

## INTRODUCTION

- Established March 2018: 3 year BSB project
- Foundations of our mental health built before we can remember
- Policy evidence Cost benefit analysis support early intervention (1001 Critical Days)
- Supporting Health visiting workforce to high quality training in IMH and attachment
- Strong collaboration Health visiting and specialist IMH teams to embed parent-infant relationship (PIR)

## AIMS & OBJECTIVES

- Promote Embed key messages within IMH and PIR as an integral part of health visiting practice within BSB area
- Reach Small resource BIG impact through upskilling
- Champions Development and support of perinatal and IMH champions
- Skills Development of health visitors early attachment and observation assessment skills

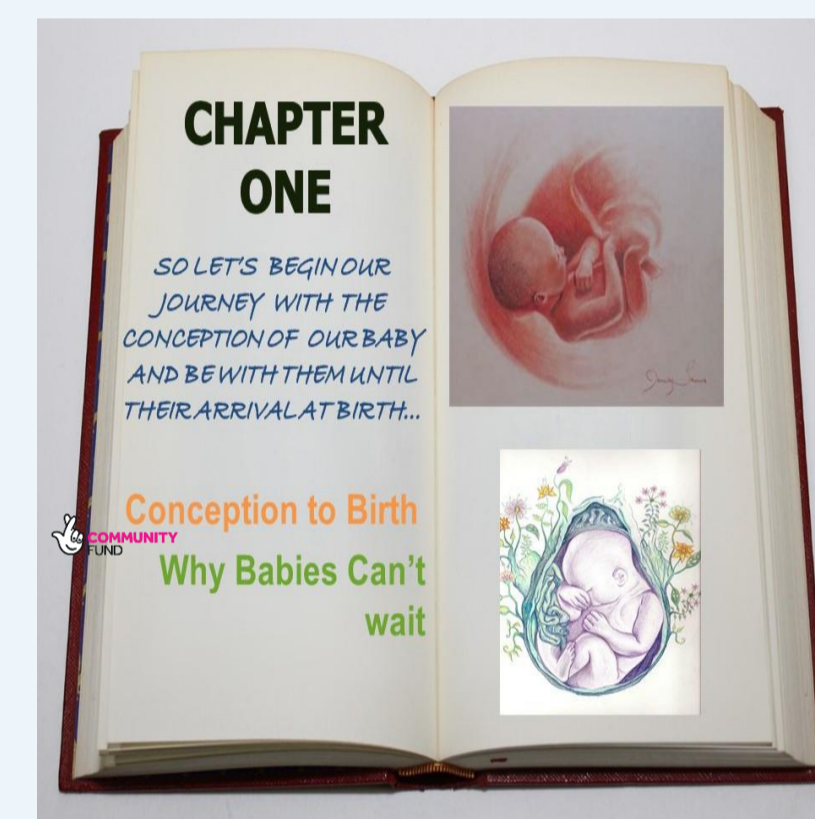
## MATERIAL & METHODS

- Training Development, manualising and delivery of IMH training: multidisciplinary cohort of health visitors, midwives, mental health and early years
- Consultation Development and delivery of a consultation/reflective discussion service to consolidate training, enhance reflective functioning and PIR observations
- Engagement Workforce reductions, capacity issues requiring creativity and tenacity in relationship building
- Strategic Vision and Empowerment Working with passionate PIMH champions to facilitate change and integration with health visitors and specialist IMH service

## OUTCOMES

### Training

- Format Experiential, theoretical, interactive, narrative style helping clinicians to build case studies
- Success Delivery of one day IMH awareness training to 150 practitioners in 9 months
- Feedback Consistently positive with 100% finding it "very useful" or "useful"
- Follow-up Survey monkey to see how training has impacted on practice



"Highly informative"  
"Thought provoking"  
"Fantastic"

"This was an excellent day. Learned a lot and will take it back to use in my practice"

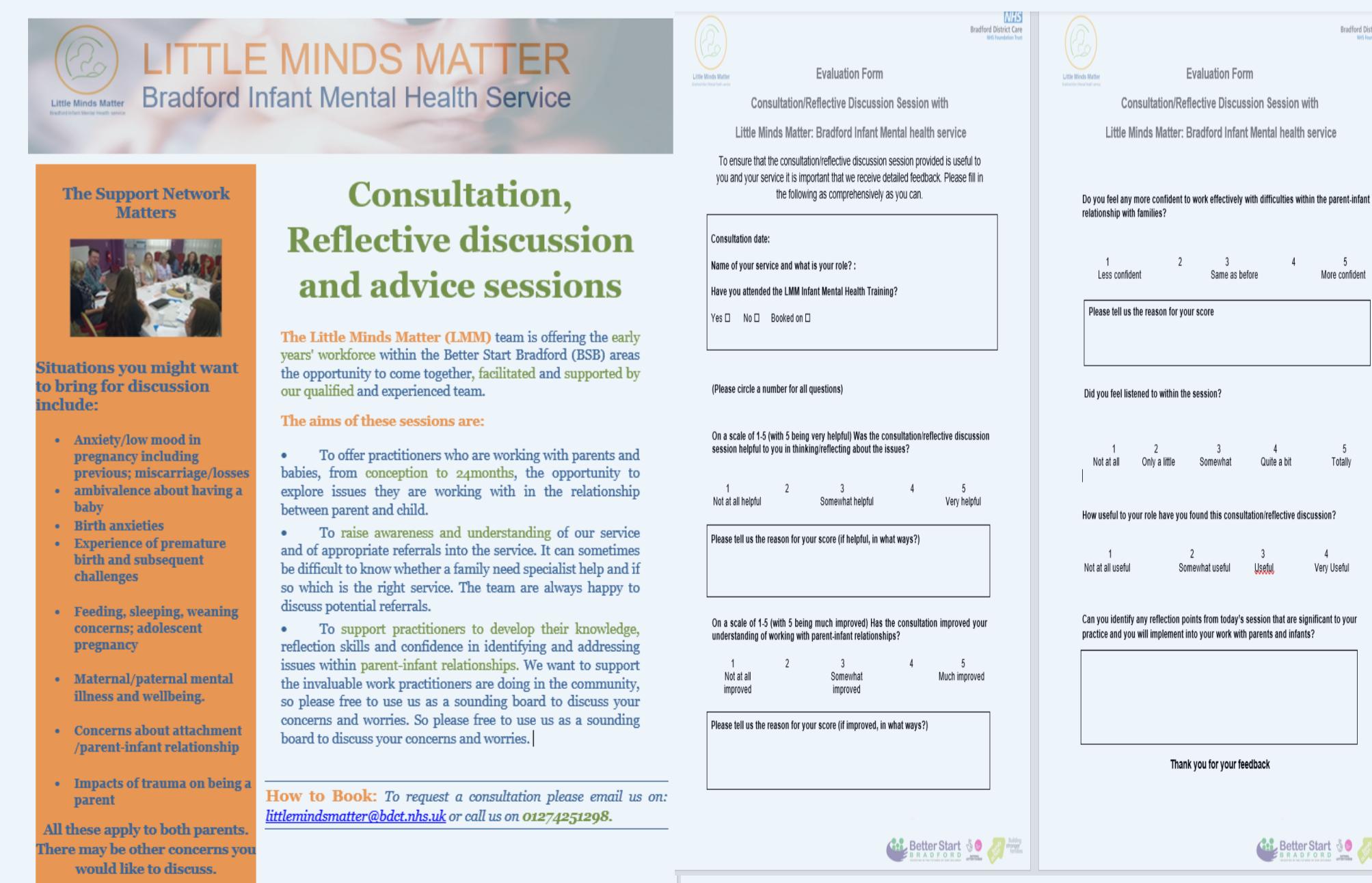


### Consultation

- Purpose Reciprocal, integrative relationship between training, consultation and clinical work.
- consolidate learning, supportive, safe space
- Flexibility Working with resistance, travelling to services, accommodating needs
- Success Offering joint visits, face-to-face, telephone, group and 1:1 to individuals and all BSBS Health Visiting teams
- Feedback Consistently positive:

"Self reflection is helping me understand what is going on for families"

"Understanding of internal reflective models that can be used to help me support families"



## SUMMARY & FUTURE STEPS

- Key Messages
  - Parent-Infant Relationships Matter
  - Babies are Born Ready to Relate
  - Babies Can't Wait
  - Support Networks Matter
- A Parallel Process Professional working relationships developed within a very short period despite immense pressures on the health visiting service: achieved through compassionate relationship building and empowerment of champions
- Patience Support first relationships with professional relationships, it takes time to build these connections, understanding and flexibility key
- Next Steps IMH team envisage becoming an integral, strategic part in helping to shape the health visiting services within Bradford for the future ensuring early infant observation skills are an integral part of the role

## ACKNOWLEDGEMENTS

With huge thanks to colleagues at LMM for their expertise, vision and tireless support. To all our highly skilled and passionate health visiting colleagues

To our forward thinking commissioners Better Start Bradford and our NHS providers: Bradford District Care NHS Trust

## REFERENCES

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