## Key Strategic Areas: Pregnancy to the First Postnatal Year: Urban Populations

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<th>Key Strategic Areas</th>
<th>Strategic Objective</th>
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<td>Training and Workforce</td>
<td>To identify and develop a quality framework for workforce development to address perinatal and infant mental health care</td>
<td>1. Finalise and endorse National Guidelines for training based on existing and/or Guidelines under development 2. Plan for and implement quality training and workforce activities to attract and retain an experienced workforce for PMH 3. Endorse and implement key components required for accredited core curriculum for postgraduate and undergraduate courses</td>
<td>Activity Training Professional GP Other ACT NSW QLD SA Tas Vic WA</td>
<td>PMH Specific Training Programs EPDS training (WA) PIMHIC (SA) PIRI Programs (VIC) Safe Start IPC (NSW) e-learning: no PMH specific available</td>
<td>1. Implement a National governance structure and related activities 2. Communication and consultation strategies targeting key stakeholders and the community (see below) 3. Detailed mapping of existing services at jurisdictional level 4. Development and endorsement of National PMH Guidelines 5. Establishment of a National PMH database for evaluation and benchmarking 6. The development and endorsement of an Aboriginal and Torres Strait Islander PMH Plan (see below) 7. Development of training and clinician packages 8. Implementation of the Plan aiming at long-term sustainability across Australia</td>
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<td>Universal Routine Psychosocial Assessment</td>
<td>To identify and develop a quality framework for universal implementation of routine psychosocial assessment in the perinatal period</td>
<td>1. Finalise and endorse National Guidelines for routine psychosocial assessment based on existing and/or Guidelines under development 2. Plan for and implement routine psychosocial assessment 3. Build infrastructures to support implementation of routine psychosocial assessment</td>
<td>Activity Assessment Professional GP Other ACT NSW QLD SA Tas Vic WA</td>
<td>Canberr, Cairns (ACT) CPHN services (TAS, ACT, NSW, SA) King Edward (WA) Lyell McEwin Health Services (SA) Royal Women’s Hospital (Old) MC PIMHIC services (VIC) Safe Start IPC (NSW)</td>
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<td>Pathways to Care</td>
<td>Identify and develop a framework to recommend activities for the establishment or enhancement of quality pathways to care</td>
<td>1. Finalise and endorse National Guidelines for service delivery of quality PMH pathways to care based on existing and/or Guidelines under development 2. Identify and develop infrastructure and resources to establish sustainable local pathways to care 3. Identify consumer and carer preferences for care and recovery</td>
<td>Activity Pathways to Care Midwife/ Specialist PMH Services ACT NSW QLD SA Tas Vic WA</td>
<td>PUMP Consumer-led group (ACT) PND Groups Family Perinatal Service (TAS) State Perinatal Mental Health Strategy (WA) Getting to Know Your Baby Groups (SA) PND &amp; PMH Initiatives at selected sites (VIC) Safe Start IPC sites (NSW) JBG Health Care – private (NSW, VIC, WA)</td>
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<td>Specific Populations</td>
<td>Specific Issues to consider for implementation</td>
<td>National Policy and Frameworks</td>
<td>Examples of Current Quality Practice</td>
<td>Recommendations</td>
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<td>Rural and Remote</td>
<td>• Develop structures and protocols to support follow-up and linkages between perinatal, hospital and local community supports where women birth out of area • Establish or work with existing local multidisciplinary processes for coordinated care • Build capacity within existing Regional service structures, workforces and communities to provide local sustainable pathways to care • Address issues of workforce recruitment and retention</td>
<td>More Allied Health Services program (MAMS) Mental Health Services in Rural and Remote Areas Initiative</td>
<td>Riverland Universal Home Visiting (SA) Calms Base Hospital (Qld) Primary Mental Health 5th Senior Region, Geelong (Vic) Newcastle, Wryong (NSW)</td>
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<td>Aboriginal &amp; Torres Strait Islander Peoples</td>
<td>Build the capacity of Aboriginal &amp; Torres Strait Islander and mainstream services and workforces to address issues of: • Isolation – language, literacy, culture &amp; family supports • Accessibility &amp; acceptability of services • Gender and cultural perinatal care practices • Previous life stressors or trauma</td>
<td>National Aboriginal &amp; Torres Strait Islander Health Strategic Framework National Strategic Framework for Aboriginal &amp; Torres Strait Islander Peopels’ Mental Health &amp; Social &amp; Emotional Wellbeing 2004-2009 Footprints in Time: Longitudinal study for Indigenous Children</td>
<td>Mental Health Stay Strong Care Plan (NT) Carnarvon PMH Service (WA) Aranu Bilo Regional Birthing Program (SA) Policies and Partnerships with Perinatal Indigenous Women (North Qld) Liverpool programs (NSW) Training programs (NSW, SA, WA)</td>
<td>Develop and Endorse Aboriginal and Torres Strait Islander National Action Plan for PMH 2008 - 2009</td>
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<td>Culturally Diverse Populations</td>
<td>Build the capacity of services and workforces to address issues of: • Isolation – language, literacy, culture &amp; family supports • Understanding of health systems, accessibility &amp; acceptability of services • Gender and cultural perinatal care practices • Previous life stressors or trauma</td>
<td>Cultural Competency in Health 2005</td>
<td>“You are not alone” DVD resources (WA) EDS translated resources (WA, NSW) Bilingual Early Parenting Educators (NSW)</td>
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