

Domain 1: Commissioned or provided services - Perinatal Mental Health Services

Ratings: 0 = Underdeveloped, 1 = Developing, 2 = Achieving, 3 = Excelling

Domain	Outcome	Evidence	Rating	Owner (Dept/Lead)
<i>Domain 1: Commissioned or provided services</i>	1A: Patients (service users) have required levels of access to the service	<p>System 1 outcomes indicate that in 2022-23 more than 329 women were assessed by SMABS, and 2750 appointments completed.</p> <p>Our data indicates our service is accessible to women. Most women who access our service are living with deprivation, but we are also accessed by women with greater privilege – a group of particular high risk based on suicide statistics. Our ethnicity data indicates we are seeing women reflective of our district’s demographics, despite the stigma of perinatal mental health, and this was confirmed in recent Born in Bradford research.</p> <p>The service is available to all women of childbearing age within Bradford, Airedale, Wharfedale and Craven, who have a history of, or are experiencing, severe mental health problems and are considering pregnancy or are in the perinatal period. This includes young people under 18.</p> <p>In light of the impact that perinatal mental health issues have on the infant and family, SMABS takes a whole family approach, supporting the woman, her infant, her partner and where appropriate extended family.</p> <p>To be accessible and sensitive to perinatal needs, most of the care is provided in people’s own homes and some</p>	3	SMABS Business Intelligence

		<p>contacts take place via video, provided this is appropriate to need and risks.</p> <p>New patient facing resources are available on our website. This year translations in 5 languages have been procured.</p> <p>Demographic data is collected and discussed as part of the assessment to inform the care plan and treatment.</p> <p>The service provide a ‘professionals advice line’ to ensure perinatal mental health concerns are picked up and addressed and that other colleagues can gain advice.</p> <p>The Clinical Lead for SMABS has an online blog on the website talking about perinatal mental health and attachment which is warm and compassionate which breaks down stigma and barriers to access.</p>		
	<p>1B: Individual patients (service users) health needs are met</p>	<p>SMABS works directly to help women recover from their severe mental illness and provides prevention and early intervention, preventing and mitigating ACES. The data indicates that women receiving care from SMABS are recovering and mother-infant relationships are improving.</p> <p>For every woman we support, we are expected to support the woman’s infant, a participant in the service in their own right, and the mother-infant relationship.</p> <p>Every woman has a care plan designed in collaboration with the woman, based on their formulation, to support their recovery. Parent-infant interventions should be offered as part of that plan. Care coordinators will seek to understand the needs of significant others in the woman’s life and will</p>	<p>3</p>	<p>As above</p>

signpost to relevant services. Care coordinators seek to include significant others in the CPA reviews and care plans, with the consent of the woman. They help the family understand the mental health needs of the woman and can support the family to be able to support the woman.

The therapy service has provided care to 35 women this year, including providing 29 parent-infant dads with intensive parent-infant therapy.

The Occupational Therapist has provided occupational therapy interventions with 20 people over the course of the year. The majority of interventions were for severe anxiety using intensive behavioural approaches.

The service has 1.9 WTE community nursery nurses. The nursery nurses in SMABS have undergone a range of additional training to ensure that they have the specialist skills to work with women with complex and or high-risk mental health issues.

The community nursery nurses provide a range of interventions antenatally and postnatally, for example Ready to Relate, infant massage and infant yoga, mindfulness, play based interventions, practical parenting interventions and VIG.

The team includes 0.6 WTE Specialist Perinatal Consultant. To serve 4.5% of the population, it is recommended to be 1.6 WTE medic.

The team access diversity training relating to motherhood and LGBT+ parent and mental health training as a

		<p>requirement. This helps ensure the needs of all accessing the service are met.</p> <p>The service provides very clear information about the referral pathways, Perinatal Mental Health identification criteria to support access via other professionals. The team provide 'top tips' for community mental health teams on having perinatal mental health representatives and their role. This support management of risk and increased access and referrals into the service.</p> <p>The team have produced 'top tips' for GP's to identify perinatal mental health issues and appropriately refer into SMABS. This reduces risk as well as increases take up of the service when it is needed most.</p> <p>There were 2 face to face interpreting sessions booked for Perinatal Mental Health in December 2023.</p>		
	<p>1C: When patients (service users) use the service, they are free from harm</p>	<p>The Trust has an incident reporting process for any near misses or incidents that affect service users or staff. Incidents are reported regularly within governance groups. Themes and trends are identified within this process.</p> <p>It is difficult to categorise incidents by equality group currently as NHS numbers and patient records are not linked. However, the service are constantly discussing safeguarding and risk within their weekly team meetings. Equality and equality impact is a live discussion within all service meetings.</p>	<p>3</p>	<p>As above Patient Safety</p>

		<p>People using the service can raise comments or concerns about their experiences and information on how to do this is provided on the SMABS webpages and documentation.</p> <p>People using the service are supported to be free from harm with direct links to First Response 24 hour mental health crisis support and IAPT services.</p> <p>The team have an internal webpage on sharepoint for colleagues within the Trust to access if they have concerns about a new or expectant mother Perinatal Mental Health - Home (sharepoint.com). This aims to provide red flag information to keep service users safe.</p>		
	<p>1D: Patients (service users) report positive experiences of the service</p>	<p>Our feedback from mothers is overwhelmingly positive.</p> <p><i>“When I look back in years to come at the birth of my son and the start of his life, I am so lucky to hold fond, loving memories of that time thanks for SMABS. Without their support, I am sure the experience would have been entirely different, I might not have even made it through to be there for it. I am beyond grateful. I owe SMABS a huge debt for all they have done for me and my little family. Words can't describe how thankful I am.”</i> Mother who received care from SMABS.</p> <p>The service has a website which can be accessed by people using the service and their families for support. There is a comprehensive amount of information available Specialist Mother and Baby Mental Health service - Bradford, Airedale, Wharfedale, Craven (bdct.nhs.uk) this aims to enable access but also enhance patient experience throughout contact with the service and beyond.</p>	3	As above Patient Experience And Complaints

The SMABS website has accessible patient information called 'Ready to Relate' photographs throughout reflect the local community. The information provides easy to access activities and exercises to support attachment between parent and baby or child. These online resources support positive patient experiences.

The team provide access to resources on the BDCFT sharepoint pages for colleagues to utilise and share with service users in other services spreading the message and ensuring positive patient experience and reduction of risk.

The team have developed 'Ready to Relate' cards to be used as visual aids with patients. These reflect the diversity of our community and provide options for professionals to select a card that will relate to the ethnicity, sexual orientation or gender of the person using the service. This has enhanced patient experience and health outcomes.

The team have developed a Ready to Relate external website [Ready to Relate – Bradford District Care NHS Foundation Trust \(bdct.nhs.uk\)](https://www.bdct.nhs.uk) This is an incredible resource. It is vibrant, engaging accessible with a huge amount of practical and supportive information including exercises for parents to try. The site has access to a specially designed toolkit which people using the service have access to when in the SMABS care Much care has gone into the design and development of this resource to enhance the equality of opportunity impacts.

The team are engaged in a research project with the Universities of York and Huddersfield. This looks at the impact of the Ready to Relate resource on health

		<p>inequalities (access, experience and health outcome). The work looks at patient experience throughout the care pathway in real time, analysing the available business intelligent data and collecting themes, patterns and referral trends addressing the findings as a team.</p> <p>There were no complaints relating to Perinatal Mental Health between September and December 2023.</p> <p>79% of people who completed the Friends and Family Test 01.04.23 – 31.12.23 said that their experience of the service was very good, 17% said it was good and 3% said it was neither good nor poor. Noone said that the service was poor or very poor.</p>		
Domain 1: Commissioned or provided services overall rating			12	