



Perinatal Mental Health Annual Meeting

Thursday 28 – Friday 29 January 2021

Location: Virtual

Programme – Thursday 28 January

Mental Disorders

9.00am **Welcome and introduction**
TBC

Session I

Chair: Dr Maddalena Miele

9.10am **The Perinatal frame of mind: Cultural Competency in perinatal mental health**
TBC

9.30am **Q&A**

9.40am **Impact of COVID-19 on community perinatal services**
TBC

10.00am **Q&A**

10.10am **COVID-19 – The global effect on perinatal mental health**
TBC

10.30am **Q&A**

10.40am **BREAK**

10.50am **Impact of COVID-19 on Mothers**
TBC

11.10am **Q&A**

11.20am **UKOSS and MBRRACE**
TBC

11.40am **Q&A**

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11.50am **Integrating Services: the role of the specialist perinatal mental health midwife**
TBC

12.10pm **Q&A**

12.20pm **BREAK**

Session II

Chair: TBC

1.00pm **Puerperal psychosis disorder and culture considerations**
TBC

1.20pm **Birth trauma and PTSD**
TBC

1.40pm **Early Pregnancy loss and PTSD**
TBC

2.00pm **BREAK**

2.30pm **Maternal anxiety and OCD in the perinatal period**
TBC

2.50pm **Perinatal Mood disorders and remote assessment during COVID-19**
TBC

3.10pm **Panel discussion**

3.30pm **BREAK**

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Session III: Workshops Perinatal mental health and COVID-19

Delegates can choose only **one** workshop from below options

- 3.40pm **1. Pre-pregnancy counselling for women with severe mental health problems – including challenges during COVID-19**
TBC
- 2. BAME challenges – inclusive Care**
TBC
- 3. Lived experience – what do women and their partners need during the pandemic? – Family centred approach**
TBC
- 4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways during - COVID-19**
TBC

4.10pm **BREAK**

Session IV

Chair: Dr Karen Joash

- 4.20pm **Eating disorders in pregnancy and the perinatal period**
TBC
- 4.40pm **Substance misuse and alcohol dependency in pregnancy**
TBC
- 5.00pm **Perinatal mental health and domestic violence**
TBC
- 5.20pm **Sexual Abuse and Perinatal mental health**
TBC
- 5.40pm **Panel discussion**
- 6.00pm **CLOSE**

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9.00am **Welcome and introduction**
Dr Karen Joash

Session VI: Treatment of mood disorders

Chair: TBC

9.05am **Talking Therapies**
TBC

9.25am **Q&A**

9.35am **Prescribing anti-depressants**
TBC

9.55am **Q&A**

10.05am **BREAK**

10.15am **Prescribing anti-psychotic drugs and mood stabilisers**
TBC

10.35am **Q&A**

10.45am **Use of ECT in pregnancy and post-natally**
TBC

11.05am **Q&A**

11.15am **BREAK**

Session X: Workshops continue

Delegates can choose **one** workshop

11.30am **1. Pre-pregnancy counselling for women with severe mental health problems – including challenges during COVID-19**
TBC

2. BAME challenges – inclusive care
TBC

3. Lived experience – what do women and their partners need during the pandemic? – Family centred approach
TBC

4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways during COVID-19
TBC

12.00pm **BREAK**

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Session X: Workshops continue

Delegates can choose **one** workshop

- 11.30am
- 1. Pre-pregnancy counselling for women with severe mental health problems – including challenges during COVID-19**
TBC
 - 2. BAME challenges – inclusive care**
TBC
 - 3. Lived experience – what do women and their partners need during the pandemic? – Family centred approach**
TBC
 - 4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways during COVID-19**
TBC

12.00pm **BREAK**

Session VII: Understanding the effects of maternal mental health problems on the developing infant and family

Chair: TBC

- 12.45pm **Normal infant emotional development and effects of maternal mental health problems**
TBC
- 1.05pm **Q&A**
- 1.15pm **Fathers and Mental health**
TBC
- 1.35pm **Q&A**
- 1.45pm **BREAK**
- 1.55pm **Safeguarding children and vulnerable adults – issues in relation to PMH**
TBC
- 2.15pm **Q&A**

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- 2.25pm **BAME focus – What are the real issues?**
TBC
- 2.35pm **Q&A**
- 2.45pm **Women’s network – Research and update**
Rep of Women’s Network Committee
- 3.05pm **Summary and close**
Dr Karen Joash
- 3.20pm CLOSE