The people have spoken!

Renae Gibson, Senior Health Promotion Officer, Women’s Health Clinical Support Unit

Busy time of year again and big issue of the newsletter to accompany it! Plenty is happening over the next couple of months, so please take your time and have a good read about everything on offer.

But before you do, I thought I’d fill you in on what happened with that survey from last issue (you know, that one where you had the chance to tell me what you thought of the newsletter)…

A total of 54 people responded to the survey, across a range of disciplines including social work, child and community health, psychology, nursing and Aboriginal health. Over 90% found the newsletter either extremely or mostly relevant to their work and no one had anything they disliked about it! It was also great to see that more than 75% of respondents have recommended the newsletter to a colleague.

Probably the most valuable feedback received, however, was around people’s favourite sections of the newsletter. It seems that there is a great deal of interest in services and programs available and also in current research. This being the case, I’m going to do my best to include a research review in every issue from now on. As for the service and program updates – I’m going to need your help on that!

Obviously, I’m only going to be aware of what’s out there if I’m told about it, so if you have something new and exciting to share, please let me know. It would also be wonderful to start including more information around infant mental health, so if you’re doing work in that area, I’d love to hear from you.

Next issue is out in December, so I’ll wish you happy PND Awareness Week for November!

Happy reading!
Change of name for WAPMHU

Leanda Verrier, A/Director, Women’s Health Clinical Care Unit

The Women’s Health Clinical Care Unit (WHCCU) at Women and Newborn Health Service has a state-wide role in many facets of women’s health.

The WA Perinatal Mental Health Unit (WAPMHU) has been one of six programs making up WHCCU, along with the Mother and Baby Unit, Department of Psychological Medicine, Sexual Assault Resource Centre, Women’s Health Policy and Projects, and WA Cervical Cancer Prevention Program.

Many of the initiatives set in place in the early years by WAPMHU and the State Perinatal Mental Health Reference Group have now come to fruition, moving from planning, development and implementation to maintenance of this important work.

With the identified need to strengthen and support the current women’s health and women’s mental health agenda WAPMHU, with it’s primary work being achieved, is changing it’s name to the Women’s Health Clinical Support Unit (WHCSU).

While perinatal and infant mental health remains a key focus area, the new WHCSU will redirect some of their activities and work toward providing support to existing WHCCU programs, particularly in the area of health promotion, research, education and training, in order to work towards achieving better health outcomes for women.

Please continue to contact the education, research and health promotion staff with requests related to existing perinatal mental health projects, resources and events.

Presentation at the upcoming PMHPA Annual General Meeting

Renae Gibson, Senior Health Promotion Officer, Women’s Health Clinical Support Unit

The Perinatal Mental Health Professionals’ Association (PMHPA) is a not-for-profit, multi-disciplinary professional group for those working to improve and maintain the mental health of parents when there is a new (or expected) baby in their lives.

Each year, the PMHPA Annual General Meeting (AGM) features a special presentation and this year’s will be delivered by child psychiatrist and author, Dr Dawn Barker. Dawn’s debut novel, which was released earlier this year, tells the devastating story of one family’s experience dealing with postpartum psychosis.

Her presentation will discuss the relationship between the science of medicine and the art of creative writing, drawing parallels between the therapeutic relationship and the relationship between a reader and a writer with particular reference to her novel, Fractured.

This event will be held at Agnes Walsh Lounge (Subiaco) on Thursday 17 October from 12pm – 3pm. It is free to members and costs $15 for non-members.

For a copy of the event flyer, which includes details about payment and registration, please email renae.gibson@health.wa.gov.au.
Research review: Trends in pre-existing mental health disorders among parents of infants

Renae Gibson, Senior Health Promotion Officer, Women’s Health Clinical Care Unit

An article published in the Medical Journal of Australia earlier this year indicates that there has been an increase in prevalence of parents with a prior history of mental health disorders in WA.

The researchers conducted a unique retrospective cohort study, looking at all parents of infants born in WA between 1990 and 2005 using de-identified population level data, which was linked across datasets covering hospital admissions, the birth register and mental health systems.

What the study revealed was that overall prevalence of prior mental health disorders in mothers increased from 76 per 1000 births (1990) to 131 per 1000 births (2005). There was also an increase in prior mental health disorders in fathers from 56 per 1000 births (1990) to 88 per 1000 births (2005).

In both mothers and fathers, the most prevalent disorders at any time before the birth were substance-related disorders. Among mothers, large increases were also found in adjustment and stress-related disorders and non-organic psychotic disorders, while among fathers, there were large increases in organic disorders, and adjustment and stress-related disorders.

While the authors do acknowledge that these observed increases may be due to multiple factors, including improved data collection over time, they do not discount the possibility of a true increase in the prevalence of mental health disorders in parents – especially given supportive data from other studies.

Here is the reference for those interested in reading the article in full:

How is Dad going?

From ‘PANDA news’, www.panda.org.au

PANDA has launched its new dad-focused website, “How is Dad going?” It has important information about perinatal depression and anxiety, and is one of the first in the world to target men specifically, aiming to show men support is available.

“For fathers there are quite often issues of stigma and embarrassment,” said Richard Fletcher, from the University of Newcastle’s Family Research Centre. “They don’t want to tell their mates they feel hopeless.”

AFL player Darren Jolly, who has made a video on his experience, said the website “is perfect for guys who are struggling” with the same situation. The devoted father said seeking professional help was important, and that moving back home close to family and friends had been a vital step.

Visit www.howisdadgoing.org.au for more info.

Act-Belong-Commit brochure for new mums

Sarah Graham, Health Promotion Officer, Act-Belong-Commit Campaign, Mentally Healthy WA

Mentally Healthy WA, in partnership with the Women’s Health Clinical Support Unit, are proud to announce that a brand new brochure for mums will soon be available. The “Keeping Mentally Healthy – Guide for New Mums” pamphlet provides tips on how mums can incorporate the Act-Belong-Commit message into their lives – even with a new baby!

The resource will be officially launched during Postnatal Depression Awareness Week later this year (17-23 November 2013). In preparation for this, some bundles of pamphlets will be distributed in October to child health nurses and community health staff state-wide (within the Department of Health). If you work for a non-government agency, or the bundle you receive is not enough to meet your client load, you can place an order for this resource by contacting Sarah.Graham@curtin.edu.au at Mentally Healthy WA.

If you have any other questions about the pamphlet or Postnatal Depression Awareness Week, please feel free to contact renae.gibson@health.wa.gov.au.

For more information about the Act-Belong-Commit campaign, visit www.actbelongcommit.org.au.
Events for PND Awareness Week

Renae Gibson, Senior Health Promotion Officer, WA Perinatal Mental Health Unit

Excitement is building for this year’s PND Awareness Week, which will be held in the week of 17-23 November. Check out the list below for events in your area and for specific locations, please call the contact person listed.

<table>
<thead>
<tr>
<th>Location</th>
<th>Event</th>
<th>Date and time</th>
<th>RSVP and queries</th>
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<tbody>
<tr>
<td>Toodyay</td>
<td>Pram walk and morning tea</td>
<td>Monday, 18 November 8.45am for 9.00am start</td>
<td>Mel Woodhams 9690 1320 RSVP appreciated</td>
</tr>
<tr>
<td>Greenfields</td>
<td>Art workshop</td>
<td>Friday, 22 November 10.00am</td>
<td>Pip Brennan 9430 6882 RSVP essential</td>
</tr>
<tr>
<td>Katanning</td>
<td>Pram walk</td>
<td>Wednesday, 6 November 9.30am</td>
<td>Jo Steel 9821 6287 RSVP appreciated</td>
</tr>
<tr>
<td>Gnowangerup</td>
<td>Pram walk</td>
<td>Early November (TBC)</td>
<td>Jo Steel 9821 6287 RSVP appreciated</td>
</tr>
<tr>
<td>Gosnells</td>
<td>Baby massage workshops</td>
<td>Tuesdays, 5, 12, 19, 26 November 2.00pm</td>
<td>Emily Primrose 9490 2258 or <a href="mailto:emily.primrose@whws.org.au">emily.primrose@whws.org.au</a> RSVP essential</td>
</tr>
<tr>
<td>Port Kennedy</td>
<td>Family Fun Day</td>
<td>Friday, 22 November 9.30am</td>
<td>Jo Robbins 9524 6377 RSVP appreciated</td>
</tr>
<tr>
<td>Kalgoorlie</td>
<td>Pram walk and morning tea</td>
<td>Friday, 22 November 9.30am</td>
<td>Meg Lefory 90808200 or 0409 706 459 RSVP appreciated</td>
</tr>
<tr>
<td>Narrogin</td>
<td>Pram walk</td>
<td>Tuesday, 19 November 10.00am</td>
<td>Jo Pascoe 98810385 No RSVP required</td>
</tr>
<tr>
<td>Bunbury</td>
<td>Pram walk, morning tea and guest speaker</td>
<td>Wednesday, 20 November 9.30am</td>
<td>Anne Mackay 9791 3350 RSVP appreciated</td>
</tr>
<tr>
<td>Aveley</td>
<td>Ellenbrook and Surrounds Pram Walk</td>
<td>Monday, 18 November 9.15am</td>
<td>Kerry or Emily <a href="mailto:ataps@pcmml.org.au">ataps@pcmml.org.au</a> or 9376 9200 RSVP appreciated</td>
</tr>
<tr>
<td>Karawara</td>
<td>Pram walk and sausage sizzle</td>
<td>Thursday, 21 November 10.30am</td>
<td>Rebekka Jarvis 9312 8200 or Ros West 9450 8704 RSVP essential</td>
</tr>
<tr>
<td>Esperance</td>
<td>Pram walk</td>
<td>Wednesday, 20 November 10.00am</td>
<td>Megan Press 9071 0759 RSVP essential</td>
</tr>
<tr>
<td>Geraldton</td>
<td>Pram walk, morning tea and tai chi.</td>
<td>Thursday, 21 November 9.30am</td>
<td>Daphne White 9964 2742 or <a href="mailto:admin.whrc@bigpond.com">admin.whrc@bigpond.com</a> No RSVP required</td>
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No event in your area? Why not organise something yourself? Contact Renae Gibson for an event planning pack – email renae.gibson@health.wa.gov.au or phone 9340 1786.
Art Workshop for Mums in Mandurah

You are warmly invited to a nurturing Art Workshop to honour Post Natal Depression Awareness Week.

The session runs for four hours at the Greenfields Community Centre, and is facilitated by Vivian Paans. Vivian is a trained qualified art therapist and has a wealth of experience in working with women to gently nurture their artistic expression while exploring women’s health issues in a safe and nurturing environment.

no art experience required!

When: Friday 22nd November
Time: 10am to 2pm
Where: Greenfields Community Centre, Murdoch Dve Mandurah
Cost: Free
Morning tea and crèche provided.
Please bring your own lunch.

Funded by City of Mandurah
Free Baby Massage Workshops!

In support of Post Natal Depression Awareness Week, Women’s Health & Wellbeing Services are running free Baby Massage Workshops across the South-East Metro Area (Perth) throughout November 2013!

Baby Massage is so much more than just a fun activity to do with your baby. Come along & discover how baby massage can help strengthen the bond between you & your child, as well as it’s many other benefits. Learn the simple massage strokes that can assist your baby with tummy aches & wind, as well as the basic baby massage sequences. You & your baby will love it!

**Who:** Parents, Grandparents & carers of babies under 2yrs old, as well as parents-to-be & Grandparents-to-be!

**What:** 1hr Baby Massage Workshop with qualified Infant Massage Instructor.

**When:** Every Tuesday afternoon in November 2013, 2-3pm.

**Where:** Women’s Health & Wellbeing Services, Gosnells.

**RSVP:** Bookings are essential, places limited. Telephone or email to register.

We are running Wednesday morning Baby Massage Workshops at various parks across the South-East Metro area, call us to find out what park might be closest for you.

If your organisation works with parents & babies, & you’d like us to come out to your already existing group to run a Baby Massage Workshop, please contact Emily Primrose (details below).

For further details, please contact Emily Primrose at WHWS on 94902258 or emily.primrose@whws.org.au.
**Training and events – 2013**

<table>
<thead>
<tr>
<th>October</th>
<th>November</th>
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<tbody>
<tr>
<td>1 – Perinatal Anxiety Disorders (Perth)</td>
<td>4 – Perinatal Anxiety Disorders (Subiaco)*</td>
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<tr>
<td>4 – EPDS: Uses and Misuses (Subiaco)*</td>
<td>6 – EPDS: Uses and Misuses (Murdoch)</td>
</tr>
<tr>
<td>10-12 – Australasian Marce Society Conference (Melbourne) – fees apply</td>
<td><strong>December</strong></td>
</tr>
<tr>
<td>11 – Perinatal Anxiety Disorders (Rockingham)</td>
<td>4 – Perinatal Anxiety Disorders (Armadale)</td>
</tr>
<tr>
<td>17 – PMHPA AGM (Subiaco) – fees apply</td>
<td></td>
</tr>
<tr>
<td>28 – EPDS: Uses and Misuses (Subiaco)*</td>
<td></td>
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</tbody>
</table>

* Sessions marked this way are full, but you are welcome to contact us to be placed on the waiting list for next year.

For this and any other training queries, email [Lea.Davidson@health.wa.gov.au](mailto:Lea.Davidson@health.wa.gov.au)

**WA perinatal mental health resources**

All resources produced by the Women’s Health Clinical Support Unit are **free within WA**.

Phone (08) 9340 1795 or email [wapmhu@health.wa.gov.au](mailto:wapmhu@health.wa.gov.au) to order:

- You Are Not Alone: Emotional Health for Mothers (DVDs for Ethiopian, Sudanese and Iraqi communities)
- Boodjarri Business: Yarning about Feelings After Baby (DVD)
- Boodjarri Business: Working with Aboriginal Mums, Babies & Families (DVD)
- Using the EPDS Translated into languages other than English
- The Edinburgh Postnatal Depression Scale (EPDS) (A4 2-sided sheet)
- Care for your baby by caring for yourself poster (A2 or A3)


- Postnatal Depression & Anxiety (pamphlet)
- Finding help before and after birth (credit card sized fold-out pamphlet)

If you have any queries about these or other resources about perinatal mental health, please contact Women’s Health Clinical Support Unit on (08) 9340 1795.
beyondblue resources for health professionals

To order call 1300 22 4636 or visit www.beyondblue.org.au.

BL/0941 Booklet – Perinatal clinical practice guidelines – Executive summary
A guide for primary care health professionals

BL/0942 Booklet – Psychosocial assessment and management of perinatal mental health disorders
A guide for primary care health professionals

BL/0920 Wheel – Edinburgh Postnatal Depression Scale (EPDS) and Psychosocial Questionnaire scoring wheel for health professionals

BL0968 Scoring Pad – Edinburgh Postnatal Depression Scale (EPDS)

BL/0887 Fact Sheet – Puerperal (postpartum) psychosis
A guide for primary care health professionals

BL/0900 Fact Sheet – Bipolar disorder during pregnancy and early parenthood
A guide for primary care health professionals

BL/0470 Fact Sheet – Perinatal Depression and Anxiety
Evidence Relating to Infant Cognitive and Emotional Development

BL/1019 Window Sticker - Proudly supporting beyond babyblues

BL/0967 Flyer – Overview of beyond babyblues

BL/0902 Postcard – PND guidelines and online training for health professionals
beyondblue resources for communities

To order call 1300 22 4636 or visit www.beyondblue.org.au.

BL/0775 - Booklet - Dad’s handbook: A guide to the first 12 months * Revised! *
Hey Dad provides critical information to new dads during this important stage of their lives - the advice and practical tips are invaluable. Early brain development, changes in relationships, the importance of attachment, play, sleep and breastfeeding are all issues that fathers may not have explored before the birth and this booklet provides a ‘toolkit’ to help new families manage change.

Range of posters - Just Speak Up PND Campaign (double-sided) A3 or A2

BL/0868 - Postcard - Just speak up PND Campaign

BL/0940 - Flyer - Understanding perinatal depression and anxiety
This DL flyer provides women and their families with a brief overview of depression and anxiety in the perinatal period. This flyer has information on signs and symptoms, getting help, treatment options, tips for looking after yourself, and tips for partners, families and friends. It also includes the Edinburgh Postnatal Depression Scale (EPDS).

BL/0943 - Booklet - The beyond babyblues guide to emotional health and during pregnancy and early parenthood
The beyond babyblues guide to emotional health and wellbeing during pregnancy and early parenthood explains some of the common emotional challenges faced by new and expectant parents, and offers practical advice for mothers and partners on how to deal with these challenges.

BL/0944 - Booklet - Managing mental health conditions during pregnancy and parenthood: A guide for women and their families
Managing mental health conditions during pregnancy and early parenthood includes more detailed information about depression, anxiety, bipolar disorder and puerperal (postpartum) psychosis. It aims to assist women, partners and families to seek help and find the right treatment.
Other resources

From the Heart WA  www.fromtheheartwa.org.au
Consumer group From the Heart WA has produced three editions of ‘Write from the Heart.’ It is an A5 booklet featuring women’s personal stories of overcoming perinatal depression and anxiety.

What’s great about this resource? Women and families who may be struggling to put words to their experience tend to strongly identify with these personal accounts written in everyday language.

COPMI  www.copmi.net.au
Not-for-profit organisation COPMI (Children of Parents with a Mental Illness) have overhauled their website. It now features an extensive range of resources designed for dads, mums, families, and health professionals, including some in languages other than English.

What’s great about this resource? The website alone contains plenty of fantastic information (particularly for dads), but you can also download and order print materials for your clients.

Parenting WA  www.communities.wa.gov.au/parents
Parenting WA offers an information, support and referral service to parents, carers, grandparents and families with children up to 18 years of age. Services are free and no referral is needed.

What’s great about this resource? Each school term, a comprehensive 300+ page document is produced, collating a range of services available for parents in Perth. In addition, “Support for Families When a Parent Works Away” is just one of many great information booklets available to order or download.

DadSkills  www.DadSkills.com
Run by two Doulas, DadSkills is an online and interactive resource for fathers. While some aspects of the website require a subscription fee, there is some really wonderful (and clearly marked) “Free Stuff” as well.

What’s great about this resource? It features free videos of real men talking about their experience of becoming fathers, plus a couple of fantastic tip sheets to help dad be an advocate for mum’s rest and time with baby.

Do you have something to contribute to the newsletter?
Please let us know if you’re currently working on a perinatal mental health project or if you know of an event that doesn’t appear on our Training & Events Calendar.
Email wapmhu@health.wa.gov.au by Friday 15 November to be included in the December issue.