



## **Shape future maternal mental health support across Greater Manchester!**

We are looking for “lived experience representatives” to join a maternal mental health services pilot project. This is an exciting opportunity to be part of Greater Manchester’s transformation of maternal mental health support - help improve what is available and make it even better.

This can be as:

- One of two lived experience representatives on the project steering group.
- A member of a co-production collaborative group that will bring together people with lived experience.

### **What do we mean by lived experience?**

By lived experience we mean that as part of your maternity experience, you may:

- Have previously accessed mental health support.
- Be currently accessing mental health support.
- Be seeking mental health support and have not received any yet.
- Have lived experience of mental health problems and requiring support and have not accessed support.
- Be a close family member of someone covered above.

### **Lived experience representatives on the programme will:**

1. Provide the perspectives of people who access support / experience these issues.
2. Provide advice and scrutiny from a wider lived experience perspective, acting as a critical friend to the development of the pilot.
3. Use any personal experience as a patient of current services in a constructive and objective way to ensure views are as representative as possible.
4. Be available to attend meetings which will take place during the day (dates and timings of meetings will usually be provided a minimum of one week in advance to all representatives).
5. Prepare for meetings by reading the meeting agendas, minutes and other associated papers which, at times, may be complex and specialist in nature.



6. Understand that they may be asked to respect the confidentiality of items discussed by at the meetings.
7. Contribute to feedback on presentations given at the meetings, some of which will be made by people who use are currently using or have used the services.
8. Show a strong understanding of, and commitment to, working in partnership to make the pilot a success.
9. Feedback to IMHN on matters discussed at the meetings and gather views from the network and other people with lived experience; support will be provided to do this.
10. Demonstrate an ability to use listening, negotiating and influencing skills, with a personal style that is challenging, but not confrontational.
11. Work constructively with others in a team and demonstrate a commitment to non-discriminatory principles and values.
12. Share any knowledge about the ways diverse groups that use mental health services can be impacted by them. This will include being able to consider the perspectives of people from disadvantaged backgrounds who use services, including those whose voices are seldom heard.

**We will provide the following support to lived experience representatives:**

- A payment of £12 per hour for participation in the work of the pilot. Expected commitment is likely to be approximately half a day per month.
- Reasonable out-of-pocket travel expenses when in person meetings are able to resume again, in accordance with our involvement policy. This includes for taxis where they are required and agreed in advance with one of the IMHN staff team.
- Support to carry out your role from IMHN, including induction, briefing / debriefing meetings and training.

**Please note you will need to check if this impacts any means-tested benefits and seek independent advice on this if you are unsure.**

**How to apply**

To apply please complete our expression of interest form on Survey Monkey that can be found [here](#) by **11:59 pm, Tuesday 16 March 2021**.



If you cannot press the link, copy and paste this text:

<https://www.surveymonkey.co.uk/r/9GVQ3YL>

If you require any further information, or would like to complete the application in an alternative format, please email [greatermanchester@imhn.org](mailto:greatermanchester@imhn.org)

### **Promoting and supporting equality and diversity**

We value and promote diversity and are committed to equality of opportunity for all. We particularly want to hear from people from all protected characteristics, and/or from BAME backgrounds, and are happy to have a chat to explain the available roles in more detail.



## Appendix 1 – further background information about the programme

This pilot is taking place following a successful bid by Greater Manchester Health and Social Care Partnership to build a Maternal Mental Health Service (MMHS) into the Greater Manchester (GM) Perinatal and Parent Infant Whole System Model, increasing the support available to those who need it.

The GM pilot will work as a prototype, co-producing the GM MMHS with families with lived experience over the first year, testing and shaping prior to finalising the model for full roll-out. Prototyping will shape the culture and ensure that the specialist psychological therapy offer is wrapped within person-centred care, as well as testing how the different ports of entry to accessing the service work and how the wider system needs to respond. We propose a three-site pilot to build on existing services including bereavement midwifery clinics, Rainbow Clinics and tokophobia clinics, as well as established Perinatal and Infant IAPT and PIMH Teams.

The Maternal Mental Health Service pilot will:

1. Provide a comprehensive induction, training and structured supervision for the workforce.
2. Identify women with moderate/severe/complex mental health needs arising from recurrent miscarriage, tokophobia and perinatal loss/parent-infant separation through flexible referral processes including self-referral/open door policy.
3. Develop a person-centred approach to delivery through working with and learning from women and their families who are engaged in the pilot.
4. Develop a trauma-informed care approach across the three pilot sites and deliver trauma focused interventions including trauma-informed coaching, trauma-informed CBT, EMDR.
5. Build this new development into the existing GM integrated model, where maternity, health visiting, primary care, Early Help, social care and VCS work together with mental health services to deliver seamless support to families.
6. Establish a trauma-informed care integrated pathway with the wider system including IAPT, parent-infant services, Dad Matters, Adult MH services, VCS, SANDS and Spoons and Primary Care and children's services in keeping with our Thrive Model.
7. Develop and deliver training to the wider system on trauma informed care, trauma screening, early identification, referral processes and proactively seeking out referrals from seldom heard groups.
8. Strengthen pathways and engagement with neonatal care (through our established connections with Spoons), sexual health clinics, fertility clinics etc.



9. Connect with the Peer-to-Peer Project to further develop existing and support the growth of new peer support schemes.

10. Collaborate with Dad Matters to develop a support and signposting trauma-focussed peer support offer.

11. Promote a whole family approach, where parent infant teams will support families with parent-infant relationships, ensuring every baby has the best start to life.

12. We will co-produce an evaluation process in the mobilisation period prior to embedding routine use of a wide range of outcome measures, including for e.g. staff questionnaire, CORE-10, HONOS, ReQoL, ESQ, parent infant measures, feedback from wider system teams, feedback from parents and families using the services and feedback from voluntary sector organisations to inform the development of MMHS across GM.

These developments will add to strong service delivery, support achievement of other deliverables in Long-Term Plan and enhance the psychological elements and pathways.

The programme reports in the Greater Manchester Health and Social Care Partnership (GMHSCP) as part of its governance arrangements.

**If you would like any support with understanding any of the acronyms in this article, please visit: <https://www.imhn.org/imhn-guidance/glossary/>**