

FOI185 Response

Request

Under the Freedom of Information Act (2001), we would like to request the following information:

Types of services offered for women in the perinatal period.

1. Number and job title of qualified mental health professionals within each service who offer treatment focusing on the diverse ethnicities.
2. Number of perinatal specialists within the Trust.
3. Lowest age limit for referral to service.

We would also like to gather specific referral data for any individuals that had been referred for perinatal care (over the last five years) within the trust as follows:

4. Number of referrals from the BAME community.
 - a) Age of referrals.
 - b) Gender of referrals.
 - c) Type of treatment and/or talking therapies offered.
 - d) The estimated time spent on a waiting list prior to initial contact.
 - e) How many attended first appointment.
 - f) How many never attended.
 - g) How many completed treatments.
5. With those who completed treatment, how many presented with risk pertaining to their gaming behaviours.
 - a) How many dropped out of treatment part way through.
 - b) How many were still in treatment.

Response

Background information:

Birmingham and Solihull Mental Health foundation Trust provide assessment, treatment, and care to women suffering from psychiatric disorders associated with pregnancy and childbirth.

The service is provided across Birmingham, Solihull, Sandwell and West Birmingham and provides treatment and support for the following,

- Antenatal and postnatal affective disorders including depression and bipolar affective disorder
- Antenatal and postnatal anxiety disorders impacting on pregnancy and childbirth
- Severe and enduring mental illness in the perinatal period
- Postpartum/puerperal psychosis
- Mothers experiencing bonding disorders (infants under one-year-old)

Types of services offered for women in the perinatal period.

1. **Number and job title of qualified mental health professionals within each service who offer treatment focusing on the diverse ethnicities.**

Please see table below and note the following,

- The data provided is representative of current staff members in post for the time period of October 2020.
- All staff members listed in the table are perinatal specialist.
- The Trust's perinatal services is provided across Birmingham, Solihull, Sandwell and West Birmingham services.

Name of professional role	Banding	Whole Time Equivalent staff members within Birmingham Solihull Perinatal Service	Whole Time Equivalent staff members within Sandwell and West Birmingham Perinatal service
Consultant Psychiatrists	No banding	2.1	1.5
SAS Dr	No banding	2.0	0.0
Team Manager	7	2.0	1.0
Consultant Psychologist	8c	0.3	0.2
Psychologist	8b	1.0	0.8
Psychologist/Therapist	8a	1.6	1.0
Psychologist/Therapists	7	3.0	0.0
CBT Therapist	6	2.0	1.0
Advanced Nurse Practitioners	7	3.0	1.0
Occupational Therapists	6	1.6	1.0
Community Psychiatric Nurses	6	5.6	3.0
Social workers	6	2	0.0
Peer Support Lead	5	0.4	0.2
Peer Support Workers	4	1.2	0.2
Nursery Nurses	4	3.8	1.0
Assistant Psychologist	4	2.0	1.0
Pharmacists	7	0.2	0.0

2. Number of perinatal specialists within the Trust.

Please refer to the response for question 1.

3. Lowest age limit for referral to service.

The lowest age limit for a referral to the Perinatal Service is 16 years old.

For patients under the age of 16 years old, the Trust will only provide professional advice.

We would also like to gather specific referral data for any individuals that had been referred for perinatal care (over the last five years) within the trust as follows:

4. Number of referrals from the BAME community.

a) Age of referrals.

Please see attached spreadsheet.

b) Gender of referrals.

Please see attached spreadsheet.

c) Type of treatment and/or talking therapies offered.

All treatments and therapies are available to all communities/service users according to need and based on informed choice.

The Trust Perinatal services offer the following,

- MDT Interventions
 - Full mental health/psychiatric assessment as relevant to the perinatal period, including risk assessment.
 - Care planning including birth planning, antenatal and postnatal mental health support.
 - Care coordination: mental health monitoring and support in relation to the perinatal period, interagency working (e.g. with Maternity, Health Visiting), risk management.
 - Medication taking account of pregnancy and breastfeeding, also including preconception advice.
 - Carer's assessment.

- Psychological Interventions:
 - Psychological assessment and formulation
 - Cognitive Behaviour Therapy (CBT) including Trauma-Focused CBT
 - Eye Movement Desensitisation Reprocessing (EMDR)
 - Dialectical Behaviour Therapy (DBT) Emotional Coping Skills Groups
 - Video Interaction Guidance (VIG)
 - Circle of Security Groups
 - Other Perinatal Mental Health Groups E.g. Antenatal Group, Tree of Life Group
 - Behavioural Family Therapy
 - Pilot of Systemic Family Therapy to run from January 2021
 - Parent Infant Interaction Observation Scale (PIIOS) to inform assessment

d) The estimated time spent on a waiting list prior to initial contact.

Please see attached spreadsheet.

e) How many attended first appointment.

Please see attached spreadsheet.

f) How many never attended.

Please see the attached spreadsheet and note that the data is in relation to referred patients that have not attended an appointment.

g) How many completed treatment.

Please see the attached spreadsheet and note that the data is in relation to patients that have been referred to the Perinatal service in the stated year and discharged at any time.

5. With those who completed treatment, how many presented with risk pertaining to their gaming behaviours.

a) How many dropped out of treatment part way through.

b) How many were still in treatment.

Please note that the Trust is unable to provide a response to question 5a and 5b, this because our system does not capture perinatal patients who have completed treatment for gaming or gambling issues.

Furthermore, the Trust's referral criteria for the Perinatal Service is explicit to women with moderate to severe mental illness rather than addictive behaviours.