GLOW Perinatal Emotional Health & Wellbeing Clinic – a unique concept on the frontier of perinatal and infant mental health.

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Background:
Australian is a world leader in perinatal and infant mental health (pimh). The majority of pimh services and published research are in the public sector. However, 1/3 of women deliver in the private sector1 and than ¼ of women report the use of complimentary and alternative medicines during pregnancy2. Whilst, notable services in the private sector have contributed to the literature3, the addition of novel private sector pimh models to the literature is warranted.

GLOW Perinatal Emotional Health & Wellbeing Clinic is a new service that addresses the emotional health needs of mothers, fathers, infants and families.

GLOW is unique by:
- Redefining “perinatal period” to from preconception to kindergarten age
- Addressing the health spectrum from wellness to significant psychological illness
- Attending to emotional, physical and social wellbeing and
- All the services available in the one purpose built space removing the need for families to attend multiple practitioners in multiple different locations.4

GLOW’s multidisciplinary team consists of 14 part-time practitioners and 3 staff members including: perinatal psychiatrists, perinatal and child psychologists, couple’s therapists, paediatricians, midwives, early parenting consultants, lactation consultant, dietitian, women’s health physiotherapist, massage therapist and yoga teachers.

GLOW’s model of care combines standard pimh care - individual, dyadic and group therapy and medication management with novel care options eg:
- 4th Trimester midwifery led group skilling parents to bring their baby home,
- midwife and early parenting consultant in home care.
- infant and neurodevelopmental paediatric care
- complementary and mind-body modalities such as nutrition, infant and perinatal remedial massage, mindfulness and perinatal and parent and infant yoga classes.

Methods:
A database was established of the GLOW Cohort including: demographic data, perinatal status, reason for attending/referral and clinical diagnosis where appropriate and treatment/service. The database includes pre and post outcome measures and client and stakeholder satisfaction surveys to enable review and modifications to the model.
Results:
The presentation outlines GLOW's unique service model and descriptive data of the GLOW Cohort.

perinatal, mental health, wellness


