

## SCHEDULE A

## Performance Benchmarks (Western Australia)

Output	Financial Year	Activity	Performance Benchmark
Routine and Universal Screening for perinatal depression	2010-11	Promotion of Edinburgh Postnatal Depression Scale (EPDS) use through GP Divisions/Medicare Locals Perinatal depression promotional events  Base line data on women being screened at least once antenatally in metropolitan public maternity units and at least once postnatally in metropolitan child health centres.	All GP Divisions/Medicare Locals have an EPDS Trainer  All GP Divisions/Medicare Locals have held at least one Perinatal Depression event
	2011-12	<b>Subject to further planning and WA Health implementation of updated patient information systems</b>  Promotion of EPDS use through Medicare Locals  Perinatal depression screening promotional events throughout the state particularly in rural areas determined by need and timing  Base line data on women being screened at least once antenatally in rural public maternity units and at least once postnatally in rural child health centres.	50 % of Medicare Locals report EPDS screening being offered  5% increase in women being screened at least once in the antenatal period in metropolitan public maternity units  5% increase in women being screened at least once in the postnatal period in metropolitan child health centres
	2012-13	<b>Subject to further planning and WA Health implementation of updated patient information systems</b>  Promotion of EPDS use through Medicare Locals  Perinatal depression screening promotional events throughout the state particularly in rural areas determined by need and timing	60% of Medicare Locals report EPDS screening being offered  Maintain levels of women being screened at least once in the antenatal period in all public maternity units across WA  Maintain levels of women being screened at least once in the postnatal period in all child health centres across WA

<p>Follow up support and care for women assessed as being at risk of or experiencing perinatal depression</p>	<p>2010-11</p>	<p><b>Metropolitan area</b></p> <p>North Metropolitan Health Service – establish clinical positions in an integrated service model</p> <ul style="list-style-type: none"> <li>• Base line data - number of women with perinatal depression being monitored/followed up antenatally and postnatally</li> </ul> <p>South Metropolitan Health Service – establish a child health clinical position for an integrated service model by April 2011</p> <p>Practical in -home support program</p> <ul style="list-style-type: none"> <li>• base line data collected</li> </ul> <p>Culturally and Linguistically Diverse population (CaLD)</p> <ul style="list-style-type: none"> <li>• Women’s perinatal support groups for CaLD populations – one group in northern suburbs and one group in eastern suburbs</li> <li>• Baseline data – CaLD number of women attending groups</li> </ul>	<ul style="list-style-type: none"> <li>• mapping of services completed</li> <li>• relationships between service providers established</li> </ul> <ul style="list-style-type: none"> <li>• recruitment to position</li> <li>• mapping of services commenced</li> <li>• relationships between service providers commenced</li> </ul> <ul style="list-style-type: none"> <li>• Services established metro wide (except Peel and Yanchep)</li> </ul> <ul style="list-style-type: none"> <li>• Establishment of CaLD perinatal women’s support group in northern suburbs</li> <li>• Establishment of multicultural facilitated playgroup in eastern suburbs</li> </ul>
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	<p><b>Rural and Remote services</b></p> <p>WA Country Health Service (WACHS) – clinical positions commenced by April 2011</p> <ul style="list-style-type: none"> <li>• February 2011 – commence monthly videoconference Perinatal Psychiatry Liaison Clinics</li> <li>• Practical in-home support program Baseline data collected on women receiving service</li> </ul> <p><b>One off special projects 2010</b></p> <p><b>Metro</b></p> <ul style="list-style-type: none"> <li>• Ishar multicultural Women’s Health Centre - CALD home visiting service</li> <li>• Ngala Family Services – modification of parenting program</li> <li>• Dept of Child Protection – Young mum’s well being group</li> <li>• Playgroup WA – supported playgroup</li> <li>• From the Heart – consumer support</li> <li>• Women’s Health Care Northbridge – Young mothers support</li> <li>• South Coastal Women’s Health Centre – post birth support group</li> <li>• Women’s Healthworks Joondalup – Making sense of motherhood group</li> </ul> <p><b>Rural</b></p> <ul style="list-style-type: none"> <li>• Noah’s Ark Resource Centre Kalgoorlie – Babe Ease supported playgroup program</li> <li>• Rainbow Coast Neighbourhood centre Albany – My Turn Art journaling</li> </ul>	<ul style="list-style-type: none"> <li>• Establish positions in three WACHS health regions</li> <li>• Establish monthly clinics via videoconference</li> <li>• Services established in South West region</li> <li>• Delivery and evaluation of service</li> </ul>
2011-12	<p><b>Subject to further planning and WA Health implementation of updated patient information systems</b></p> <p><b>Metropolitan area</b></p> <p>North Metropolitan Health Service – Integrated service model continues</p> <p>South Metropolitan Health Service – establish a mental health clinical position in an integrated service model</p>	<ul style="list-style-type: none"> <li>• 5% increase in number of women with perinatal depression being monitored/followed up antenatally and postnatally in the north catchment area</li> <li>• recruitment to position</li> <li>• mapping of services commenced</li> </ul>

	<ul style="list-style-type: none"> <li>• Base line data collected - number of women with perinatal depression being monitored/followed up antenatally and postnatally</li> <li>• Subject to successful negotiations, mental health nurse providing service to a South Metro public maternity unit antenatal clinic</li> </ul> <ul style="list-style-type: none"> <li>• Practical in-home support program – continuation of program to the Metropolitan area (except Yanchep and Peel)</li> </ul> <p>Culturally and Linguistically Diverse population</p> <ul style="list-style-type: none"> <li>• Women’s perinatal support groups for CaLD populations</li> </ul> <p>12 month extension special projects - subject to positive outcomes in 2010</p> <ul style="list-style-type: none"> <li>• Ishar Multicultural Women’s Health Centre – CALD home visiting service</li> <li>• Playgroup WA – supported playgroup</li> <li>• Women’s Healthworks Joondalup – Making sense of motherhood group</li> </ul> <p><b>Rural and Remote services</b></p> <p>WA Country Health Service</p> <ul style="list-style-type: none"> <li>• Baseline data collected on women receiving services in three rural health regions</li> </ul> <ul style="list-style-type: none"> <li>• Continuation monthly videoconference Perinatal Psychiatry Liaison Clinics Baseline data collected on number of VC perinatal psychiatric consultancies</li> </ul> <ul style="list-style-type: none"> <li>• Practical in-home support program – continuation of program to the South West Region of WA</li> </ul>	<ul style="list-style-type: none"> <li>• relationships between service providers commenced</li> </ul> <ul style="list-style-type: none"> <li>• 5% increase in number of women receiving practical in-home support in the metro area</li> </ul> <ul style="list-style-type: none"> <li>• 5% increase in the number of CaLD women attending support group in northern suburbs</li> <li>• 5% increase in the number of CaLD families attending multicultural facilitated playgroup in eastern suburbs</li> </ul> <ul style="list-style-type: none"> <li>• maintain number of CaLD women receiving support through home visit</li> <li>• maintain number of families attending supported playgroup</li> <li>• maintain number of women attending support group</li> </ul> <ul style="list-style-type: none"> <li>• Establish clinical position in a fourth rural health region</li> </ul> <ul style="list-style-type: none"> <li>• Maintain monthly VC Perinatal Psychiatry Liaison clinic</li> </ul> <ul style="list-style-type: none"> <li>• 5% increase in number of women receiving practical in-home support in the South West</li> </ul>
2012-13	<p><b>Subject to further planning and WA Health implementation of updated patient information systems</b></p> <p><b>Metropolitan area</b></p>	

		<p>North Metropolitan Health Service – integrated service model</p> <p>South Metropolitan Health Service – integrated service model</p> <ul style="list-style-type: none"> <li>• Practical in-home support program – continuation of program to the Metropolitan area (except Yanchep and Peel)</li> </ul> <p>Culturally and Linguistically Diverse population</p> <ul style="list-style-type: none"> <li>• Women’s perinatal support groups for CaLD populations</li> </ul> <p><b>Rural and Remote services</b></p> <p>WA Country Health Service – Three rural health regions</p> <ul style="list-style-type: none"> <li>• Baseline data collected on women receiving services in the fourth rural health region</li> <li>• Continuation monthly videoconference Perinatal Psychiatry Liaison Clinics</li> <li>• Practical in-home support program – continuation of program to the South West Region of WA</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain the 5% increase of women with perinatal depression monitored/followed up antenatally and postnatally in the north catchment area</li> <li>• 5% increase in number of women with perinatal depression being monitored/followed up antenatally and postnatally in the south catchment area</li> <li>• Maintain number of women receiving practical in-home support</li> <li>• Maintain the number of CaLD women attending support group in northern suburbs</li> <li>• Maintain the number of CaLD families attending multicultural facilitated playgroup in eastern suburbs</li> <li>• 5% increase in number of women receiving services in three rural health regions</li> <li>• Maintain the number of VC perinatal psychiatric consultancies</li> <li>• Maintain number of women receiving practical in-home support</li> </ul>
<p>Workforce training and development for health professionals</p>	<p>2010-11</p>	<ul style="list-style-type: none"> <li>• “EPDS Use and Misuse” module delivery across WA</li> <li>• Aboriginal Maternal Mental Health module delivery</li> <li>• Presentations on perinatal depression to health and community services providers</li> <li>• Monthly educational videoconferences to rural clinicians in Mental Health</li> </ul>	<p>At least one face to face training session in each of the 7 regions of WA Country Health Services</p> <p>Determine base line data – Number of health professionals receiving training in EPDS Use and Misuse, Aboriginal Maternal Mental Health, perinatal depression and anxiety</p>

	2011-12	<p><b>Subject to further planning</b></p> <ul style="list-style-type: none"> <li>• “EPDS Use and Misuse” module delivery across WA</li> <li>• Aboriginal Maternal Mental Health module delivery</li> <li>• Presentations on perinatal depression and anxiety to Community Mental Health Services, Child and Adolescent Community Health Services</li> <li>• Monthly educational videoconferences to rural clinicians in Mental Health</li> </ul>	<p>At least one face to face training session in each of the 7 regions of WACHS</p> <p>5% increase in the number of health professionals receiving training in EPDS Use and Misuse, Aboriginal Maternal Mental Health, perinatal depression and anxiety</p>
	2012-13	<p><b>Subject to further planning</b></p> <ul style="list-style-type: none"> <li>• “EPDS Use and Misuse” module delivery across WA</li> <li>• Aboriginal Maternal Mental Health module delivery</li> <li>• Presentations on perinatal depression and anxiety to Community Mental Health Services, Child and Adolescent Community Health Services</li> <li>• Monthly educational videoconferences to rural clinicians in Mental Health</li> </ul>	<p>At least one face to face training session in each of the 7 regions of WACHS</p> <p>Maintain the number of health professionals receiving training in EPDS Use and misuse, Aboriginal Maternal Mental Health, perinatal depression and anxiety</p>
Research and data collection	2010-11	<p>Metropolitan area Public</p> <p>Investigate access to maternal health (STORK) data for antenatal screen with EPDS, child health (HCaRe) data for postnatal screen with EPDS ,</p> <p>Investigate access to mental health (Psolis) data base for treatment care and support of women of diagnosed with perinatal depression statewide</p>	
	2011-12	<p><b>Subject to further planning and implementation of WA Health patient information systems</b></p> <p>Rural</p> <p>Investigate access to maternal health (STORK) data for antenatal screen with EPDS, child health (HCaRe) data for postnatal screen with EPDS</p>	<p>Availability of reliable data available for metropolitan area</p>
	2012-13	<p><b>Subject to further planning and implementation of WA Health patient information systems</b></p> <p>Rural</p> <p>Subject to successful access - Maternal health (STORK) data for antenatal screen with EPDS, child health (HCaRe) data for postnatal screen with EPDS</p>	<p>Availability of reliable data available for rural areas</p>

**Comment [lv1]:** Please note – I have deleted “Private - St John of God antenatal data” – I have given up on this quest.

Community awareness relating to the importance of detection, treatment and management of perinatal depression	2010-11	<p>Print media campaign</p> <p>Publications</p> <p>Mental health Week - October</p> <p>Small community awareness grants – 10 events</p>	<p>At least three articles published in local newspapers/magazines</p> <p>Publications disseminated across WA</p> <p>At least 20 events in WA</p> <p>Delivery and positive evaluations</p>
	2011-12	<p><b>Subject to further planning</b></p> <p>Print media campaign</p> <p>Publications</p> <p>Mental Health Week - October</p> <p>Dads Pack trial at KEMH</p>	<p>At least three articles published in local newspapers/magazines</p> <p>Publications disseminated across WA</p> <p>At least 20 events in WA</p> <p>Positive evaluation</p>
	2012-13	<p><b>Subject to further planning</b></p> <p>Print media campaign</p> <p>Mental Health Week – October</p> <p>Dads pack extended to other public maternity units</p>	<p>At least three articles published in local newspapers/magazines</p> <p>At least 20 events in WA</p> <p>Positive response</p>