Perinatal Mental Health Annual Meeting  
Thursday 6 – Friday 7 May 2021

Location: Online

Programme – Thursday 6 May

9.00am  Welcome and introduction  
Mr Edward Morris, President, RCOG

Session I  
Chair: Dr Maddalena Miele DPhil, MRCPsych, Consultant in Perinatal Psychiatry, Central and North West London Perinatal Mental Health Services

9.10am  Perinatal mental health in 2021 – an introduction  
Dr Jo Black, Chair, Perinatal Faculty, Royal College of Psychiatrists, Devon Partnership NHS Trust/ Royal College of Psychiatrists

9.30am  Q&A

9.40am  Impact of COVID-19 on community perinatal services  
Dr Livia Martucci, Consultant Psychiatrist for the Lambeth Perinatal Community Service, and Clinical Lead for SLaM Perinatal Community Services

10.00am  Q&A

10.10am  COVID-19 – the global effect on perinatal mental health  
Dr Holly Lewis, Locum Obstetrician and Gynaecologist Consultant, Queen Charlotte’s Hospital, Imperial NHS Trust, London

10.30am  BREAK

Session I: Continue…  
Chair: Dr Maddalena Miele DPhil, MRCPsych

10.50am  Impact of COVID-19 on mothers  
Ms Maria Viner, Chief Executive Officer, Mothers for Mothers, Bristol

11.10am  Q&A

11.20am  Managing serious risk in perinatal mental health – lessons from the Confidential Enquiries into Maternal Deaths  
Dr Roch Cantwell, Consultant Perinatal Psychiatrist, Lead Clinician, Perinatal Mental Health Network Scotland

11.40am  Q&A
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11.50am  Integrating services: the role of the specialist perinatal mental health midwife  
Ms Laura Bridle, Perinatal Mental Health Midwife, Guy’s and St Thomas’ NHS Foundation Hospital; Trainee Consultant Midwife

12.10pm    Q&A

12.20pm  BREAK

Session II  
Chair: Dr Olivia Protti, Consultant Perinatal Psychiatrist, East London Mother and Baby Unit, Homerton Hospital, East London Foundation NHS Trust, London

1.00pm  Postpartum Psychosis - recognising those at risk  
Professor Ian Jones

1.20pm  Q&A

1.30pm  Birth trauma and PTSD  
Ms Louise Nunn, Consultant Midwife, Chelsea and Westminster Hospital NHS Foundation Trust; Co-Chair NWL PNMH Clinical Network

1.50pm  Q&A

2.00pm  Early pregnancy loss and PTSD  
Dr Jessica Farren, Speciality Registrar in Obstetrics and Gynaecology, St Mary’s Hospital, London

2.20pm  BREAK

Session II: Continue…  
Chair: Dr Olivia Protti

2.40pm  Maternal anxiety and OCD in the perinatal period  
Dr Fiona Challacombe, Clinical Psychologist and Clinical Lecturer, Kings College London, South London and Maudsley NHS Foundation Trust (SLaM)

3.00pm  Q&A

3.10pm  COVID-19 and domestic violence  
Nicole van Gelder, MSc., PhD Student, Radboud University Medical Center (Radboudumc), Nijmegen

3.30pm  Q&A

3.40pm  BREAK
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**Session III**
Chair: Miss Karen Joash, Consultant in Obstetrics and Gynaecology, Imperial College Healthcare NHS Trust; Head of Quality and Safety for Maternity

4.00pm  **Eating disorders in pregnancy and the perinatal period**
Dr Catia Acosta, Consultant Psychiatrist in Perinatal, Eating Disorders and Liaison Psychiatry, CNWL NHS FT and Chelsea and Westminster Hospital, London

4.20pm  **Q&A**

4.30pm  **Substance misuse and alcohol dependency in pregnancy**
Dr Emily Finch, Clinical Director, South London and Maudsley NHS Foundation Trust

4.50pm  **Q&A**

5.00pm  **Perinatal mental health and domestic violence**
Dr Roxanne Keynejad, Clinical Research Training Fellow and Higher Trainee in General Adult Psychiatry, King’s College London and South London and Maudsley NHS Foundation Trust

5.20pm  **Q&A**

5.30pm  **Sexual abuse and perinatal mental health**
Ms Michelle Wright (lived experience midwife)

5.50pm  **Q&A**

6.00pm  **CLOSE**
Programme – Friday 7 May

9.00am  Welcome to day 2
         Miss Karen Joash

**Session IV: Treatment of mood disorders**
Chair: Dr Sonji Clarke, Consultant Obstetrician and Deputy Head LSSOG

9.05am  **Talking therapies**
         Mrs Jessie Gallagher-Michaels, Deputy Clinical Lead, Senior Cognitive Behavioural Therapist, Hillingdon Talking Therapies, Central and North West London NHS Foundation Trust (CNWL)

9.25am  **Q&A**

9.35am  **Prescribing anti-depressants**
         Professor Ian Jones

9.55am  **Q&A**

10.05am **Prescribing anti-psychotic drugs and mood stabilisers**
        Dr Angelika Wieck, Consultant Psychiatrist and Honorary Senior Lecturer, Greater Manchester Mental Health NHS Foundation Trust

10.25am **Q&A**

10.35am **BREAK**

**Session V: Workshops**
Delegates can choose one workshop

11.00am 1. **Pre-pregnancy counselling for women with severe mental health problems – including challenges during COVID-19**
         Dr Maddalena Miele, DPhil, MRCpsych
         Miss Shankari Arulkumaran, Consultant Obstetrician and Gynaecologist, St Mary’s Hospital, Imperial College NHS Trust

2. **BAME challenges – inclusive care**
         Miss Karen Joash

3. **Lived experience – what do women and their partners need during the pandemic? – family centred approach**
         Ms Katy Chachou, Lived Experience Representative, Solihull
         Ms Leanne Howlett, Lived Experience Representative, Warwickshire

4. **Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways during COVID-19**
         Mrs Jessie Gallagher-Michaels

11.30am **BREAK**
Session VI: Understanding the effects of maternal mental health problems on the developing infant and family
Chair: Dr Maddalena Miele DPhil

11.50am  Normal infant emotional development and effects of maternal mental health problems  
Professor Jane Barlow, Professor of Evidence-Based Social Intervention and Policy Evaluation (EBSIPE), University of Oxford

12.10pm  Q&A

12.20pm  Fathers and mental health  
Dr Andrew Mayers, Principal Academic, Bournemouth University

12.40pm  Q&A

12.50pm  BREAK

Session VI: Continue…
Chair: Dr Maddalena Miele DPhil

1.40pm  Safeguarding children and vulnerable adults – issues in relation to PMH  
Dr Angelika Wieck

2.00pm  Q&A

2.10pm  Diversity in perinatal health – the way forward  
Miss Karen Joash

2.30pm  Q&A

2.40pm  Summary and close  
Miss Karen Joash and Dr Maddalena Miele DPhil

3.00pm  CLOSE