



INTEGRATION OF PERINATAL MENTAL HEALTH IN MATERNAL AND CHILD HEALTH SERVICES

An evidence-informed approach
to planning in
maternal and child health services



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WHO recommendations to support PMH

NURTURING CARE FOR EARLY CHILDHOOD DEVELOPMENT

A FRAMEWORK FOR HELPING CHILDREN **SURVIVE** AND
THRIVE TO **TRANSFORM** HEALTH AND HUMAN POTENTIAL



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The Partnership
for Maternal, Neonatal,
& Child Health

IN SUPPORT OF
EVERY WOMAN
EVERY CHILD
EVERY COMMUNITY

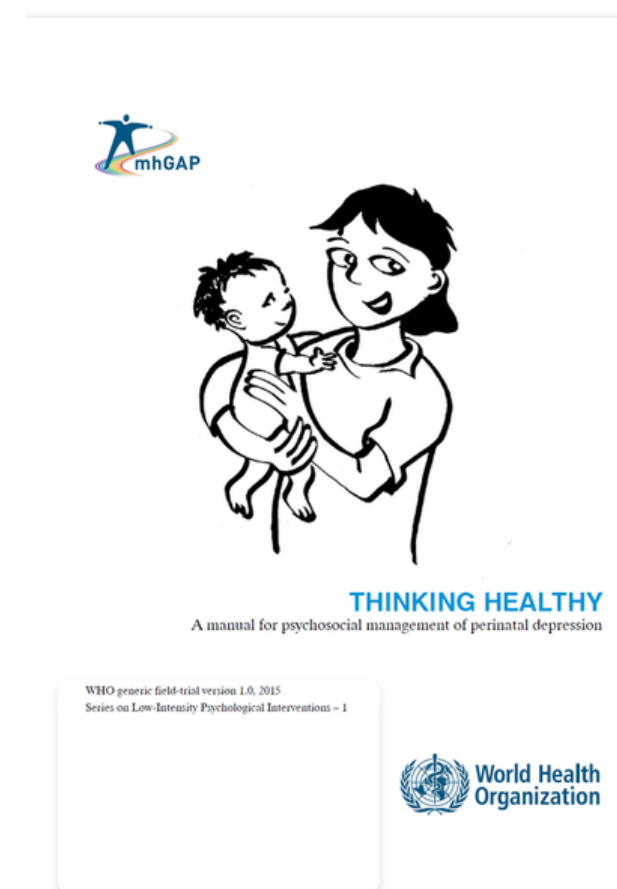
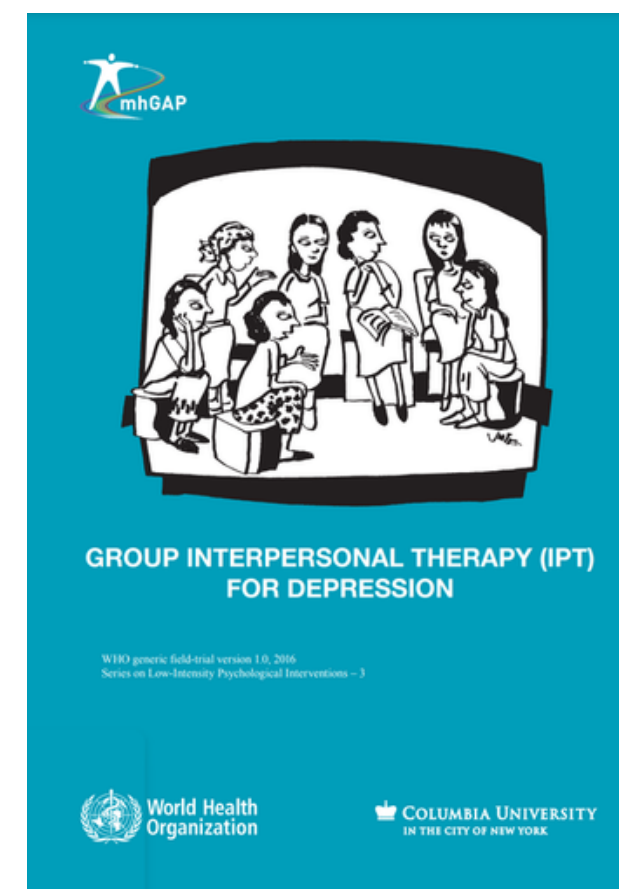
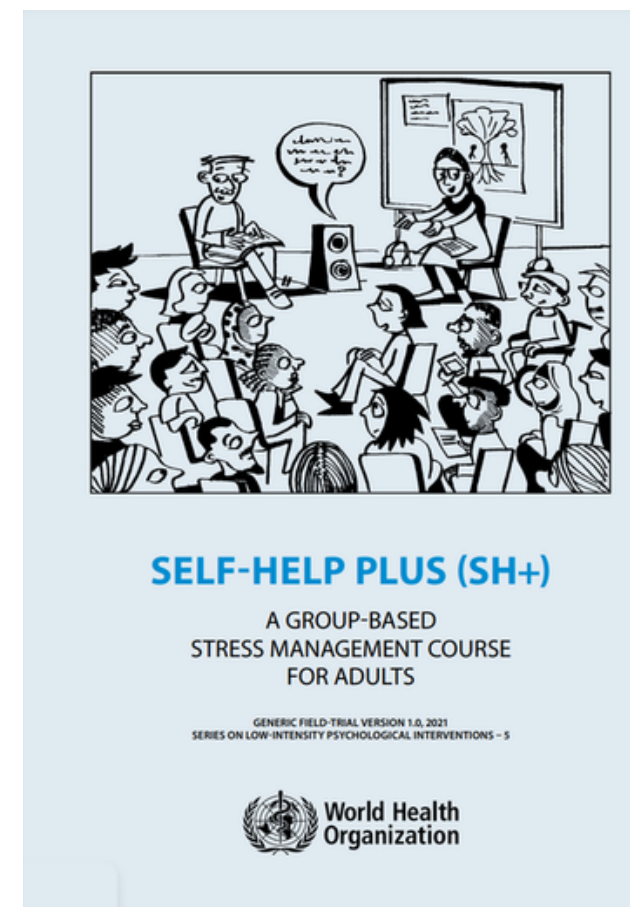
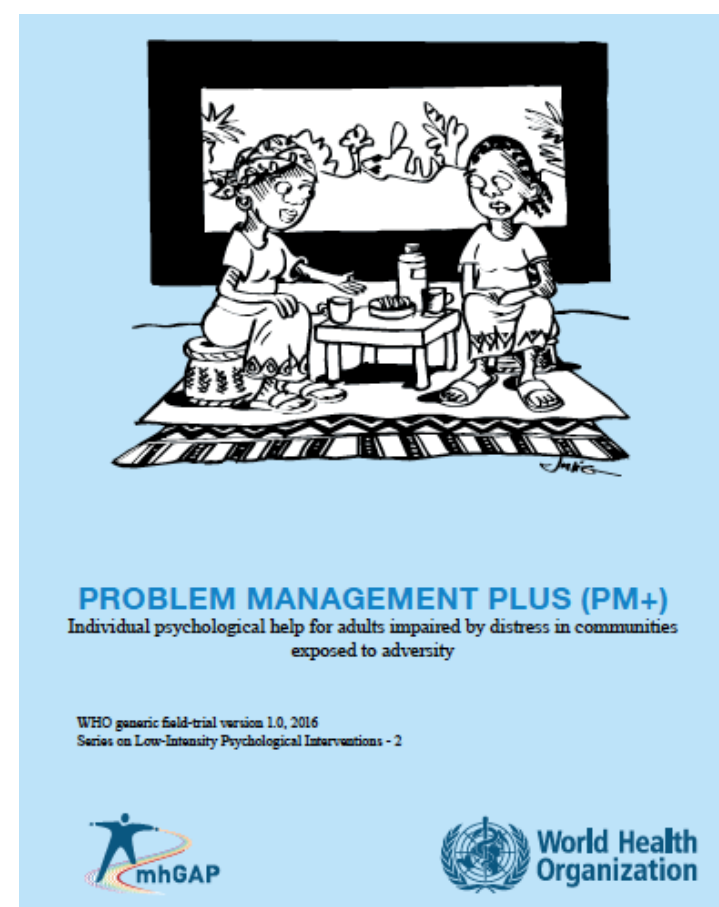
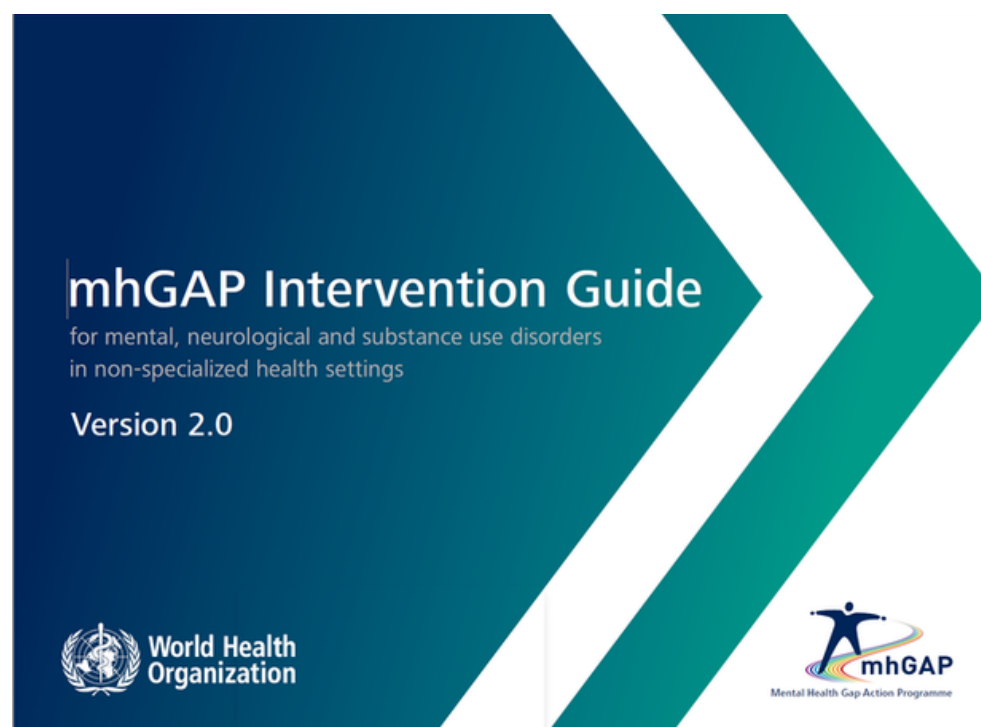


IMPROVING EARLY CHILDHOOD DEVELOPMENT: WHO Guideline



World Health
Organization

WHO programs/tools for the delivery of effective brief interventions



The PMH integration/implementation gap



- Strong recommendations
- High-quality evidence of effective interventions



- Uncertainty of effective implementation at scale
- Integration of PHM into MCH services is uncommon

Guide for integration of PMH in MCH services

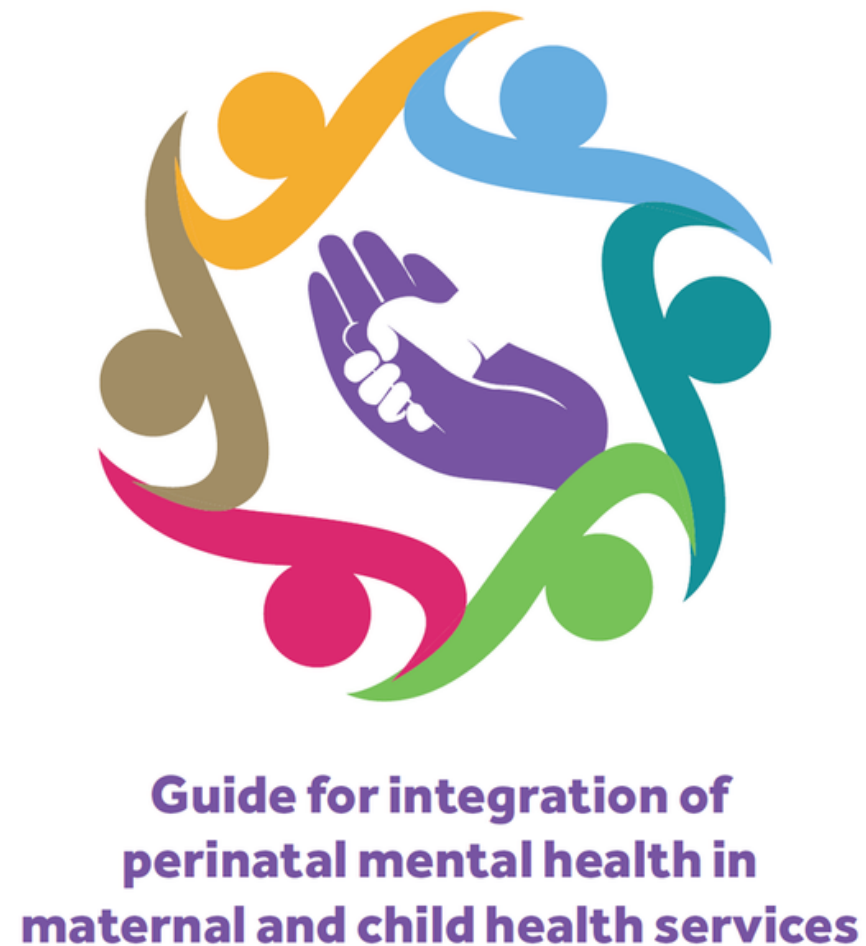


**Guide for integration of
perinatal mental health in
maternal and child health services**



- Launched on September, 19th, 2022
- Available at www.who.int
- For programme managers, health service administrators and policy-makers
- Support integration PMH care into MCH services or strengthen existing service provision

Purpose of the guide



- Develop and sustain high-quality, integrated mental health services for women during the perinatal period
- Step-by-step guidance to plan for integration and assessment of MCH in MCH
- Best available evidence to support MCH providers in:
 - promoting good mental health
 - identifying symptoms of mental health problems
 - responding in a way that is adapted to their context

Sections of the guide



PERINATAL MENTAL HEALTH

*What it is and why
it is important*



PROVISION OF CARE

*Promotion,
prevention and
treatment of PMH
conditions in
MHC services*



INTEGRATION OF PROGRAMMES

*Planning effective
integration of
PMH care into
MHC services*



PROVISION OF CARE FOR SPECIFIC NEEDS

*Provision of
tailored, inclusive
care to vulnerable
groups*



MONITORING AND EVALUATION

*Ways to ensure
that PMH services
are effective*



PERINATAL MENTAL HEALTH

*What it is and why
it is important*

Common symptoms of poor mental health

- feeling sad
- no pleasure in experiences or activities that were once enjoyed
- lack of energy and motivation
- excessive worrying
- sleeping too much or too little
- eating too much or too little
- difficulty in concentrating
- difficulty in making decisions
- feelings of guilt and hopelessness
- feeling that something bad is going to happen
- non-specific body aches or pains
- feeling worthless

Spectrum of mental health conditions and related requirements for care

Proportion of women impacted

Intensity of intervention

Moderate-to-serious mental health conditions

Many long-term symptoms of mental ill health that significantly affect the woman's ability to function

Mental health conditions with mild symptoms

Symptoms of mental ill health that somewhat affect the woman's ability to function for at least 2 weeks

Temporary mental health challenges

Challenges that affect the woman's ability to function for less than 2 weeks

Good mental health

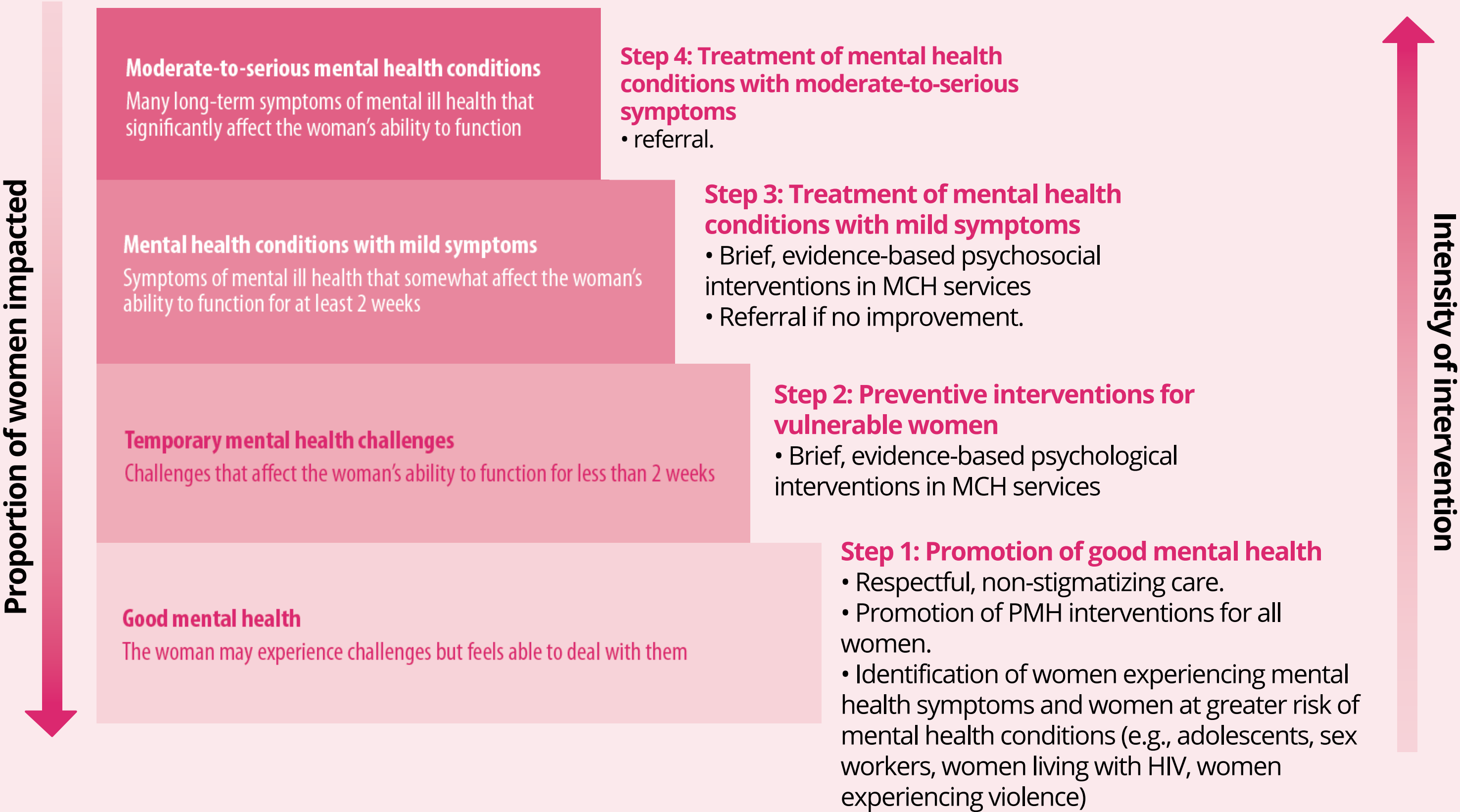
The woman may experience challenges but feels able to deal with them

A stepped care approach to perinatal mental health



**PROVISION
OF CARE**

*Promotion,
prevention and
treatment of PMH
conditions in
MHC services*



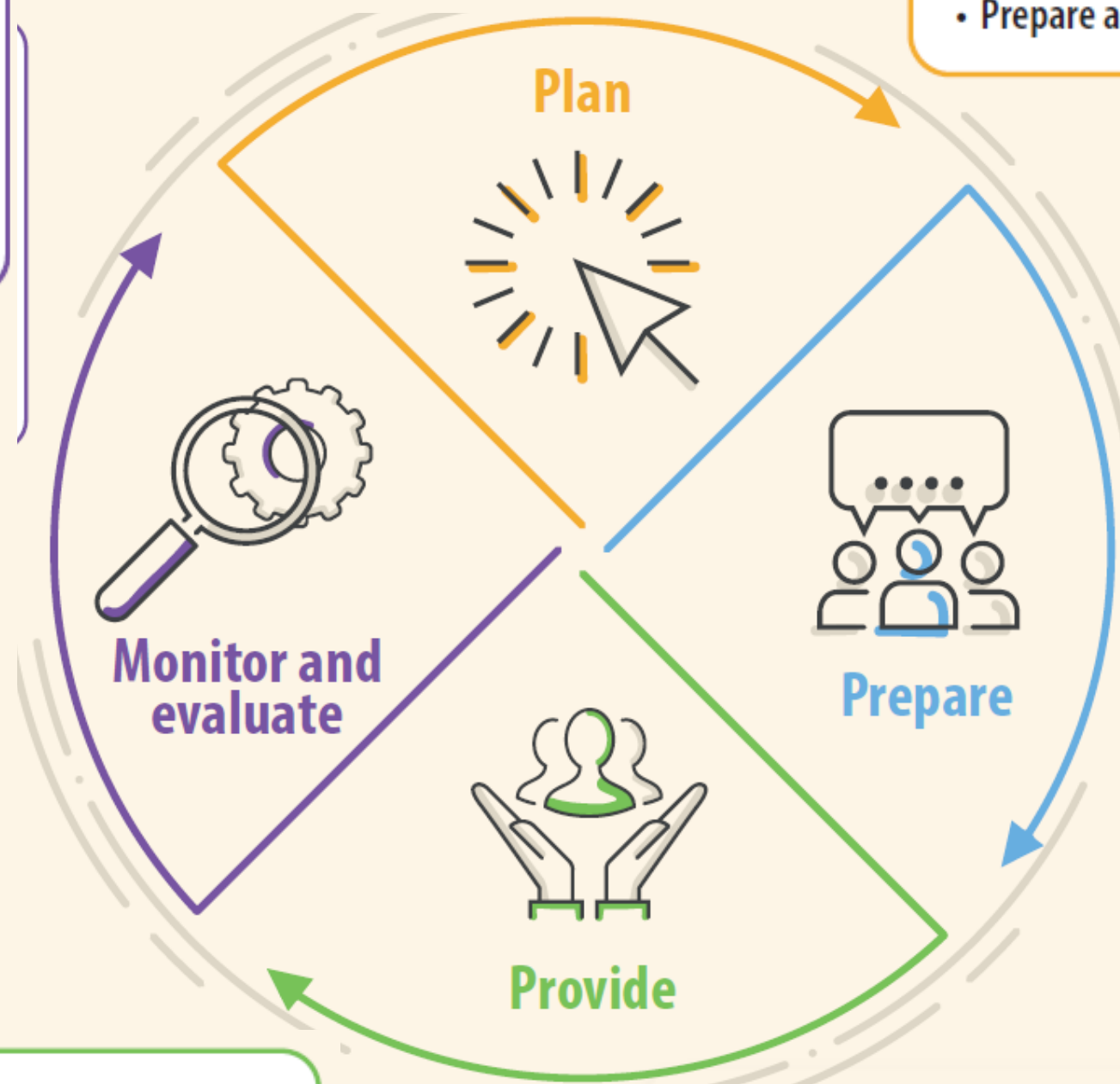


INTEGRATION OF PROGRAMMES

Planning effective integration of PMH care into MHC services

- Assess progress towards service targets.
- Adapt targets according to facility performance and outcomes.
- Identify gaps in mental health provision.
- Share progress and lessons with service providers, women and funders.

- Engage those important to funding, delivery and uptake.
- Understand what mental health support is required and what is currently available.
- Decide what support to provide.
- Prepare a budget.



- Ensure that all women receive mental health support adapted to their need (a stepped-care approach).
- Provide all women with support that promotes good mental health.
- Support recognition of mental health problems by women, their families and service providers.
- Enable access to treatment for women with mental health conditions.

- Work with relevant health and community providers to develop a care pathway and referral strategies.
- Adapt support to the local context and culture.
- Promote respectful care.
- Identify service providers to deliver mental health support.
- Train service providers, and set up supervision structures.
- Address stigmatization of mental health conditions.



PROVISION OF CARE FOR SPECIFIC NEEDS

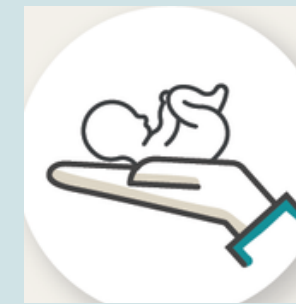
*Provision of
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History of mental health problems



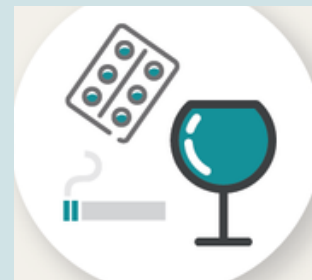
HIV/ AIDS



Premature birth, infant ill-health



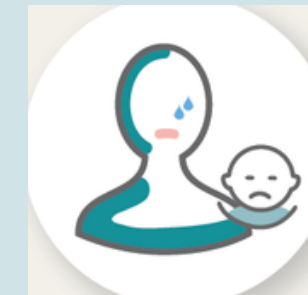
Humanitarian settings



Substance use



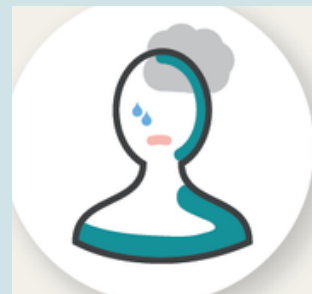
Adolescent pregnancy



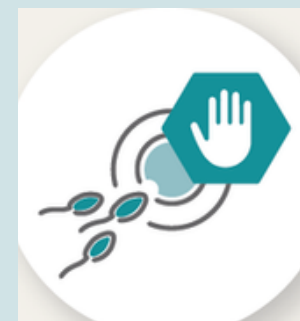
Difficulty in bonding



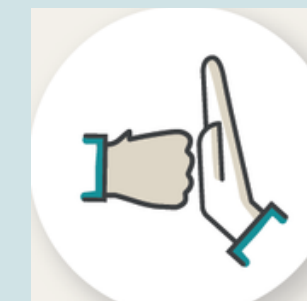
Pandemics



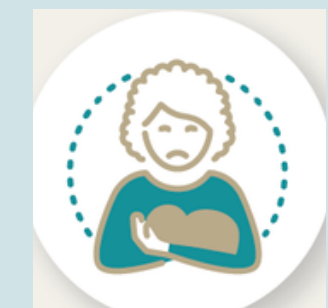
Self-harm or thoughts of suicide



Unintended pregnancy and
termination



Domestic and gender-based
violence



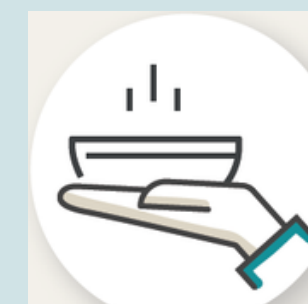
Social isolation



Disability and physical illness



Infant loss



Poverty



MONITORING AND EVALUATION

*Ways to ensure
that PMH services
are effective*



Monitoring includes regular, planned collection of information to assess the integration of mental health care in maternal and child health services



Evaluation is the review of information at certain times to assess the impact of mental health services



M&E should include ways for women and MCH staff to provide confidential feedback on care



M&E of mental health services should be integrated into a facility's existing M&E plan



Information about the provision of care can be collected in many ways, including surveys, interviews, feedback forms, and focus groups

From theory to practice- next steps



Field-testing

- Needs assessment analysis
- Intervention selection and adaptation
- Development of materials to support implementation
- Delivery and evaluation

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**World Health
Organization**