



Photo: PMHP

Wellness Summit

Maternal mental health

Simone Honikman
8 November 2011



Perinatal Mental Health Project

*Caring for mothers.
Caring for the future.*

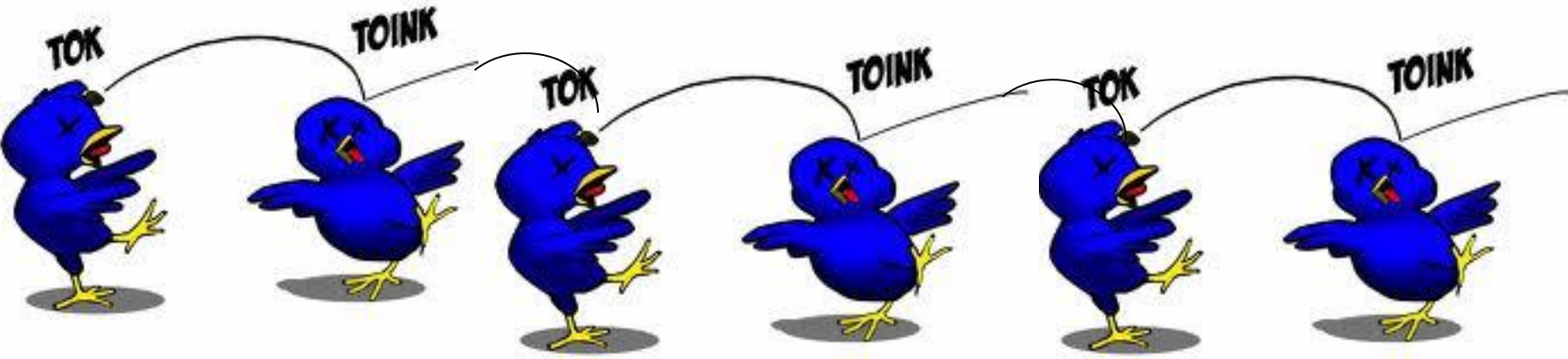
www.pmhp.za.org



Centre for
Public Mental Health

Key messages

- Mental disorders around pregnancy around **1 in 3** women in SA
- Women more vulnerable when have **risk factors**.
- **Impacts** for mothers (physical and mental) may be severe.
- **Impacts** for infants and children (physical and mental) may be severe
- There are unique **opportunities** to address this silent epidemic.
- There is ample **evidence** for low cost interventions.
- Addressing maternal mental health will impact several key priority areas in health and development.



How much of a burden?

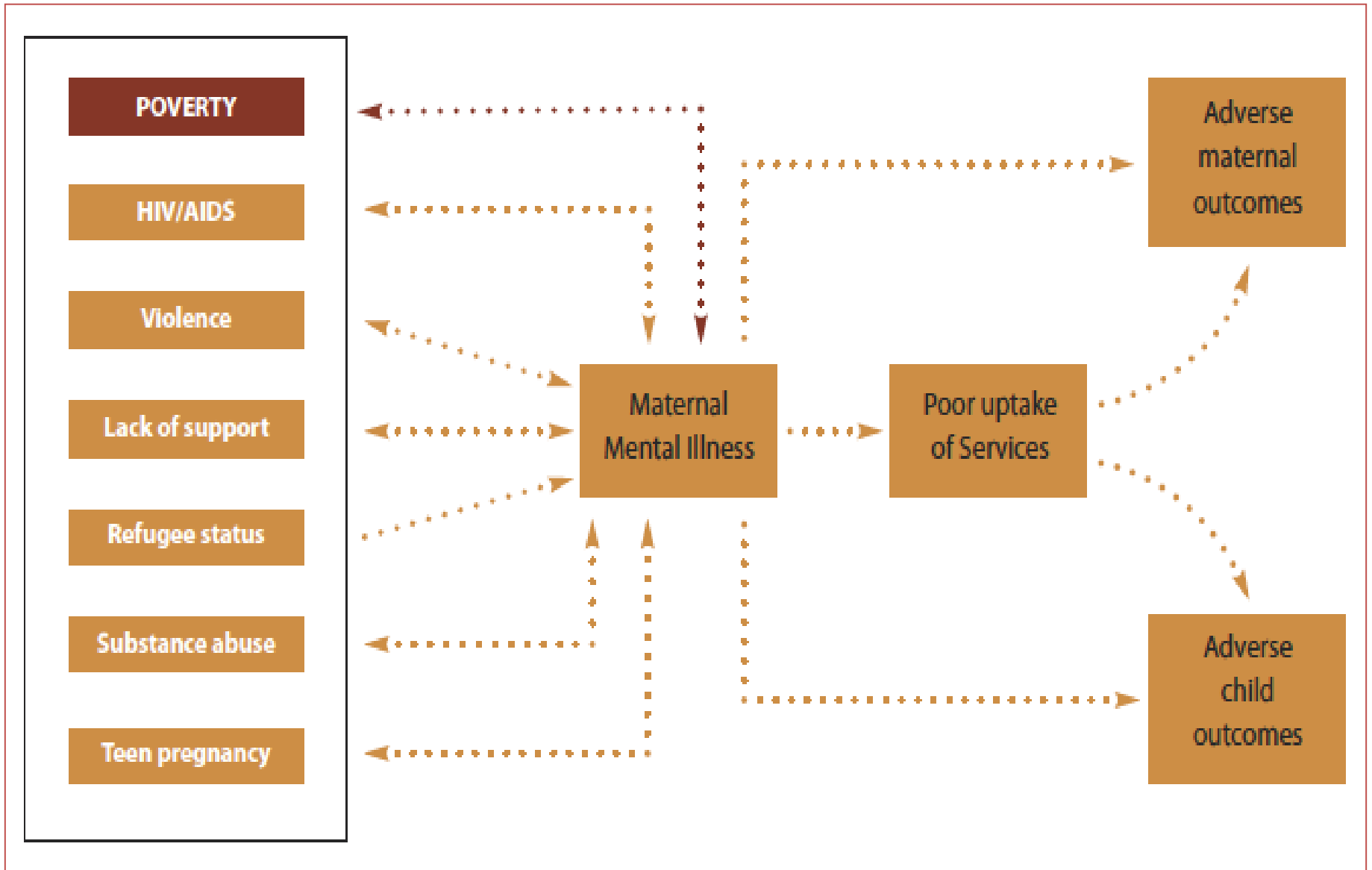
Depression

- In pregnancy 40% (Khayelitsha, KZN)
- After pregnancy 35% (Khayelitsha)
- In developed countries: 10-15%



Photo: PMHP

Risk Factors





Self-portrait: Thembisa Mdatyulwe

Impacts for mothers

- Suicide
- ↑ chance HIV infection
- Progression of HIV illness
- Poor adherence to medical care
- Violence
- Social drift
- Poverty



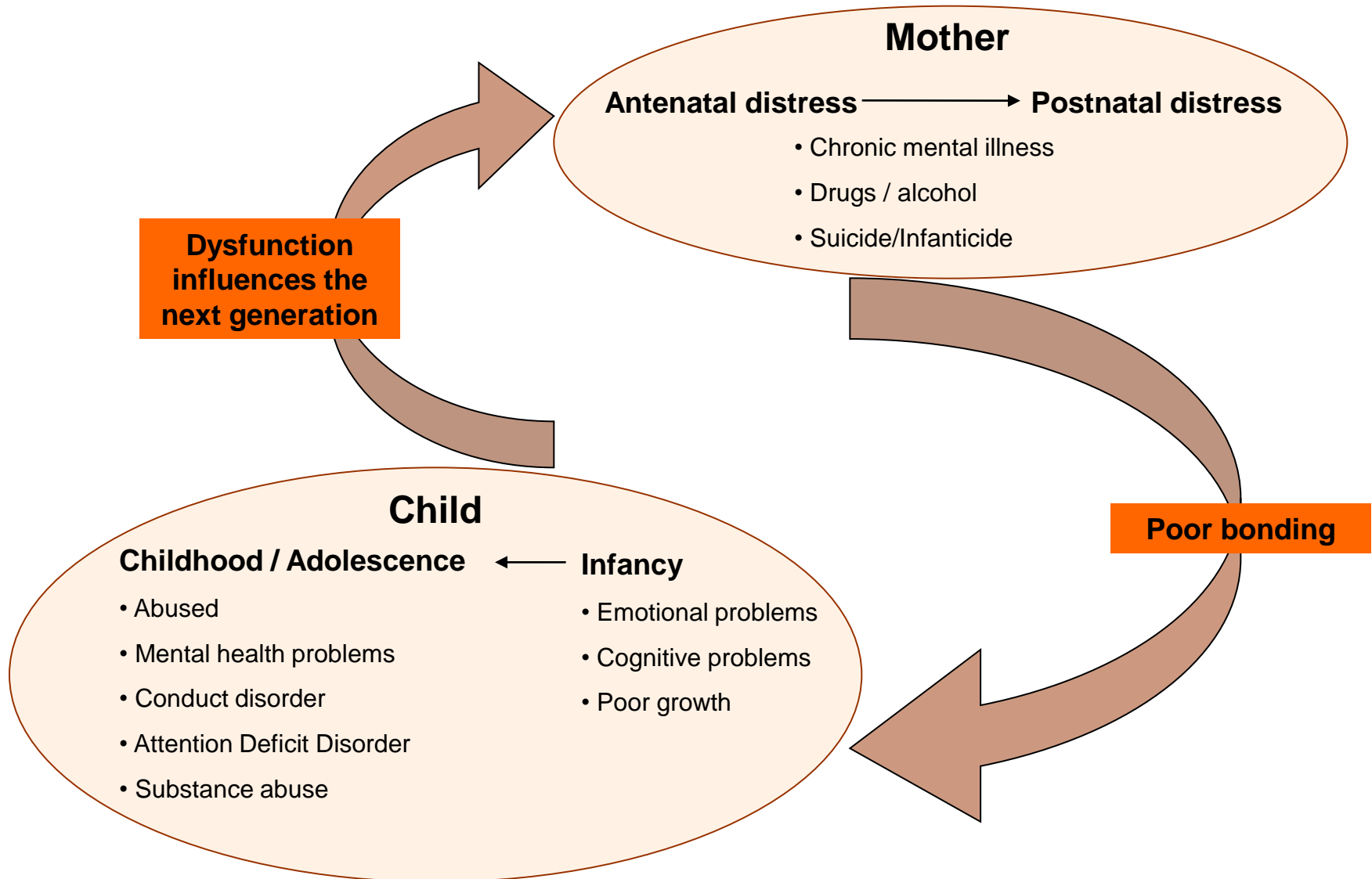
Photo: PMHP

Impacts for infants and children

- Poor **obstetric** outcomes
 - ↓ chance successful **breastfeeding**
 - Child **physical** outcomes
 - Child **developmental** outcomes
 - Child **emotional** outcomes
- } Persist into **adolescence**

Intergenerational vicious cycle
of poverty and distress

Adverse outcomes



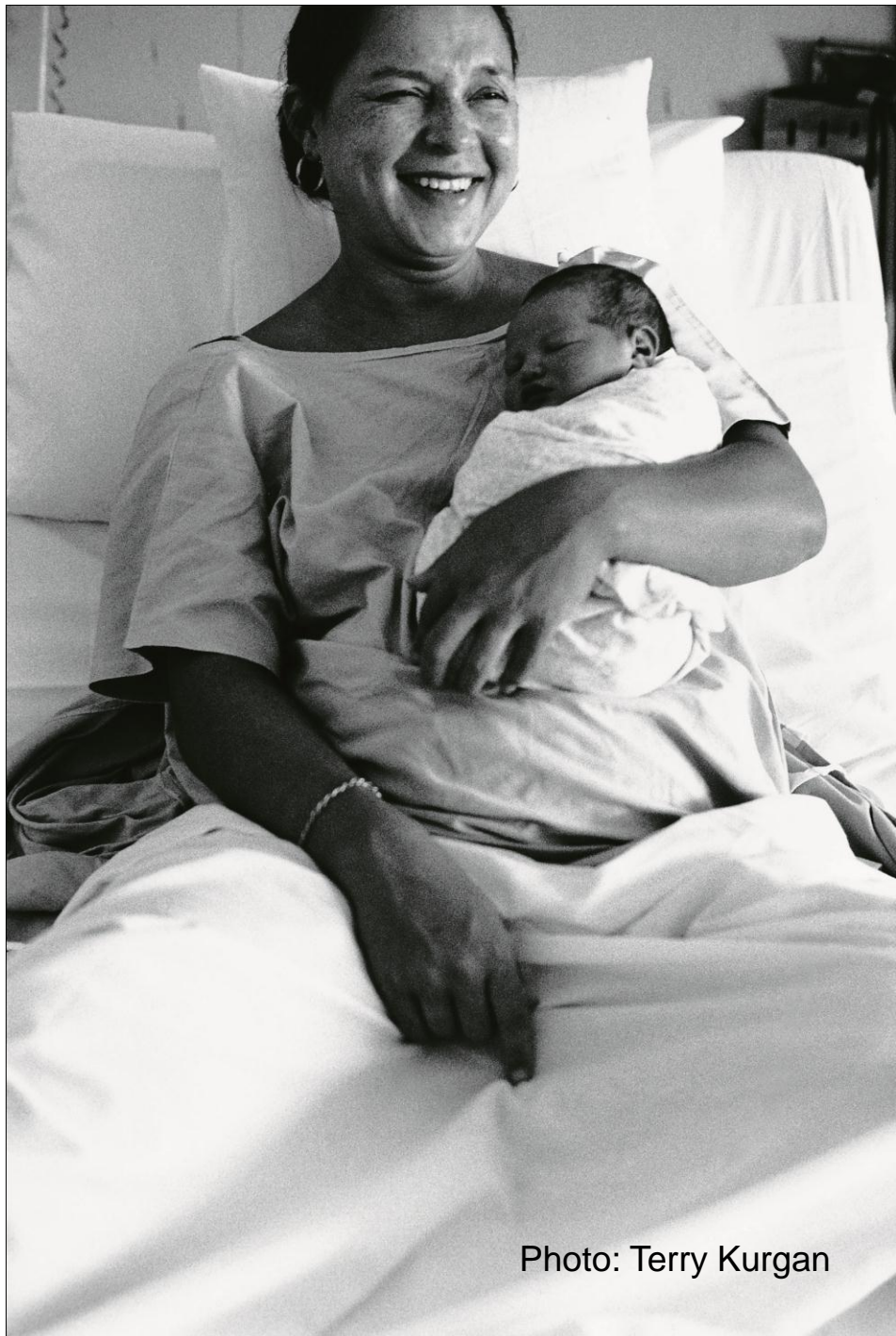


Photo: Terry Kurgan

What are the opportunities?

- Perinatal period = high contact with health facilities
- Staff skills and morale improvement – other knock-on effects
- Mental health promotion
- Mental disorder prevention
- General health promotion and prevention
- Stop the vicious cycle – intergenerational effects on health and poverty

What can we do?

- Integrate, integrate, integrate
- Make mental health routine part of primary health care
- Screen all
- Refer on-site
- Quality counselling
- Stepped care
- Complementary care: violence, poverty alleviation



Photo: PMHP

What have we done?

The Perinatal Mental Health Project

www.pmhp.za.org

- Service Delivery
- Health worker training
- Research to develop best practice model
- Advocacy

Services overview

All services free of charge

- 10,000 pregnant women screened
- 91% coverage (2010)
- 1,500 woman counseled on-site
- 113 women received psychiatric intervention, on-site
- 4,000 health workers trained
- 200 community carers trained in 2010



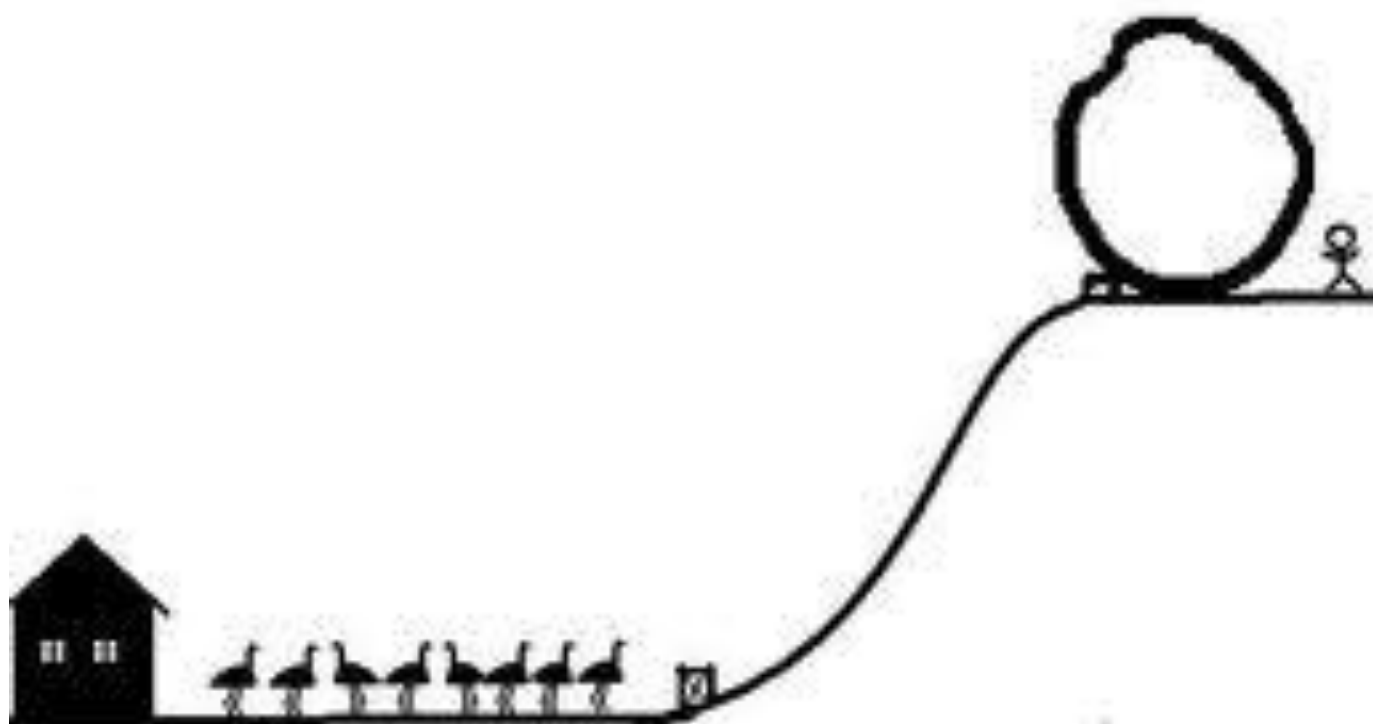
Photo: PMHP

What do we want to do?

- Refine model
- Scale up
- Collaborate
- Integrate



Photo: Alexia Beckerling



Working upstream





Photo: Alexia Beckerling

Acknowledgements

PMHP clients and team

University of Cape Town, Department
of Psychiatry & Mental Health

Centre for Public Mental Health

Western Cape Department of Health
Mowbray Maternity Hospital
False Bay Hospital
Retreat MOU
Hanover Park MOU

All staff and partners at the PMHP
service sites

Our donors

Mary Slack & Daughters Foundation

DG Murray Trust

Medical Research Council

Truworths Community Foundation Trust
Stella & Paul Loewenstein Education Trust

Quaker Services Cape

MTN SA Foundation

Welton Foundation

Private donors

simonehonikman@networld.co.za