

Freedom of Information Request

Reference Number: EPUT.FOI.20.1714
Date Received: 24th October 2020

Information Requested:

Women from ethnic minority groups are at greater risk of developing mental problems during the perinatal period. Previous literature (i.e., Watson et al., 2019) has outlined that it is essential to ensure that services are designed to meet the unique needs of women from diverse ethnic backgrounds, given the long-term negative impacts it can have on the child(ren) and family wellbeing. As British South Asian researchers in the field, we would like to gather information about current treatment provisions within perinatal settings for women who belong to the BAME communities.

1. Number and job title of qualified mental health professionals within each service who offer treatment focusing on the diverse ethnicities?
All qualified professionals offer treatment to diverse ethnicities. There are no roles who offer care exclusively to diverse ethnicities
2. Number of perinatal specialists within the Trust?
The service is growing and currently has approximately 55 Perinatal Specialists across a variety of clinical professions and disciplines
3. Lowest age limit for referral to service?
The Trust provides joint work or Consultative advice for clients under 18 provided they have a responsible Clinician in the local Child and Adolescent Mental Health Service who leads the care of the young person
4. We would also like to gather specific referral data for any individuals that had been referred for perinatal care (over the last five years) within the trust as follows:

From October 2015 to September 2020

- a. Number of referrals from the BAME community
252
- b. Age of referrals
BAME community referrals
 - 15-19 = 9
 - 20-29 = 102
 - 30-39 = 121
 - 40-45 = 20
5. Gender of referrals
All Female

6. Type of treatment and/or talking therapies offered?
An episode of Specialist Care varies from Specialist Assessment and Liaison only, ranging up to infants 1st Birthday depending on need. Specialist Perinatal Intervention lead by Nursing or Psychiatric Disciplines or Multi-Disciplinary is provided dependent on need and risk. Specialist Psychological intervention is now being expanded
7. The estimated time spent on a waiting list prior to initial contact?
The Trust does not operate a waiting list for first contacts as it has a Clinical Triage System
8. How many attended first appointment?
176 attended first appointment. Please note that not all referrals require face to face contact
9. How many never attended
18 never attended
10. How many completed treatment
There is no single definition of clinically completing treatment as episodes are delivered individually and therefore is not reportable through a common reporting function
11. With those who completed treatment how many presented with risk pertaining to their gaming behaviours?
Gaming behaviour risks are not specified as a Perinatal risk
12. How many dropped out of treatment part way through
There is no single definition of clinically completing treatment as episodes are delivered individually and therefore 'dropping out of treatment' is not reportable through a common reporting function
13. How many were still in treatment
36

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