

**Recommendations
23 May 2017 Workshop**

Parent-Infant Mental Health & Wellbeing Steering Group: Warwickshire & Coventry

Steps on a Page

Steering functions	Set up a multi-agency parent-infant mental health and wellbeing steering group
	Map and benchmark parent-infant mental health support in Warwickshire and Coventry, using MABIM tool.
	Improve capture of parent-infant mental health service data, to inform more accurate needs assessment
	Develop a 5 yrs parent-infant mental health and wellbeing strategic plan and related task & finish groups
Networks	Establish a Warwickshire and Coventry parent-infant mental health and wellbeing network to help build consistency and quality of parent-infant mental health and wellbeing support through shared outcomes, standards, competencies.
	Capture the voices of mums, dads and families, and develop a network of willing parents - with experience of parent-infant mental health issues – for the purposes of co-production.
	Develop links to West Midlands Perinatal Mental Health Forum
Communication	Challenge stigma relating to mental health issues and reduce parental fear of disclosing problems, through co-produced narrative, behavioural insights and 're-framing'.
	Freephone for parents experiencing mental health and wellbeing issues
	Co-design and co-produce a parent-infant mental health & wellbeing portal for practitioners, parents and families, to improve information sharing and signposting
Strengthen pathways and services	Strengthen parental mental health support - particularly for dads - using needs assessment to inform approaches.
	Consider the evidence-base for parent-infant mental health and wellbeing (dyadic/triadic) support/interventions.
	Evidence-based dyadic/triadic support to be available and delivered across all adult and infant mental health service tiers
	Accreditation (i.e. use of kite mark model) for local service that support families with parent-infant mental health needs
	Grow more free-low cost support for families where there are inter-parental relationship issues and conflict during the 1001 critical days
Workforce development	Establish a PIP service in Warwickshire
	Consider evidence-base parent-infant mental health training and undertake workforce development needs assessment that considered whole pathway (from prevention to tier 3-4)
	All multi-sectoral staff who work with families in the 1001 Critical Days to have a level of knowledge and skills in parent-infant attachment, and the ability to support and encourage the parent/infant relationship. (i.e. Making Every Contact Count, with different levels of training)
	All multi-sectoral staff who work with families in the 1001 Critical Days to be equipped with training to support parents with lower-level (mild) needs, enhance early identification and speed up the initial response. (i.e. Making Every Contact Count, with different levels of training)
Starting early	Develop effective supervision models between agencies for parent-infant mental health support
	Start parent-infant relationship promotion and education with young people in schools
Starting early	Increase universal group-based antenatal opportunities to learn about being a parent (including importance of reflective functioning) and grow their own peer support networks.

**Next 6 months
(Nov 2017- May 2018)**

Sub-Group 1: PIMH&W Pathway and Services. To be chaired jointly by PMHT and Warwickshire Health Visiting Service. This group will also cover (a) workforce development needs assessment (from prevention to tier 3/4) and (b) examining the evidence/cost effectiveness of dyadic training.

Sub-Group 2: Building Networks. To be coordinated by Warwickshire Public Health. This 'virtual' group will cover two strands of work: (a) development of a group network of parents with lived experience for purposes of co-production; (b) organising of a PIMH&W conference in June 2018, with the purpose of presenting PIMH&W strategic plan, and establishing a professional network, linked to other relevant regional networks.

Working Group 3: Marketing and communications. To include (a) co-production of a PIMH&W portal/digital platform, designed for parents and professionals, (b) use of behavioural insights expertise to help 're-frame' PIMH&W narrative and reduce stigma of seeking early help. Not set up yet. Scoping of this group planned for March 2018

Working Group 4: Insights Working Group. Currently a virtual group led by Warks Public Health. Tasked with (a) MABIM mapping; (b) working with Sub-group 1 to consider prospective data capture requirements across PIMH&W pathway.

By May 2018

An agreed 5-year Parent-Infant Mental Health and Wellbeing Strategic Plan for Warwickshire & Coventry

(with related sub-groups)

Need to bank ideas: in anticipation of future funding/grant opportunities.

Pushing at any open doors?

- Strategic
 - Parenting Programme – Strategy/Review
 - STP MH + Maternity/Paediatrics
- Operational
 - New emotional wellbeing and mental health service for CYP (CAMHS)
 - Recommission of HV service
 - Guided self-help
 - Links to VAWG and refuges
 - IAPT Development
 - Family Hubs
 - Community Hubs
 - Training offers – MECC, 5 ways
- FIS – online information, self-help, promoting self-efficacy
- Funding
 - NHS funding for perinatal MH wave 2
 - STP workforce development funding

Coventry has developed a parenting support strategy. Warwickshire is planning a cross-partnership project to review the countywide parenting support offer and to develop a strategy, in line with the wider Children & Families Transformation programme.