

TIME *for me*

Time for me is a creative group for women experiencing mild to moderate depression and/or anxiety in the antenatal period or up to 2 years postnatally

Perinatal Mental Health

Creativity

Partnerships

Group approach

Measurable results



History and background

Established in 2002 by Thelma Osborn Health Visitor and Halton Healthy Living Partnership, Time for Me has run in the borough of Halton (population 126,500¹) with changing partnerships & funding models for 14 years. It has expanded since 2015 to serve the boroughs of Halton, St Helens, Warrington & Wigan (combined population 833,800¹).

Perinatal Mental Health - Anxiety and Depression is a non psychotic depressive illness of mild to moderate severity which occurs anytime, antenatally or within the first postnatal year, a crucial time in the life of a mother, her baby and the family. 10-20% of women experience mild to moderate anxiety and depression.

Effects

- Negative effect on the mother, her partner, family and mother-infant interaction.
- Later cognitive and emotional development of the infant and young child.
- Negatively impact on the self esteem of women who experience it.
- Affect confidence and increase isolation.
- Symptoms include, insomnia, changes in appetite, suicidal and obsessive thoughts.

Perinatal Mental Health

Aims

- To enable improvement in mothers mental health and/or bonding or attachment issues through creative activities and group experiences
- To support a range of National Drivers:

1001 critical days

Children's Centres Child and Family Health services and Early Help and support

Future in Minds 2015

Priorities for Mental Health: Economic report for the NHS England Mental Health Taskforce

The Healthy Child Programme²

The early years high impact areas 1 and 2 transition to parenthood and the early weeks and perinatal mental health³

Objectives

- Provide a service that fills a gap between other forms of management, e.g. pharmacological, psychological interventions including listening visits.
- To provide creative activities to help improvement in mothers mental health and wellbeing and bonding/attachment issues.
- Create a group environment for mothers possibly experiencing loss of confidence, low self esteem, feeling excluded or isolated.
- Provide a stepping stone to mainstream services by working in partnership with children's centres

Group approach

Time for Me provides the opportunity to meet other women with similar concerns, in a supportive environment. The group aims to increase self-confidence, self-esteem and provides a period of relaxation.

Referrals can be by a health visitor, GP, children's centre, mental health services, social services or self referral.

Partnerships



Time for Me is built on partnerships - health visiting, children's centres, arts provision, CCGs, and local authorities come together to provide a united method of support for perinatal mental health.

Painting by Time for Me mum



Creative printmaking

Group Management

- Each 10 week programme has an allocated named health visitor.
- The Time for Me health visitor makes an initial clinical visit assessment at home by appointment. Referral numbers exceed number of group attendees.
- Clinical assessment is aided by use of Edinburgh Postnatal Depression Scale (EPDS), General Anxiety Disorder (GAD 7), Karitane parenting confidence scale and Time for Me emotional assessment scale (a local scale devised by parents and health professionals).
- Small groups of around 10 mums create a friendly group atmosphere and meet over a 10 week period.
- The Time for Me health visitor is part of the group at every session to provide psychological support as required.
- An art worker delivers the creative activities which provide distraction, the opportunity to learn new skills and personal artistic expression.
- Crèche facilities are provided, where need is identified, in partnership with children's centres.
- A taxi service is provided where funding is available.

Group Completion

One month after the end of the programme the Time for Me health visitor completes a follow-up home visit, which includes - EPDS, GAD 7, Karitane parenting confidence scale, Time for Me emotional assessment scale, and completion of general evaluation questionnaire.

If further help is needed or identified this is actioned by the Time for Me health visitor.



Short film animation



Papercrafts



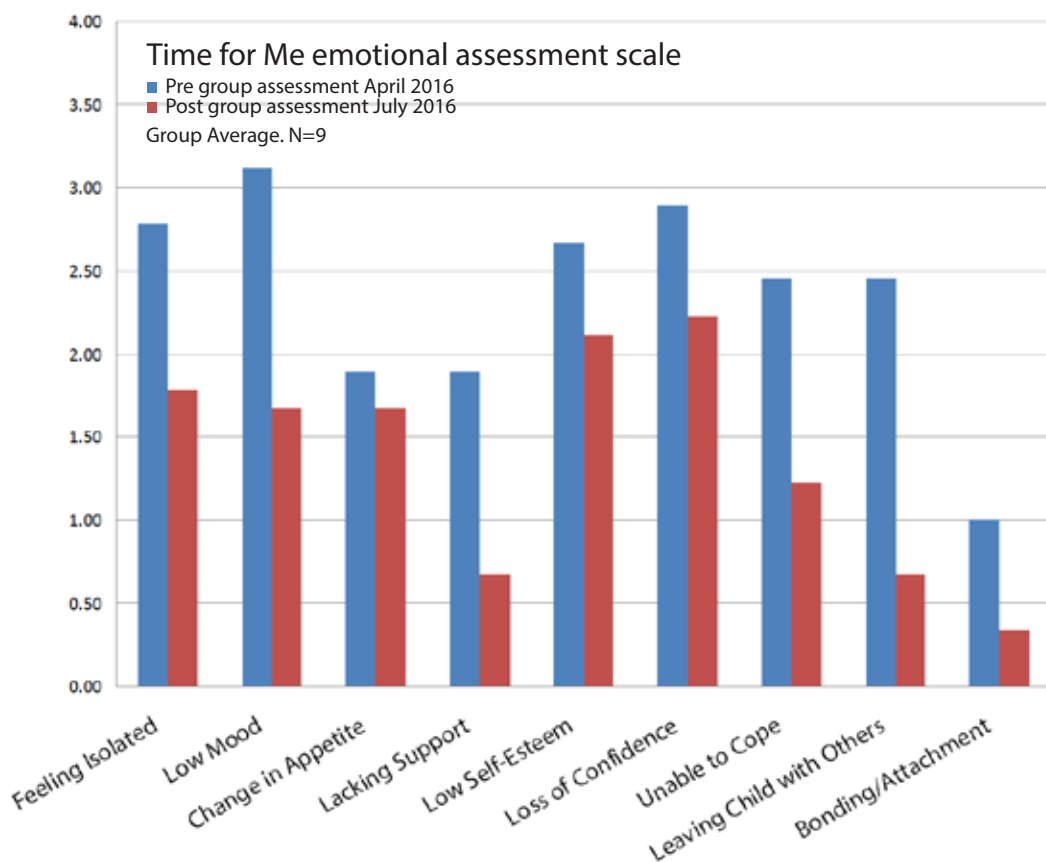
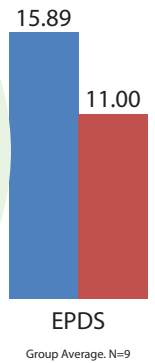
Songwriting and recording

Creativity

Measurable results

In the four week post group evaluation, nearly all the women had a reduction in their EPDS scores, 71% of them having a score below 12.

12 or above is an indicator of perinatal mental depression.



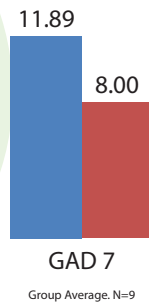
I really enjoyed these sessions, and feel I have benefited greatly from the interactions, crafts and learning to be away from my child

Pushed me to take some time for me and to focus on my baby

I have returned to work with more confidence and less anxiety

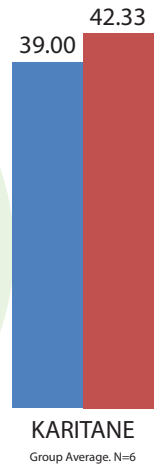
66% of GAD 7 scores reduced to below 8

A score of 8 or above is an indicator of anxiety and referral/intervention should be considered



Increased Karitane scores demonstrate increased confidence in parenting ability.

(The Karitane scale is a validated parent confidence scale, a score of 40 or more indicates a non-clinical range)



Outcomes

90% of women made positive, helpful changes.

Women stated increased confidence, talking to friends more, trying new crafts and art sessions and considering joining other art groups. They also exchanged telephone numbers, formed friendships and are attending other children's centre groups.

Comments indicated that the sessions not only increased their confidence and self esteem, but also reduced their anxiety, improved their mood and lessened their isolation as well as helped them to relax. The women felt supported by the staff in the group and supported by their peers.

All 9 items on the Time for Me emotional assessment scale, completed by the women, reduced four weeks after the group had ended. With women feeling less isolated, feeling more supported, feeling more able to cope, increase in mood and self-esteem. This tool demonstrated that the negative impacts of perinatal anxiety and depression were getting less after attending the group. This tool is significant as it has been developed over the years and relates to what mothers highlighted what was most difficult for them.

I have built up my self-esteem and my depression did get better, but since the group stopped I am starting to feel down and isolated again

The opportunity should be given to more mums as it creates a nice space to learn to heal, and learn new crafts

Conclusions

Data collected over time and via different methods, suggest that Time for Me has a positive impact on mothers attending all or some of the sessions, delivering improved outcomes for women, their families and their infants and meeting *High impact area transition to parenthood* and *High impact area 2: perinatal depression*.

Time for Me is an intervention that has proved to be acceptable and effective and is a service that should be celebrated and supported by a broad range of partnerships as it serves an extremely important function in maternal, child and family health (emotional and social) and well-being.

There is often a capacity issue for health visiting teams in the delivery of Time for Me. It is important that there is commitment from senior managers and commitment and support from the whole health visiting team to manage the delivery alongside caseloads.

Research evidence indicates that interventions that benefit and improve the negative outcome of postnatal depression and anxiety are extremely cost effective* in consideration of the long term effects of postnatal depression/anxiety on the mother, her baby, her family and society as a whole.

*The average cost to society of one case of perinatal depression is around £74,000 of which £23,000 relates to the mother and £51,000 related to impacts on the child.

Perinatal anxiety (when it exists alone and is not co-morbid with depression) costs £35,000 per case, of which £21,000 relates to the mother and £14,000 to the child⁴

'Time for Me'
CPHVA Conference 2016
Poster: Practice Development

Design: Claire Weetman, Time for Me Artist

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