

AIM: To improve the mental health of parents during pregnancy & in the first postnatal year (the perinatal period)

The **IMPROVE HIT** is a collaboration between:

- Mental health practitioners
- Women & children's health practitioners
- Service users
- Commissioners & Academics



Latest success

Dr Jonathan Evans, University of Bristol (UoB), awarded £250K from National Institute for Health Research (NIHR) His study will compare psychological treatments for parental depression.

Dr Rebecca Pearson (UoB) awarded €1.3 million European Research Council (ERC)

This study will investigate how a mother's mental health & personality can affect her child.

Dr Dheeraj Rai (UoB) has been awarded a Health Technology Assessment grant by the NIHR

This study will explore the use of antidepressants in pregnancy by assessing the benefits to mothers & potential long term risks to children.

Increasing engagement with children's centres

Our work to increase women's engagement with Children's Centers has been successful, with a system up & running to register all women during their pregnancy.

Latest Activities



Working with BNSSG CCG, we are examining pathways in place for women with less severe mental health issues (focusing on depression & anxiety).

We are currently contributing to the recommissioning process for Improving Access to Psychological Therapies (IAPT) services.

We are supporting a new perinatal mental health service (the SCPNS) run by Avon & Wiltshire Mental Health Partnership NHS Trust. **Please read on to hear more.**

Specialist Community Perinatal Mental Health Service (SCPNS): Evaluation

SCPNS aims:

The service, which started in March 2017, was commissioned by BNSSG CCG to support women experiencing high risk mental health problems during & after pregnancy.

How is IMPROVE involved?

We supported the CCG to obtain NHS England funding, including costs for an evaluation conducted by the University of Bristol. The evaluation started in Aug 2017 & will run until March 2019. The CCG has recently had wave two funding for the SCPNS confirmed.

Evaluation aims (formative & summative):

- Researcher embedded within service
- Support the team's development
- Demonstrate effectiveness in serving needs of local women
- Support ongoing evaluation by the SCPNS

How is the service being evaluated?

- Monitoring clinical outcome measures
- Qualitative interviews & observation



- Local maternity services
- GPs
- Local mental health charities
- SCPNS team members
- Service users

Progress

- Qualitative data collection with service team & allied clinical teams has begun
- Data collection processes are being reviewed with a view to feedback to SCPNS team soon

Challenges

- The SCPNS is still establishing itself & the evaluation must be considerate of this
 - Roles being established (within service team & external allied services)
 - Lack of formal database makes tracking outcomes difficult
- Maintaining anonymity when reporting findings may be challenging given small team & niche roles within allied services
- Ensuring the service establishes an enduring evaluation process

For more information, please contact Dr Ben Davies (UoB): ben.davies@bristol.ac.uk