

National Perinatal Depression Initiative

Welcome to the second edition of the National Perinatal Depression Initiative newsletter, that details our progress since April. We hope that you find the newsletter informative and welcome your feedback. Please feel free to forward it on to others.

Training

One of the key objectives of the NPDI is to train all relevant staff throughout SA in perinatal mental health. Since the NPDI Training Coordinator, Dr Pauline Hall has been employed, and more than 280 health professionals from a variety of services have attended 9 training sessions. Sessions have been held in various areas including three country locations, and one private hospital. There have been two Aboriginal and Torres Strait Islander specific sessions. Evaluations are proving positive.

Future Training dates include:

- > 27 August & 8 October - Women's & Children's Hospital (WCH)
- > 10 September - Port Lincoln
- > 24 November - Old Reynella

From September to October, sessions will also be held around the state for Child and Family Health Service staff.



Anna Kleinig & Pauline Hall at the Riverland Training Session

Engagement with the Private Sector

Consultation and training is commencing with private hospitals and clinicians.

Community Awareness

One of the NPDI key initiatives is to raise community awareness of perinatal depression. NPDI team members have been speaking with various community groups about perinatal depression and the benefits of screening and treatment. An article on universal screening was published in the July edition of the South Kids magazine.

NPDI Coordinators

NPDI Coordinators - Carol-Ann Stanborough (Country), Deb Clissitt (Flinders Medical Centre), Lisa Masters and Jeremy Davidson-Tear (Children Youth and Women's Health Service) meet regularly to implement the rollout of universal, routine screening for perinatal mental health. The team in conjunction with the NPDI team has developed screening and referral pathways for nursing and midwifery staff. The coordinators have spent a majority of their time engaging and consulting with clinical staff and management to ensure the smooth transition to universal screening. The coordinator positions will remain in place until screening is introduced at each site.

Clinical Positions

The NPDI Reference Group has endorsed the employment of 5.0FTE Perinatal Mental Health Clinical positions for the remaining 3 years of the initiative.



These clinicians will be allocated across five different sites: Women's and Children's Hospital, Lyell McEwin Hospital, Flinders Medical Centre, Child and Family Health Service, and Country Health SA.

Screening Commencement

Antenatal Screening is due to commence at WCH in August. This will be the first screening in SA to be undertaken under the National Perinatal Depression Initiative. Postnatal Screening will commence from October in Child and Family Health Services.

beyondblue Resources

Part of universal screening in SA will include all antenatal women being offered the *beyondblue* information booklet "Emotional Health in Pregnancy and Early Parenthood". This includes an information card on support services in SA. For further perinatal mental health information women will be directed to the *beyondblue* website.



Conference & other presentations

The MHU NPDI team (Pauline & Anna) presented an overview of the NPDI at the "Sharing Excellence in Mental Health -The Journey Continues" conference in June. Over 300 delegates attended the full day conference.

In addition the team have now delivered briefing sessions to a wide range of audiences including various clinical networks, hospital reference groups, strategic meetings, and staff forums.

Reference Group Members

Dr Tarun Bastiampillai, Louise Beaton, Kerrie Bowering, Chris Cornwell, Dr Belinda Edwards, Sue Ellershaw, Dr Ken Fielke, Philip Galley, Konrad Gawlik, Karen Glover, Dr Pauline Hall, Dr Cate Howell, Carolyn Makris, Maria Markogiannis, Pauline McEntee, Jo O'Connor, Lyn Olsen, Tracy Semmler-Booth, Sally Sinor, Dr Anne Sved-Williams, Wendy Thiele, & Dr Vivienne Van Wyngaard.

Thank you to our reference group members for their hard work and support.

National Collaboration

NPDI project officers from all States and Territories have continued to meet regularly via teleconference to discuss progress and objectives and to share information relating to implementation of the key objectives.

Mental Health Unit NPDI Team

Sally Sinor- Manager State-wide Services
Tracy Semmler-Booth- A/Principal Project Officer

Dr Pauline Hall – Training Coordinator
Tammy Little – Project Support Officer

Thank you to Anna Kleinig for the fantastic work in initiating this project. We wish you good luck with your new career, of being a mum to William. Welcome to Tracy Semmler-Booth who takes over from Anna for the next year.

For more information:

Tracy Semmler-Booth
A/Principal Project Officer
National Perinatal Depression Initiative
SA Health
Telephone (08) 8226 6150
Email: tracy.semmler-booth@health.sa.gov.au

©Department of Health, Government of South Australia. All rights reserved.