

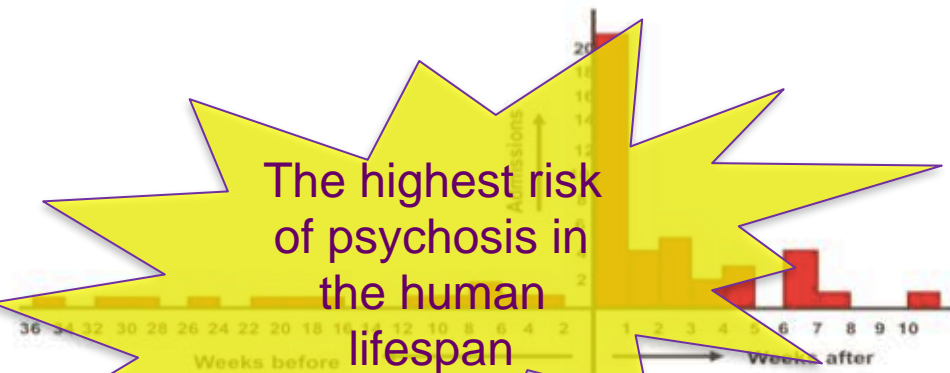


GLOBAL ALLIANCE FOR MATERNAL MENTAL HEALTH

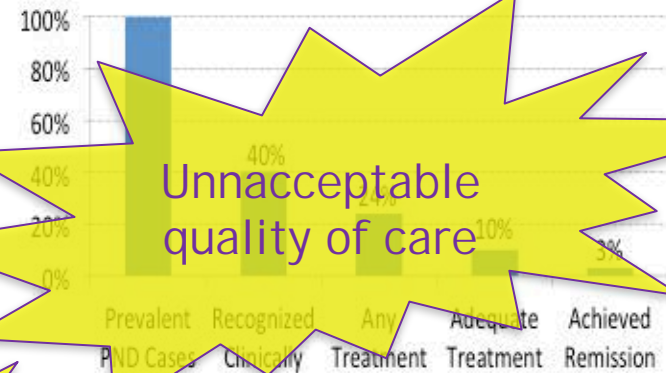
**We must all work together to achieve big
ambitions**

Dr Alain Grégoire
Perinatal Psychiatrist
Chair, Global Alliance for Maternal Mental Health
and UK Maternal Mental Health Alliance

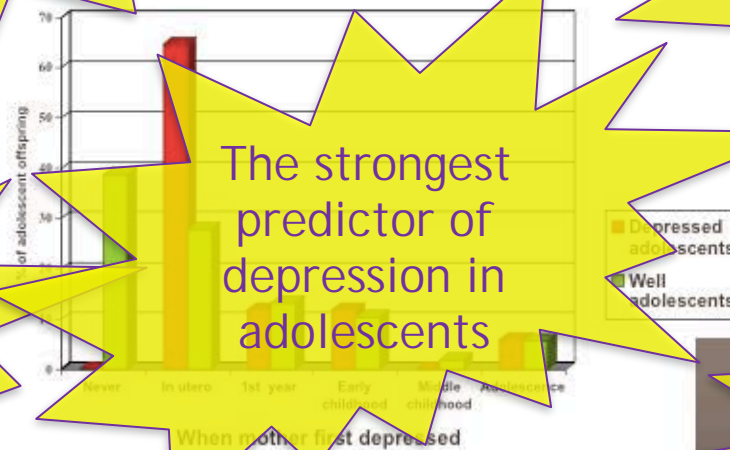
The highest risk of psychosis in the human lifespan



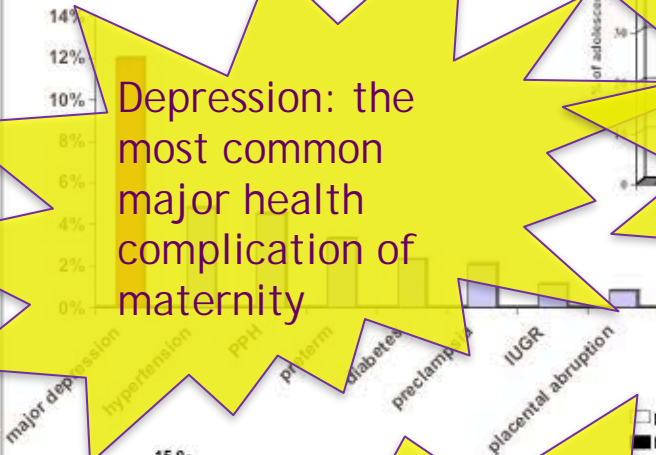
Unacceptable quality of care



The strongest predictor of depression in adolescents



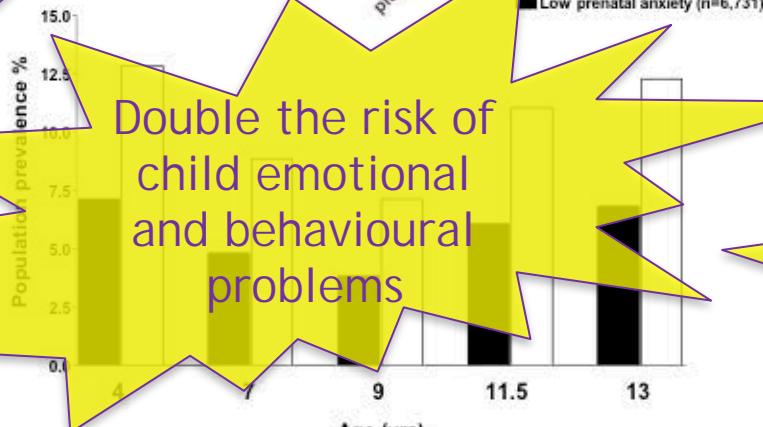
Depression: the most common major health complication of maternity



The highest risk time for depression in mothers



Double the risk of child emotional and behavioural problems



The main cause of maternal mortality

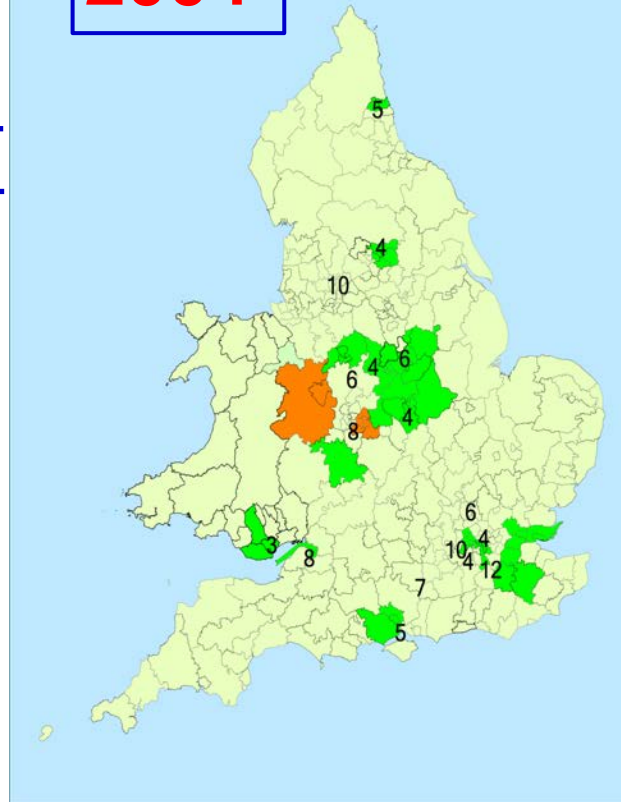


SPECIALIST PERINATAL MENTAL HEALTH CARE IN THE UK

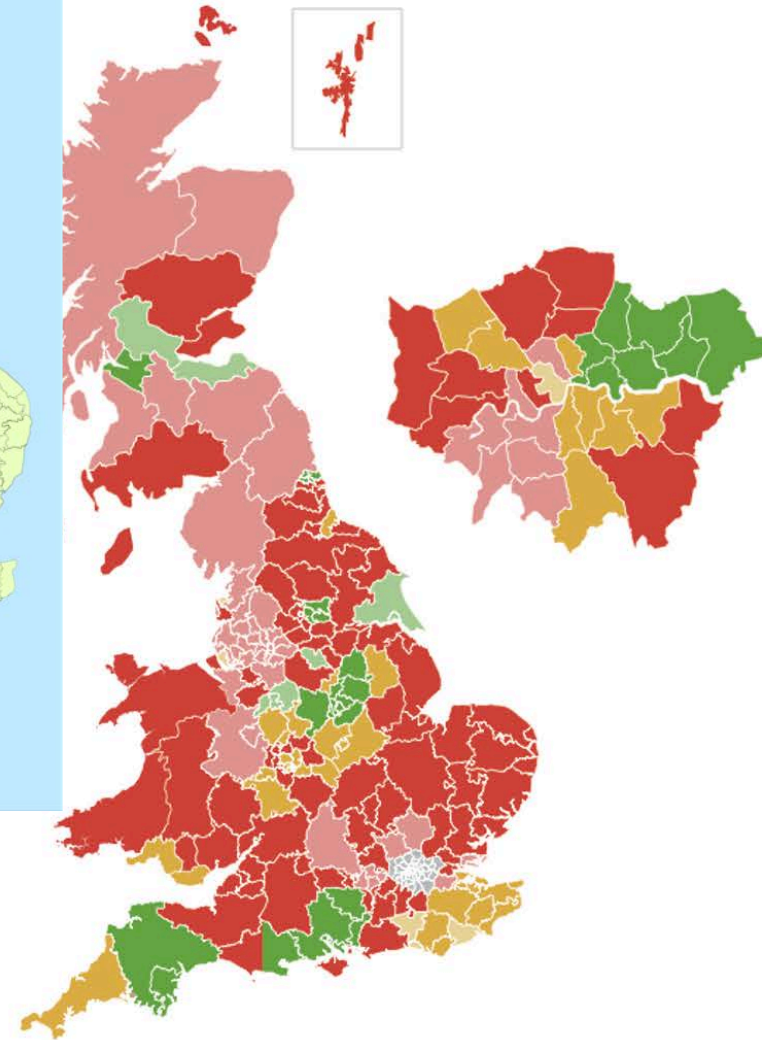
No
change
over 10
years

Community Teams Contracted by PCT
Community Teams Not Contracted by PCT
Number of Beds

2004



2013






*The very essence of leadership
is that you have to have a vision.*

*It's got to be a vision you
articulate clearly and forcefully
on every occasion. You can't
blow an uncertain trumpet.*

Theodore Hesburgh, civil rights leader

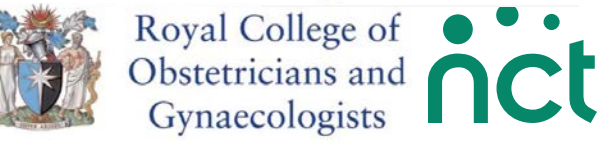


“Vision without Action is merely a dream. Action without Vision is merely passing time. Vision with Action can change the world.”


Nelson Mandela

For great results, build a great network





UK MMHA Membership



2010	6
2011	23
2013	32
2015	76
2022	120

All professional bodies, and most national patient organisations, non-profit organisations, relating to maternal and baby health, mental health, women's rights, parents, fathers, and more...

Building strong relationships

- Keep reminding people of the vision
- Regular meetings: not representing themselves but their organisations' commitment to the collective vision
- Supporting and reinforcing each other
- Small early successes through collaboration
- Ever greater successes through ever greater collaboration:
- Making big demands of each other yields big achievements

MMHA UK: the power of coming together



MATERNAL MENTAL
HEALTH ALLIANCE
Awareness Education Action

££ for a
campaign

COMIC
RELIEF

Graphic
evidence of
unmet need



Lived
experience
at the core



Unified voice

Research, reports and
data



MINISTERIAL
ROUND
TABLES

Creating
peer
pressure
amongst
key targets

Quality
assurance and
improvement
processes



Economic
evidence



BBC

SKY
NEWS

Media
support

grumpy and
disappointed
Douglas Carswell interview g2

£8bn cost of
mental illness
in maternity

Report shows huge annual toll of
inadequate care for new mothers

Peter Walker
Substandard mental health care for new mothers
of these serious and long-term human and economic costs could be avoided.
The report finds significant gaps in the

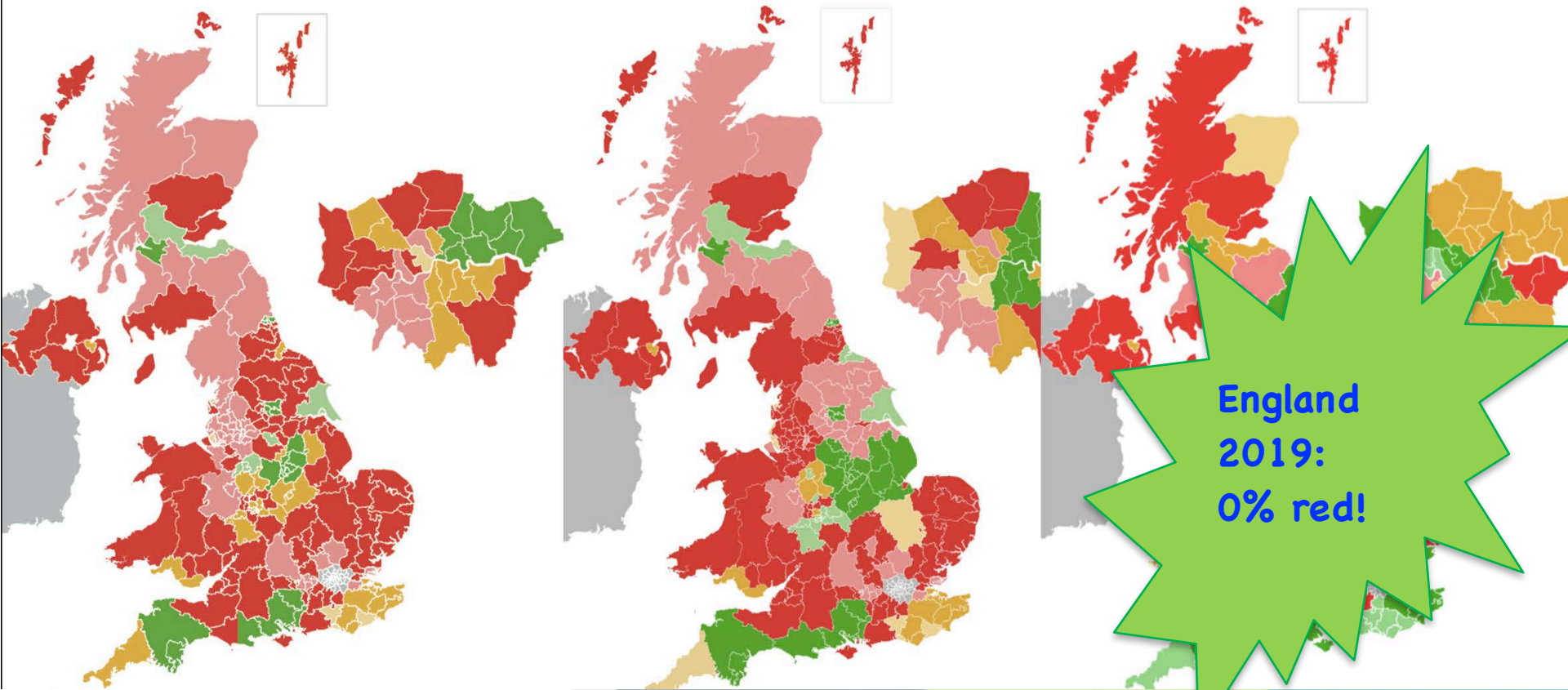
Green: multidisciplinary specialist PMH community teams

Red: no access to any specialist professional in PMH

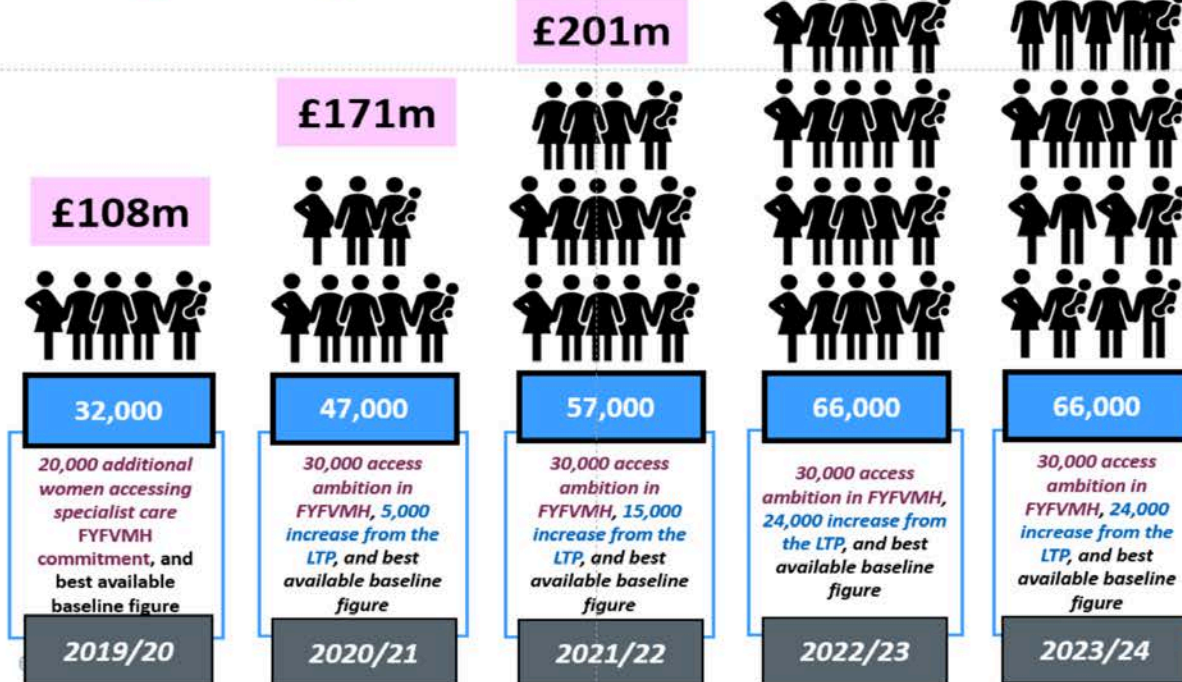
2013

2015

2017



2014: £365m investment over 5 years!...then

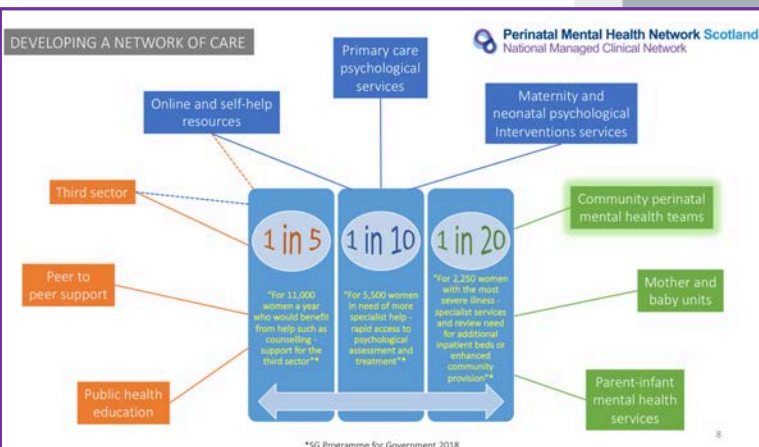


England:

*Specialist teams: conception-2yrs and Maternity Mental Health Services

*Primary care psychological therapies prioritise perinatal

* Specialist MH midwives numbers growing



Scotland:
making
plans with
committed
investment

Wales and N Ireland:
New PMH Teams, new
MBUs built or coming

Economic costs (LSE, 2014)

Cost if we don't act



Of these costs

28%

relate to the mother

72%

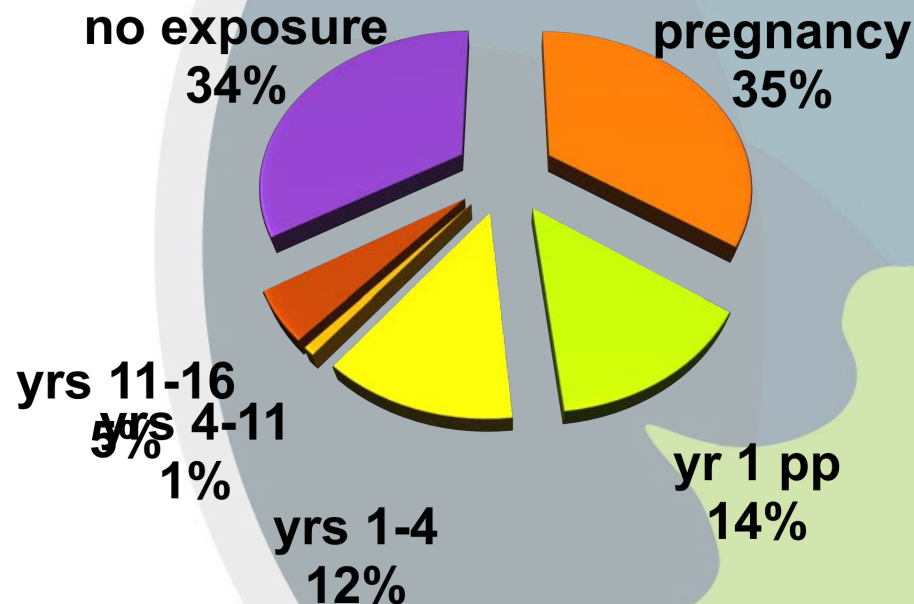
relate to the child

£8.1bn

Cost of taking action

LSE (2022): Net UK economic benefit
of MH care integrated in maternity and
health visiting = £49m

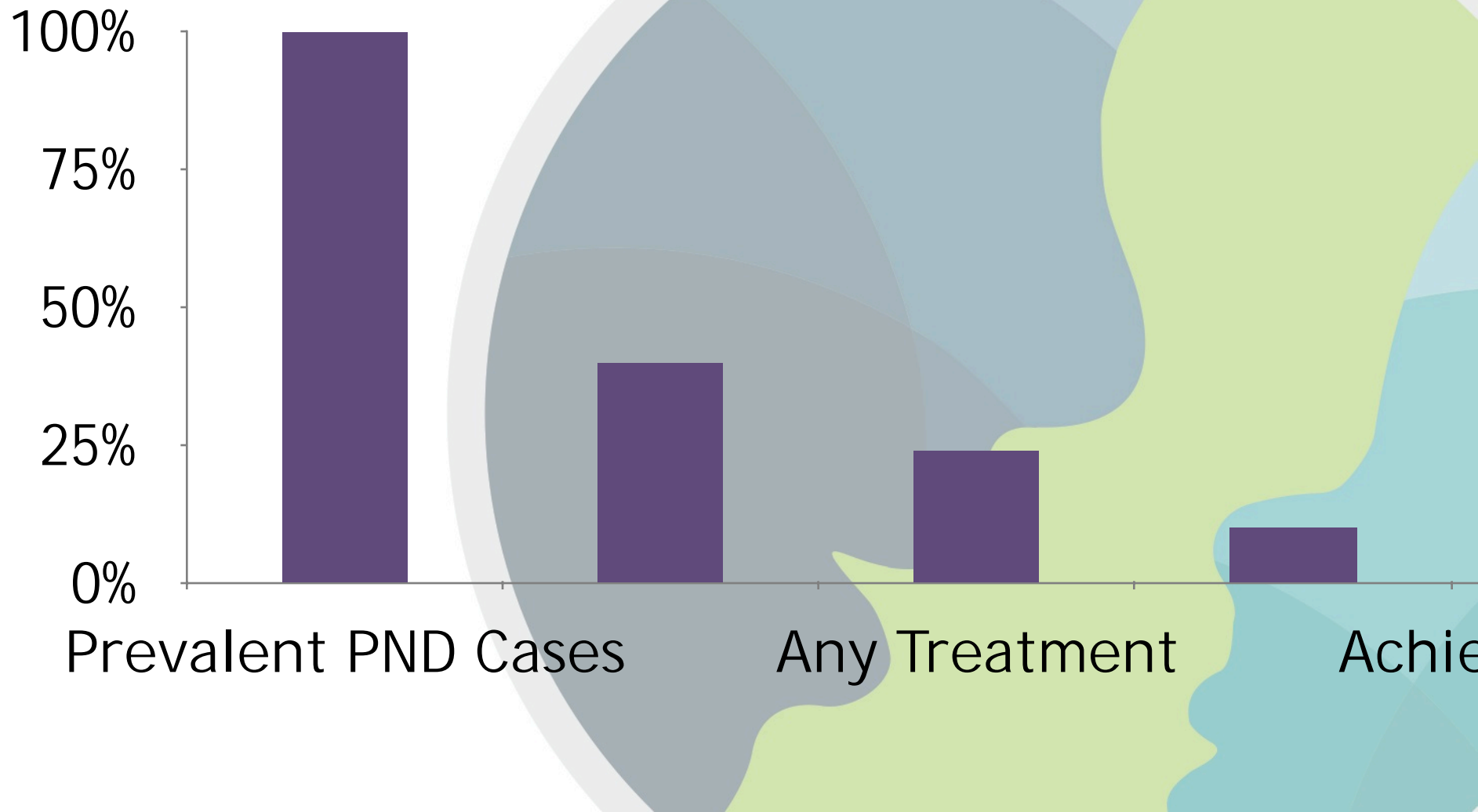
Common mental health problems are *very* common in the perinatal period



(Sharpe et al 2006)

Unacceptable care for common mental health problems

(Gavin, Meltzer-Brody, Glover, and Gaynes 2014)



Why didn't you feel able to talk about the emotional or mental health problems that you wanted to? *(tick all that apply)*

- 24% There wasn't enough time
- 21% I thought there was no point as nothing could be done
- 33% I assumed what I was feeling was normal for a new parent
- 37% I felt embarrassed or ashamed
- 46% I was worried they would think I wasn't capable of looking after baby
- 28% They didn't seem interested
- 24% I didn't think they would be sympathetic to how I was feeling



MH care integrated in *maternity multidisciplinary team* (+ in health visiting)



England maternity: additional* staffing
= 270 midwives + 260 MH practitioners

cost £42m

= £268 per birth

Net UK economic mean benefit* = £49m/yr

very conservative calculation only includes limited maternal outcomes

*in addition to the UK shortage of 2000 midwives calculated by RCM

<https://maternalmentalhealthalliance.org/wp-content/uploads/economic-case-increasing-access-treatment-women-common-maternal-mental-health-problems-report-lse-2022-mmha.pdf>



May 2022



Her Royal Highness The Duchess of Cambridge becomes Royal Patron of the Maternal Mental Health Alliance

The power and impact of alliances

À PROPOS ▾ COVID ▾ ACTUALITÉS ▾ QUI ? ▾ QUAND ? ▾ COMMENT ▾ POUR QUI ? POUR QUOI ? ▾ RESSOURCES ▾ SITES AMIS

Alliance francophone pour la santé mentale périnatale

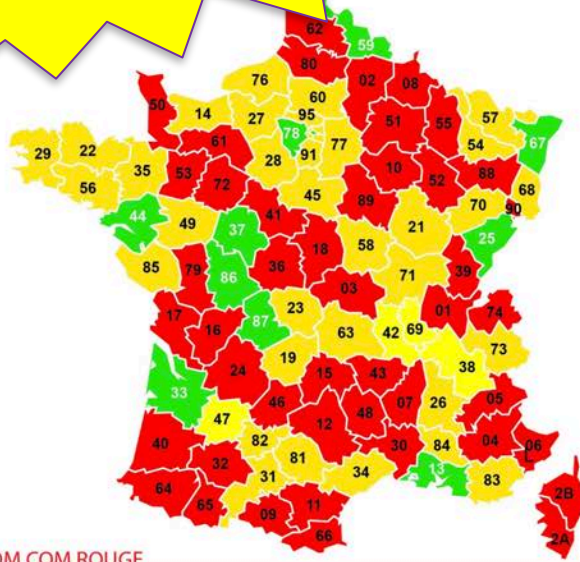
À cause des bébés... et de leurs parents

Parution éphémère

Contact

Répertoire des unités de soins conjoints

The Francophone Alliance:
Gestation - 2 years
Birth - Sept 2019...



DOM COM ROUGE

- Aucun dispositif dédié de soins conjoints
- Un à deux niveaux de soins conjoints
- Tous les niveaux de soins conjoints : HTP (ou HDS), HDI (ou équipe mobile), consultation

ÉTAT DES LIEUX (NON EXHAUSTIF) DES UNITÉS DE SOINS CONJOINTS (PARENTS-BÉBÉ) HOSPITALIÈRES ET AMBULATOIRES ISSU DU RÉPERTOIRE BELGO-FRANCO-SUISSE : [lien ici](#)

Il a été établi en actualisant les données du site de la [Société M francophone](#) (pour les unités de soins conjoints hospitaliers et liaison) et (pour les unités de soins conjoints ambulatoires de travail « Réseau ») (initialement soutenu par Patrice Louis-Chris du Collectif des Unités de Soins Conjointes de la Société M francophone) par Sylvie Viaux-Savelle.


92, p. officielles

cour les ph

son envoi aux d... soutes... conscriptions à la fin de crise du COVID. Il faut... « verdier ».

...Sept 2020:
French Government announces funding for 10 new MBUs and 20 specialist perinatal community teams!

HIC economic costs calculator tool (thanks to Francophone Alliance)



Outil Psypérinathon

Alliance francophone pour la santé mentale périnatale

Estimer le coût des maladies psypérinatales

Introduction à l'outil

Raison d'être

Mode d'emploi

Qui sommes-nous ?

Le Royaume-Uni a compris l'importance de la santé mentale périnatale. C'est pourquoi des chercheurs de la London School of Hygiene & Tropical Medicine ont amorcé sa politique de santé publique pour comprendre la nécessité d'un investissement social, l'impact du modèle médico-économique et les échelles en France. L'outil Psypérinathon est une première étape vers la prévention.

Première étape : c

Choisir une échelle
(parmi : pays, région, département, ville, circonscription)

Deuxième étape : ajustement des variables

Variables médicales

Variables économiques

Variables médicales

- Prévalence de la dépression
- Prévalence de l'anxiété
- Prévalence de la psychose

Troisième étape

Dépression de la mère

Coûts pour la mère

Coûts pour le bébé

Principaux enseignements

A l'échelle de ce territoire, les coûts associés aux problèmes de santé mentale périnatale représentent chaque année :

39.4 millions d'€

Tableaux récapitulatifs

Coût par cas	Mère	Bébé	Total
Dépression périnatale	24 050 €	67 809 €	91 859 €
Anxiété périnatale	21 686 €	13 521 €	35 207 €
Psychose périnatale	55 335 €	8 893 €	64 228 €


Coût par naissance	Mère	Bébé	Total
Dépression périnatale	2 405 €	6 780 €	9 185 €
Anxiété périnatale	650 €	405 €	1 056 €
Psychose périnatale	110 €	17 €	128 €
Total des trois maladies	3 166 €	7 204 €	10 370 €

Répartition des coûts par secteur

Secteur public (éducation, justice, etc.) 3.04%

Santé et social 19.5%

Société entière (perte de chance, de qualité de vie, de productivité, etc.) 77.5%



31 %
de ces coûts sont liés à la mère

69 %
de ces coûts sont liés au bébé

COMING SOON: LMIC economic costs/return on investment calculator tool

196 countries. 131m births. 131,000 women a year with PP Psychosis. 13m women now with perinatal depression. 90% in LMICs. Uncounted millions with PTSD and Complex-PTSD and growing

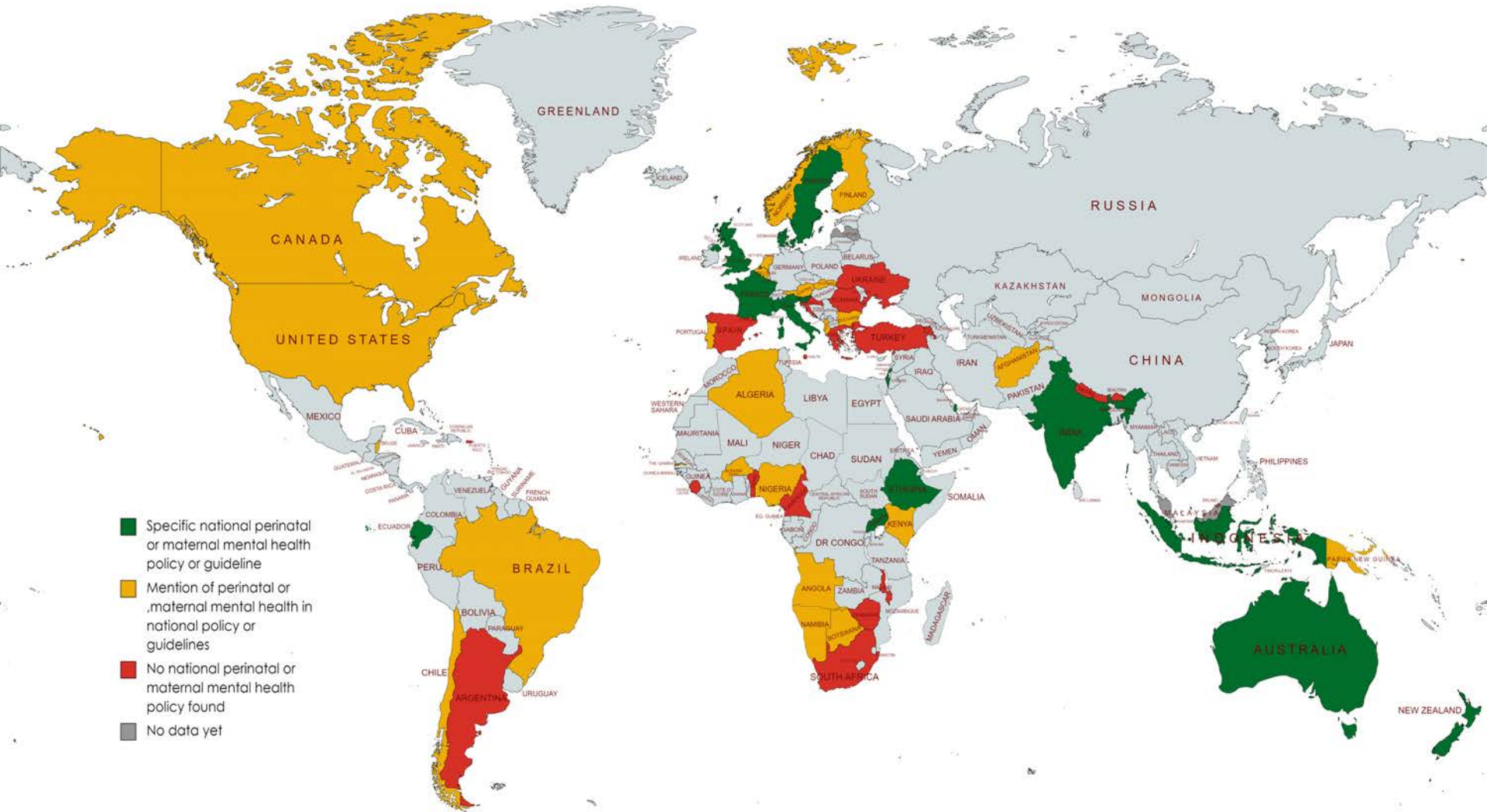


**65.6 MILLION
FORCIBLY DISPLACED
WORLDWIDE**

as a result of persecution, conflict,
violence, or human rights violations



Most nations, rich and poor, have no national maternal or perinatal MH policy or guidance.
Some nations, rich and poor, have.





The
Marcé
Society

INTERNATIONAL ASSOCIATION FOR
WOMEN'S MENTAL HEALTH
www.iawmh.org



**WORLD
PSYCHIATRIC
ASSOCIATION**



**THE WHITE
RIBBON
ALLIANCE**

HEALTHY MOTHERS
HEALTHY WORLD



FOUNDATION FOR
MOTHER & CHILD HEALTH



ICEA
International Childbirth Education Association



FIGO

International Federation of
Gynecology and Obstetrics
A GLOBAL VOICE FOR WOMEN'S HEALTH

GLOBAL ALLIANCE FOR
MATERNAL MENTAL HEALTH

Perinatal
Mental
Health
Project



MATERNAL MENTAL
HEALTH ALLIANCE
Awareness Education Action



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH



ISPOG

International Society of Psychosomatic
Obstetrics and Gynaecology



**best
beginnings**



Alliance francophone
pour la santé mentale périnatale



World
Maternal
Mental
Health
Day



AAMMH

African Alliance for
Maternal Mental Health

Educate. Advocate. Act.



PARENT-INFANT
MENTAL HEALTH ALLIANCE



MMHLA
Maternal Mental Health
Leadership Alliance

CEPPs
Childhood and Early
Parenting Principles



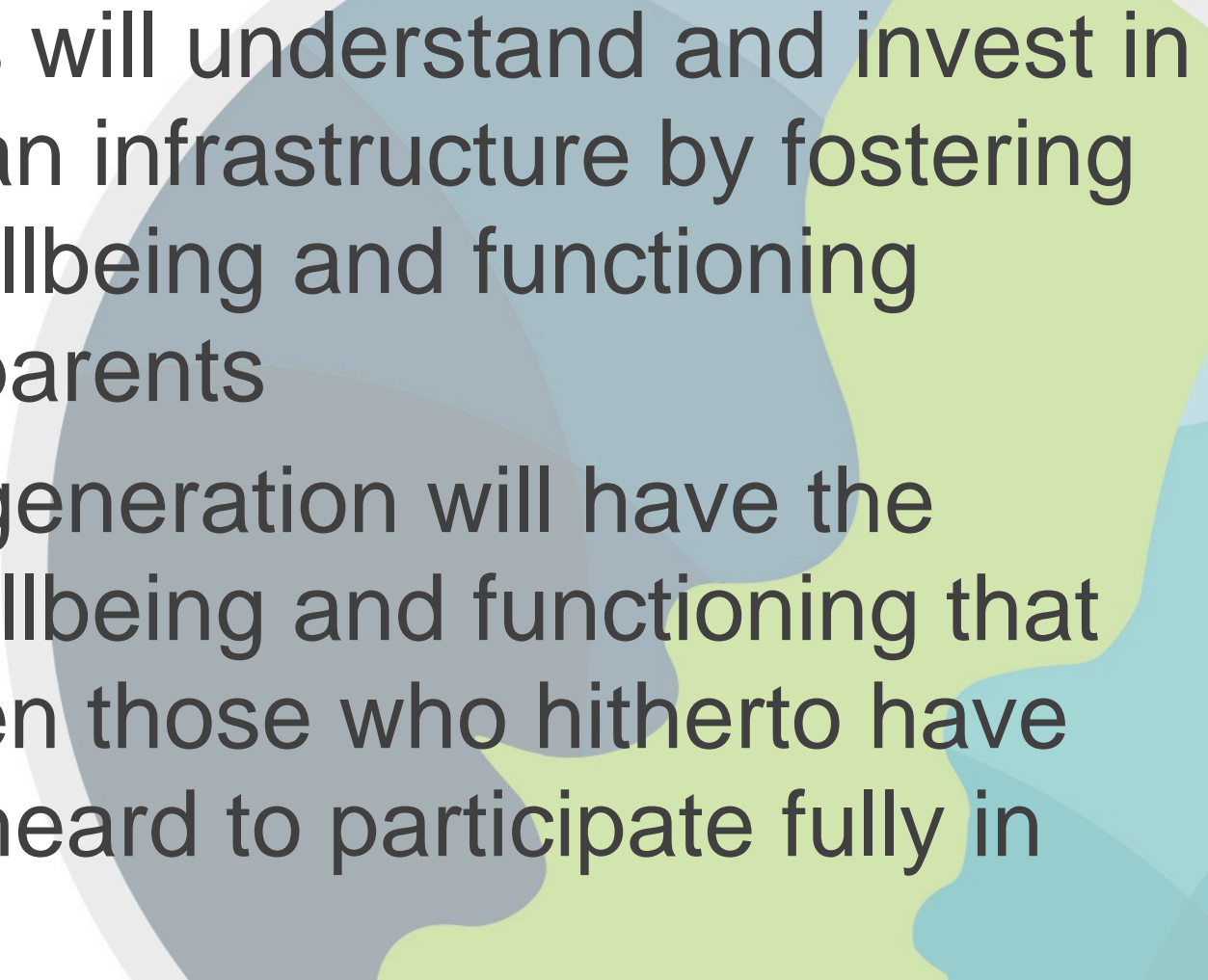
NORDIC
ALLIANCE
PMH

Mellow Parenting
PROMOTING PARENT CHILD RELATIONSHIPS

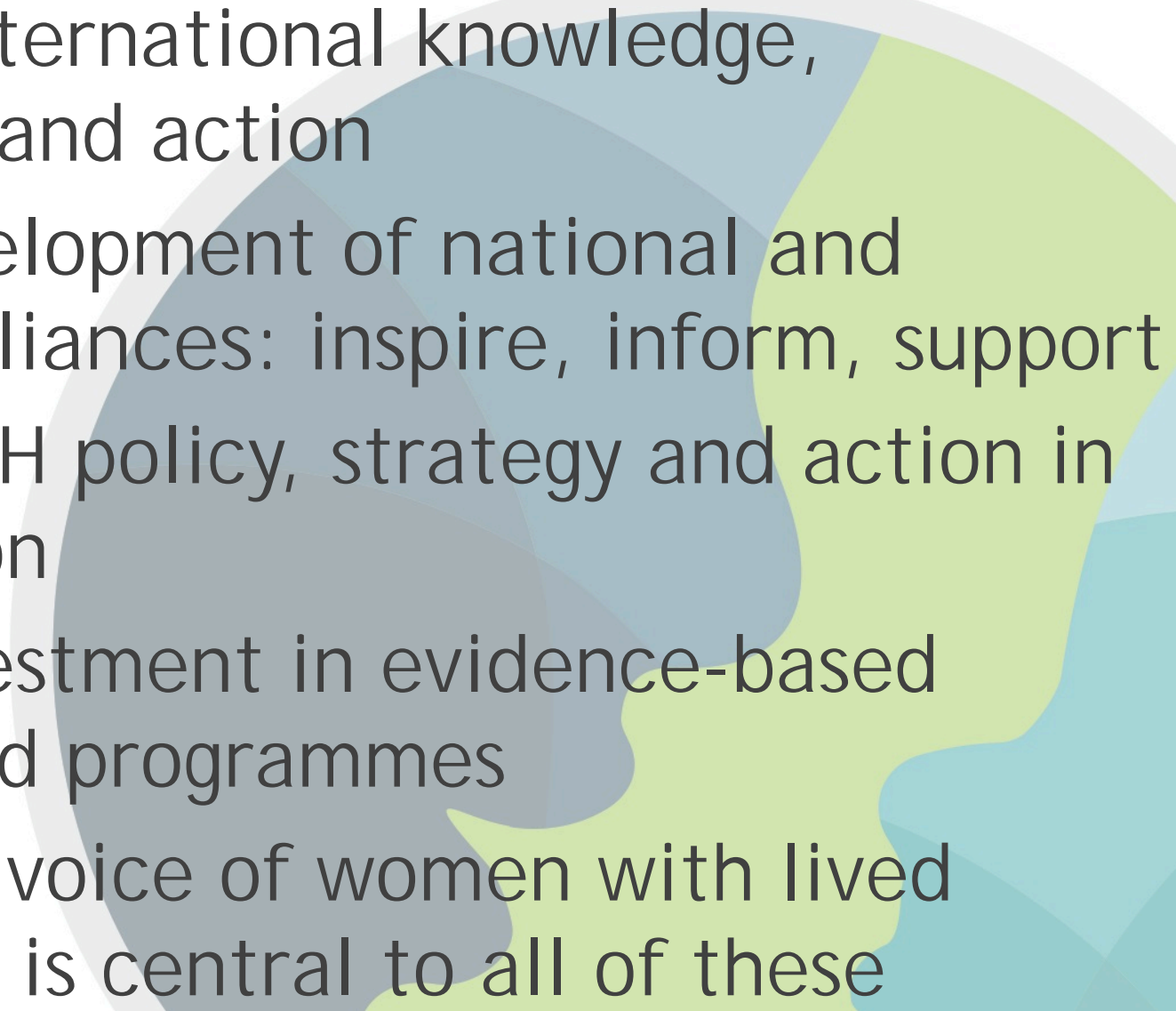
Coming soon:
India,
Canada,
Australia

Vision:

our big, self sustaining objectives

- All nations will understand and invest in their human infrastructure by fostering mental wellbeing and functioning amongst parents
 - The next generation will have the mental wellbeing and functioning that allows even those who hitherto have not been heard to participate fully in society
- 

Objectives

- Increase international knowledge, awareness and action
 - Foster development of national and regional alliances: inspire, inform, support
 - Maternal MH policy, strategy and action in every nation
 - Inspire investment in evidence-based services and programmes
 - Ensure the voice of women with lived experience is central to all of these
- 

Global Alliance for Maternal Mental Health Objectives 2022/23

Encourage, coordinate, support activities of (potential) members:

- Engage more international organisations
- **Encourage, inform and support development of national and regional Maternal Mental Health Alliances**
- Develop and disseminate campaigning tools:
 - key evidence
 - personal experiences
 - maps, example policies & guidelines, 'how to'
 - economic analysis tools for LMICs and HICs

National and multinational Maternal/Perinatal Mental Health Alliances

- Maternal Mental Health Alliance (UK)
- Global Alliance for Maternal Mental Health
- African Alliance for Maternal Mental Health
- Alliance Francophone pour la Santé Mentale Périnatale
- Conecta Perinatal (Hispanophone)
- Maternal Mental Health Leadership Alliance (USA)
- Parent-Infant Mental Health Alliance (Malta)
- Gambian Alliance for Maternal Mental Health
- Nordic Alliance for Perinatal Mental Health
- Maternal Mental Health Awareness Alliance (Turkey)
- SOON: Australia, Canada, India, Israel, Portuguese ...



Première étape : choix du territoire

Choisir une échelle
(parmi : pays, région,
département, ville,
circonscription)

Select...

Nombre de naissances 140000

Générer l'analyse !

Principaux enseignements

A l'échelle de ce territoire, les
coûts associés aux problèmes de
santé mentale périnatale
représentent chaque année :

1.5 milliards d'€



31 %

de ces coûts sont liés à
la mère

69 %

de ces coûts sont liés au
bébé

Répartition des coûts par secteur

Secteur public
(éducation, justice, etc.)
3.02%

Santé et social
19.4%

Société entière
(perte de chance,
de qualité de vie,
de productivité, etc.)
77.6%



Coûts de la dépression postnatale + psychose postpartum + anxiété prénatale

Belgique – estimations basées sur LSE, 2014

Si nous continuons...


€1500m

€56m/an

Coût de prendre les mesures fondées sur des preuves (coûts système santé UK)

National steps to success

- **Unite**: professionals, women with lived experience/parents, and organisations from every sector: in public, primary, mental & child health, maternity, women's rights, education...
- **Agree** objectives for mothers, babies and families; produce national reports and guidance
- **Develop** expertise and good models of care; raise knowledge and awareness
- **Demand** change: be consistent, ambitious and helpful: policy, investment, delivery



*Never doubt that a small group
of thoughtful, concerned citizens
can change world. Indeed it is
the only thing that ever has.*

Margaret Mead, anthropologist

TOGETHER YOU can change the
world