



April 2014 Report

To :	Eseta Nonu-Reid, Midland MH&A Regional Director
From :	Project Consultant, <i>Roz Sorensen</i>
Date :	30 April 2014
Re:	<i>Perinatal and Infant Mental Health</i>

Recommendations

- That the Project Sponsor receives this update report
- That the Project Sponsor considers the proposed project report outline and makes recommendations for inclusion

Project Background:

This Midland region project has been established to identify the infant and maternal mental health and addiction needs of the region and make recommendations about the most appropriate ways to address those needs at local and regional levels. The Ministry of Health in the document *Healthy Beginnings* (Ministry of Health, 2012) provides guidance to district health boards (DHBs), and other health planners, funders and service providers on ways to address the mental health and addiction needs of mothers¹ and infants.

This project has been structured in two phases. In Phase one using a stock take and drawing from *Healthy Beginnings* (Ministry of Health, 2012) and other sources of information, the project sought to determine the options on how best to meet more acute and complex needs with a focus on secondary and tertiary service provision. The final report is available.

Phase two of this project focuses on the primary healthcare and community service provision in the health promotion, prevention, and non acute areas of care and support.

The Phase two of this project includes:

- Literature scan specific to primary health care and community
- A review of current primary health care and community service delivery
- Analysis on where Midland sits within national and international best practice frameworks
- Break-down of individual Midland DHBs service delivery
- Identification of gaps in service delivery

¹Throughout *Healthy Beginnings* the term **mother** is used for the simplicity as mothers are most commonly in the role of primary caregiver for their infants. However, fathers, grandparents, adoptive parents, foster parents and others may also undertake this role and may access services if eligible.

