



**National Mental Health**  
Development Unit

# **Mental Health Equalities Conference**

## **Perinatal Mental Health Services for BME Women: A National Survey**

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&

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The National Mental Health Development Unit (NMHDU) is the agency charged with supporting the implementation of mental health policy in England by the Department of Health in collaboration with the NHS, Local Authorities and other major stakeholders.



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# Outline of Presentation

- Background
- Outline BME women and perinatal mental health project
- What have we found so far?
- Conclusions
- Next steps
- How **you** can help!
- Discussion

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# Background

- Definitions & Prevalence
  - Perinatal mental illnesses
  - BME women may be ‘especially vulnerable’
- Risk factors mainly psychosocial
  - Social & economic deprivation
  - Social exclusion and racism
  - Lone parenthood/poor partner support
- Consequences
  - For: mother, baby, family & wider society



## Practice Context

- Anecdotally, relatively few BME women access primary care MHS
  - Poorer access (Baker *et al*, 2002)
  - Poorer experience & outcomes (CHAI, 2007)
  - ‘Circle of fear’ (Keating *et al*, 2002)
- Poor evidence base



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# **National Perinatal Mental Health**

## **Project (BME Women)**

### **Research Question**

To what extent do services meet the perinatal mental health needs of BME women?

### **Objectives**

To map current and proposed provision for BME women

To find out what works well

To identify and roll out good practice via the regional managed care networks

### **Data collection**

Interviews and questionnaires

Visits

Documents

### **Dissemination**

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# Findings

## 42 completed questionnaires

### Who responded?

- Consultant/Specialist Psychiatrist (n=13)
- Manager (n=9)
- Clinical Coordinator (n=9)
- Specialist Health Visitor (n=3)
- CPN (n=3)

### Services provided

- Assessment & Treatment (n=28)
- Liaison (n=25)
- Education & Training (n=15)
- Support (women & services) (n=13)
- Consultancy (n=11)
- Mother & Baby Unit (n=5)



# Findings

- Black and (other) minority ethnic (n= 17)
- “don’t know” (n= 3); “Not White British” (n = 4)
- “English not first language”
- “includes White Irish/other mixed, Asian, Black, Chinese”
- “includes travellers”
- “Related to culture, religion and ethics”
- “... visibly ethnically diverse from the majority population and those clients who are from minority communities or whom describe themselves as belonging to a minority culture”
- “No formal definition. We work to list provided by organisation, which includes many sub-groups”



# Findings

## Specific services for BME women?

- None (n=22)
- Interpreter (n=11)
- Education & Training, Mentoring (n=8)
- Inclusive/universal service model (n=7)
- Translation / literature (n=4)
- EIA (n=4)
- Service ‘in development’ (n=4)

“We are not providing specific resources for women from BME communities but we do not have specific resources for White British women either e.g. no resources in adult mental health for women who are pregnant or have recently delivered”.



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# Findings

## **Specific services for BME women?**

“We feel that BME women integrate well with non-BME women within our service....Our aim is always to encourage integration not marginalisation and we sign-post women to specific services in their local communities when appropriate”.



# Conclusions

## Why does this matter?

### Policy Context

- ‘Women’s mental health: into the mainstream’ (DH 2002, 2003)
- ‘Tackling Health Inequalities’ (DH 2003)
- The National Service Framework for Children, Young People and Maternity Services (DH, 2004)
- ‘Delivering Race Equality (DRE)’ **by 2010** (DH 2005)
- Every Child Matters (DH, 2006)
- Healthy Child Programme: pregnancy and the first five years of life (DH, 2009)



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# Conclusions

## Why does this matter?

Impact on:

- Maternal health and wellbeing
- Children: physical, emotional, psychological, cognitive
- Social cohesion

Implications for services

- Individualised care
- Choice agenda
- Regulatory framework (CQC)

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## Next Steps

- Complete report and circulate (March 2010)
- Feed into Regional Perinatal Perinatal Mental Health Managed Clinical Networks

## How can you help?

- Tell us what's happening in your area
- Complete questionnaire

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