

# The *beyondblue* Perinatal Mental Health Consortium:

## National Action Plan 2008 - 2010



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

Key Strategic Areas	Strategic Objective	Strategies	Current Service Availability (general impressions only)	Examples of Current Quality Practice	Recommendations
<b>Training and Workforce</b>	To identify and develop a quality framework for workforce development to address perinatal and infant mental health care	<ol style="list-style-type: none"> <li>Finalise and endorse National Guidelines for training based on existing and/or Guidelines under development</li> <li>Plan for and implement quality training and workforce activities to attract and retain an experienced workforce for PMH</li> <li>Endorse and implement key components required for accredited core curriculum for postgraduate and undergraduate courses</li> </ol>	<p>Activity: ACT NSW NT QLD SA Tas Vic WA</p> <p>Antenatal: [Grid showing service availability for Antenatal activity]</p> <p>Postnatal: [Grid showing service availability for Postnatal activity]</p> <p>GP: [Grid showing service availability for GP activity]</p> <p>Other: [Grid showing service availability for Other activity]</p>	<p><b>PMH Specific Training Programs</b></p> <p>EPDS training (WA)</p> <p>PIMHIC (SA)</p> <p>PIRI Programs (VIC)</p> <p>Safe Start/IPC (NSW)</p> <p><b>e-learning:</b> no PMH specific available</p>	<ol style="list-style-type: none"> <li>Implement a National governance structure and related activities</li> <li>Communication and consultation strategies targeting key stakeholders and the community (see below)</li> <li>Detailed mapping of existing services at jurisdictional level</li> <li>Development and endorsement of National PMH Guidelines</li> <li>Establishment of a National PMH database for evaluation and benchmarking</li> <li>The development and endorsement of an Aboriginal and Torres Strait Islander PMH Plan (see below)</li> <li>Development of training and clinician packages</li> <li>Implementation of the Plan aiming at long-term sustainability across Australia</li> </ol>
<b>Universal Routine Psychosocial Assessment</b>	To identify and develop a quality framework for universal implementation of routine psychosocial assessment in the perinatal period	<ol style="list-style-type: none"> <li>Finalise and endorse National Guidelines for routine psychosocial assessment based on existing and/or Guidelines under development</li> <li>Plan for and implement routine psychosocial assessment</li> <li>Build infrastructures to support implementation of routine psychosocial assessment</li> </ol>	<p>Activity: ACT NSW NT QLD SA Tas Vic WA</p> <p>Assessment: [Grid showing service availability for Assessment activity]</p> <p>Antenatal: [Grid showing service availability for Antenatal assessment]</p> <p>Postnatal: [Grid showing service availability for Postnatal assessment]</p>	<p>Canberra, Calvary (ACT)</p> <p>CFHN services (TAS, ACT, NSW, SA)</p> <p>King Edward (WA)</p> <p>Lyell McEwin Health Services (SA)</p> <p>Royal Women's Hospital (Qld)</p> <p>MCFHN services (VIC)</p> <p>Safe Start/IPC (NSW)</p>	
<b>Pathways to Care</b>	Identify and develop a framework and recommend activities for the establishment or enhancement of quality pathways to care	<ol style="list-style-type: none"> <li>Finalise and endorse National Guidelines for service delivery of quality PMH pathways to care based on existing and/or Guidelines under development</li> <li>Identify and develop infrastructure and resources required to establish sustainable local pathways to care</li> <li>Identify consumer and carer preferences for care and recovery</li> </ol>	<p>Activity: ACT NSW NT QLD SA Tas Vic WA</p> <p>Pathways to Care: [Grid showing service availability for Pathways to Care activity]</p> <p>Mild: [Grid showing service availability for Mild pathways]</p> <p>Moderate/Severe: [Grid showing service availability for Moderate/Severe pathways]</p> <p>PIMH Services: [Grid showing service availability for PIMH Services]</p>	<p>PUMP Consumer-led group (ACT)</p> <p>PND Groups Family Perinatal Service (TAS)</p> <p>State Perinatal Mental Health Strategy (WA)</p> <p>Getting to Know Your Baby Groups (SA)</p> <p>PND &amp; PMH Initiatives at selected sites (VIC)</p> <p>Safe Start/IPC sites (NSW)</p> <p>SJoG Health Care – private (NSW, VIC, WA,)</p>	
<b>Specific Populations</b>	<b>Specific Issues to consider for implementation</b>		<b>National Policy and Frameworks</b>	<b>Examples of Current Quality Practice</b>	<b>Recommendations</b>
<b>Rural and Remote</b>	<ul style="list-style-type: none"> <li>Develop structures and protocols to support follow-up and linkages between perinatal, hospital and local community supports where women birth out of area</li> <li>Establish or work with existing local multidisciplinary processes for coordinated care</li> <li>Build capacity within existing Regional service structures, workforces and communities to provide local sustainable pathways to care</li> <li>Address issues of workforce recruitment and retention</li> </ul>		<p>More Allied Health Services program (MAHS)</p> <p>Mental Health Services in Rural and Remote Areas Initiative</p>	<p>Riverland Universal Home Visiting (SA)</p> <p>Cairns Base Hospital (QLD)</p> <p>Primary Mental Health Sth West Region, Geelong (Vic)</p> <p>Newcastle, Wyong (NSW)</p>	
<b>Aboriginal &amp; Torres Strait Islander Peoples</b>	<p>Build the capacity of Aboriginal &amp; Torres Strait Islander and mainstream services and workforces to address issues of:</p> <ul style="list-style-type: none"> <li>Isolation – language, literacy, culture &amp; family supports</li> <li>Accessibility &amp; acceptability of services</li> <li>Gender and cultural perinatal care practices</li> <li>Previous life stressors or trauma</li> </ul>		<p>National Aboriginal &amp; Torres Strait Islander Health Strategic Framework</p> <p>National Strategic Framework for Aboriginal &amp; Torres Strait Islander Peoples' Mental Health &amp; Social &amp; Emotional Wellbeing 2004-2009</p> <p>Footprints in Time: Longitudinal study for Indigenous Children</p>	<p>Mental Health Stay Strong Care Plan (NT)</p> <p>Carnarvon PMH Service (WA)</p> <p>Anangu Bibi Regional Birthing Program (SA)</p> <p>Policies and Partnerships with Perinatal Indigenous Women (North Qld)</p> <p>Liverpool programs (NSW)</p> <p>Training programs (NSW, SA, WA)</p>	<p>Develop and Endorse Aboriginal and Torres Strait Islander National Action Plan for PMH 2008 - 2009</p>
<b>Culturally Diverse Populations</b>	<p>Build the capacity of services and workforces to address issues of:</p> <ul style="list-style-type: none"> <li>Isolation – language, literacy, culture &amp; family supports</li> <li>Understanding of health systems, accessibility &amp; acceptability of services</li> <li>Gender and cultural perinatal care practices</li> <li>Previous life stressors or trauma</li> </ul>		<p>Cultural Competency in Health 2005</p>	<p>'You are not alone' DVD resources (WA)</p> <p>EDS translated resources (WA, NSW)</p> <p>Bilingual Early Parenting Educators (NSW)</p>	
<b>Community Awareness &amp; Consultation</b>	<p>Develop a Communication and Consultation Strategy based on the National Action Plan Communication Activities (Key Stakeholders and Service Providers)</p> <p>eg. Develop a communication strategy targeting consumers, carers, community and service providers</p>		<p>Consultation Activities</p> <p>eg. Develop a consultation strategy targeting consumers, carers, community and service providers</p>		<ol style="list-style-type: none"> <li><i>beyondblue</i> to develop a communication strategy</li> <li><i>beyondblue</i> to develop a consultation strategy</li> <li>Conduct Roundtable 2008</li> </ol>

<p><b>Key State PMH Specific Policies/Initiatives</b></p> <p>Postnatal Depression Service Delivery Model (TAS)</p> <p>State Perinatal Mental Health Strategy (WA)</p> <p>Perinatal &amp; Infant Mental Health in the Community (SA)</p> <p>Parent and Infant Mental Health Initiative, 2006 (VIC)</p> <p>Postnatal Depression Initiative, 2007 (VIC)</p> <p>Safe Start (IPC) Strategic Policy (NSW)</p>	<p><b>Key State Policies that Include PMH</b></p> <p>ACT Mental Health Strategy and Action Plan 2003 – 2008 (ACT)</p> <p>Guidelines for PND Assessment and Therapeutic Groups Family Perinatal Service (TAS)</p> <p>Improving Maternity Choices: Working Together Across WA (WA)</p> <p>Obstetric-Shared Care Guidelines, Strategy in development: focus on high risk families (SA)</p> <p>Some local area policies for Maternal/Maternal Child Health (QLD)</p> <p>FaPMI Strategy for families where parent has mental illness (VIC)</p> <p>Families First Primary Health and Home Visiting Policy (NSW)</p>	<p><b>Key National Policies</b></p> <p>Third National Mental Health Plan (2003-2008)</p> <p>Council of Australian Governments (COAG) National Action Plan on Mental Health 2006-2011</p> <p>National Action Plan for Promotion, Prevention and Early Intervention for Mental Health (2000)</p> <p>National Agenda for Early Childhood (2007)</p> <p>Healthy Children – Strengthening Promotion and Prevention across Australia 2005</p>	<p><b>Related National Initiatives</b></p> <p>COAG Mental Health Action Plan Initiatives: DoHA, FaCSIA &amp; DEST</p> <p>The National Suicide Prevention Strategy</p> <p>The National Pregnancy Support Helpline and Medicare items</p> <p>Better Access Programs and Medicare items</p> <p>MBS items for non-directive pregnancy support counselling</p> <p>Stronger Families and Communities Strategy 2004-2009</p> <p>Specific populations</p> <p>Rural &amp; Remote Mental Health Service Measure</p> <p>New funding for Mental Health Nurse Measure</p>
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