Perinatal and Infant Mental Health Symposium ‘Lets Showcase WA’
A Preliminary Outline of the Presentations for the Symposium to be held on Friday 10th March

Dr Marnie Rowan: GP Lactation Consultant Elizabeth Clinic, Senior Medical Officer, Department of Psychological Medicine, Women and Newborn Health Service, KEMH.

**Enabling Breastfeeding in the Presence of Maternal Mental Health Difficulties - Engagement and Individualised Care.** This presentation will discuss the evidence that antenatal anxiety and depression is related to early breastfeeding cessation and that increased breastfeeding self-efficacy in the early weeks is related to higher rates of exclusive breastfeeding, and reduced rates of depressive symptoms. Many studies have identified the need for a team approach to the management of breastfeeding difficulties, skilled breastfeeding assessment can also identify mental health difficulties and open up discussion about adjustment and available support. The aim is to assist with the mothers breastfeeding goals and priorities, whilst remaining mindful of her mental health needs.

Mrs Sally Green, Clinical psychologist & Dr Elizabeth Izett, Clinical Psychologist, CAMHS, WA Health.

**An update on the continuing progress in CAMHS in providing services to Under 5’s.** This presentation will discuss service-wide developments as well as providing a snapshot of the various Child & Adolescent Mental Health Service clinic’s and current initiatives at a local level.

Ms Shamila Dharma-Trumps, Senior Social Worker, Childbirth and Mental Illness Clinic (CAMI) & Dr. Kanni Renganathan, Consultant Psychiatrist, Women and Newborn Health Service, KEMH.

**Factors associated with care and protection issues for infants of mothers with an enduring mental illness.** This presentation will identify the potential psychosocial and psychiatric factors associated with statutory child protection involvement in pregnant women with severe mental illness (SMI) attending a specialist antenatal care clinic in Perth, Western Australia, the Childbirth and Mental Illness (CAMI) clinic.

Ms Leanda Verrier, State Coordinator Perinatal Mental Health, Women’s Health Clinical Care Unit

**The Western Australian Perinatal and Infant Mental Health Model of Care: from creation to implementation** This presentation will describe the content of the Model and provide an overview of its journey through early development stages, processes, pitfalls and constraints, strengths and limitations as well as implementation of the recommendations and strategies.

Ms Ida Best, BSc(Hon), PhD Candidate, School of Psychology and Speech Pathology, Curtin University

**The Expectations of Motherhood Scale: The relationship between antepartum expectations and symptoms of postpartum depression and anxiety.** This presentation will cover an overview of the research and preliminary results from the first study that Ida is conducting as part of her PhD in Clinical Psychology at Curtin University. The current study is a systematic review of existing measures of expectations and is in the data extraction stage (A systematic review of the
Measurement properties and clinical feasibility of instruments used to assess women’s antepartum expectations of motherhood.

Ms Kathy Blitz Cokis, Manager, Women’s Health Clinical Support Programs, Women’s Health, Genetics and Mental Health Directorate, Women and Newborn Health Service

Responding to Family Domestic Violence (FDV) in WA This presentation will discuss the implementation and challenges of addressing Family Domestic Violence and responding to high risk groups, particularly women in the perinatal period. The session will describe how to gain attention, the key challenges and the future direction in ensuring FDV remains on the agenda of WA Health.

Ms Susanne Sommerville, Consultant Clinical Psychologist & Associate Head, Dept Psychological Services, Women & Newborn Health Service, WA.

An update on Perinatal Anxiety Screening initiatives and the PASS tool. The Perinatal Anxiety Screening Scale (PASS) was developed in WA in response to the clinical need to improve detection of problematic anxiety. It is based on international diagnostic criteria for the range of anxiety disorders and adapted to perinatal women. It has been validated and a clinical cut-off score and severity ranges established. It gives information about the nature of the anxiety being experienced as well as an indication of the severity. Currently KEMH is trialling the PASS across a number of antenatal clinics alongside the EPDS and other routine screening at the intake or booking visit. Improvements to screening and pathways to care as well as midwives satisfaction with using the PASS are being evaluated.

Adj/Assoc Professor Caroline Zanetti, Perinatal, Infant & Child Psychiatrist, Co-Director The Elizabeth Clinic

Every Picture Tells a Story - using patient stories to increase insight and reflective capacity for mothers attending a postnatal therapy group.

Dr Julia Feuttrill, Perinatal & Infant Psychiatrist, Co-Director, The Elizabeth Clinic

Parenting - when your history can become their destiny - a brief overview of the neurobiology of parenting. Most parents want the best for their children but some come to the role better equipped than others. Much of this seems to relate almost directly to their own experience of having been a child. We are hard wired to be parents. Our babies are hard wired to connect with us.

So if our caregiving system is so innate and instinctual, then why does it go so wrong for some parents, despite them having the best of intentions?

Dr Julia Feuttrill, Perinatal & Infant Psychiatrist, Co-Director, The Elizabeth Clinic & Mrs Michelle Stuckey, Registered Psychologist.

A Pregnancy following Fertility Treatment