. Thank you everyone for your support in helping to promote PANDA week and encourage conversations about mental health and wellbeing across the state.

Albany - Pram Walk through the field of lights

Albany took advantage of the fantastic immersive art installation to lead a pram walk through the Field of Light: Avenue of Honour, for PANDA week. Nine families attended the walk which aimed to raise awareness of perinatal mental health, depression and anxiety. The parents that attended all felt strongly for the cause and were happy to support the event. Many fathers attended with their families.

Prosser St Clinic – South Bunbury

The Prosser St clinic in South Bunbury recognised PANDA week with an open morning featuring a mental health nurse guest speaker. WACHS Community Nurse Suzanne Mumford was one of the event organisers. ‘The event went well with a small attendance from a local Mum’s and Bub’s support group called Radiance. We gathered at the Bunbury Prosser Street child health clinic for an informal yarn about mental health and using Mindfulness - Your Mind is a Guest House and the Gratitude game (Copyright Dr Samir Heble 2014). Mother’s took away some resources from Beyondblue and Act Belong Commit. We had workers from GP Down South’s Parenting Support Program, who provide free in home support for parents and carers.’
Ellenbrook Pram Walk and Talk

In conjunction with Perinatal Anxiety & Depression Awareness (PANDA) week Midland Women’s Health Care Place held the 5th annual Pram Talk & Walk on Thursday the 15th of November at the Ellenbrook Library and adjoining park. This hugely successful community event included; children’s activities, outdoor games, educational giveaway bags including children’s books, lucky door prizes donated by generous local businesses, plus coffee, ice-cream and fruit giveaways.

Almost 200 parents, grandparents and children joined us, to help build a sense of community in the Ellenbrook and surrounding areas, while raising awareness of this real issue. We created a safe environment to discuss the challenges of being a parent and provided information and resources. This year there was a focus on talking about perinatal anxiety & depression.

Cindy Cranswick author of *Self-Compassionate Motherhood* shared her knowledge on the challenges of motherhood. Two local mum’s Camilla and Rebekka shared their personal stories of how they overcome the demands and pressures of being a new Mum.

Fitness instructors from Step into Life Ellenbrook provided a fun pram friendly warm up prior to the walk getting everyone in the mood. Entrants completed two laps of the park before heading for Coffee and Cuddles provided by library staff. CLAN Midland and Playgroup WA joined us by providing waterplay activities for the children which complement the various interactive games that added to a fun filled day. City of Swan provided much needed marquee shade and a great venue.

It was an enjoyable and supportive morning. We at Midland Women’s Health Care Place look forward to next year.

Written by: Sue-Ellen Smith – Health Promotions Coordinator (MWHCP)
Northam Postnatal Exercise Group

The postnatal exercise group in Northam recognised PANDA week on Thursday the 15th of November. WACHS Physiotherapist Iris Dolphin tells us, “We had all the usual mums who attend the Postnatal Exercise Group attend the morning as well as a number of staff including child health nurses, physiotherapists, midwife and an Aboriginal Grandmother. Although we didn’t get any new mums or pregnant mums attending, I felt it was still a good opportunity to have a chat about perinatal anxiety and depression.

The other positive that came out of it was that we hope to organise this again next year but get a few more departments involved and get the advertising out earlier. All the staff who attended are keen to be able to take part in it, so hopefully next year it will be bigger and better!”

As well as the positive conversations, attendees focussed on the PANDA week theme of ‘I wish I knew…’ by completing cards produced by PANDA (some are displayed below).
International Day of Zero Tolerance for Female Genital Mutilation, 6 February 2019

Female genital mutilation (FGM) comprises all procedures that involve altering or injuring the female genitalia for non-medical reasons and is recognised internationally as a violation of the human rights of girls and women.

To mark the International Day of Zero Tolerance on the 6 February 2019, the Women’s Health Strategy and Programs Unit is hosting a special training update event at King Edwards Memorial Hospital (KEMH). This will be a two hour training session on FGM, engaging with patients as well as an opportunity to share some findings from a recent Quality Improvement (QI) activity that was held at KEMH which sheds important considerations on the topic of FGM. The training update will be held at the Agnes Walsh House, at KEMH on the 6 February between 12 and 2pm.

Please contact Anna Headon: Anna.Headon@health.wa.gov.au for registration forms.
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.
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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 https://www.kemh.health.wa.gov.au/Our-services/Statewide-Services/Statewide-Perinatal-and-Infant-Mental-Health-Program/Newsletters. Upon request, the newsletter can be made available in alternative formats for a person with a disability.

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