

INFANT MENTAL HEALTH STRATEGY



FACTS

- **Suicide in the 18-35 year olds** (Western Area has the highest number of suicides in this age group in NI. Have continued to rise since 2007)
- **% of P1 children who are obese** - highest in NI for past 3 years
- **% of mothers breastfeeding at discharge** - we have the lowest rates in NI



YEAR 1

- Strategy launched June 2011 by S Zeedyk
- General awareness raising
- 25 internal service presentations
- IMH Seminars of 750 attendees
- Presentations to elected representatives
- Regional strategy group(s)

PREVENTION APPROACH

- No smoking in pregnancy
- No alcohol in pregnancy
- Breastfeeding
- Promoting secure attachments
- Parents reading to their children



ACE Studies

Adverse Childhood Experiences (ACE) Study

- Emotional abuse
- Physical abuse
- Sexual abuse
- Physical neglect
- Emotional neglect
- Alcoholic in household
- Drug user in household
- Witnessed domestic violence



Californian ACE Study

Likelihood of Heart Disease with single ACEs:

1.3 x by Emotional Neglect

1.3 x by Substance Abuse

1.4 x by Physical Neglect

1.4 x by Domestic Violence

1.4 x by Sexual Abuse

1.5 x by Physical Abuse

1.7 x by Emotional Abuse



Californian ACE Study

Health risks which increase with 4 ACEs (17% of popn):

- depression (x 3)
- intercourse by 15 (x 4)
- teenage pregnancy (x 2)
- more than 50 sexual partners (x 3)
- sexually transmitted diseases (STDs)
- intravenous drug use (x 11)



Californian ACE Study

Health risks which increase with ACEs (17% of popn):

- liver disease (x 2)
- chronic obstructive pulmonary disease (COPD) (x 3)
- adult smoking (x 3)
- serious job problems (x 3)
- absenteeism from work (x 4)
- alcoholism and alcohol abuse (x 6)
- suicide attempts (x 14)

3 Year Old Children



Normal



Extreme Neglect



NEW EVIDENCE

“ The child’s first relationship, the one with the mother, acts as a template permanently moulds the individual’s capacity to enter into all later emotional relationships”

Allan Schore

- Shift from cognitive to emotional attachment as the core to child development
- Right side brain response creates / controls the emotional regulation / blueprint



Right Hemisphere

Emotional, social communication,
empathy/musicality

Maturation in 1st 18 months

Left Hemisphere

Language, temporal sequencing and fine
motor control

Maturation from 18 months



- Infant / mother relationship/ interactions occur primarily at right brain level
- Earliest pre-verbal experiences and memories are ‘wired’ in ‘deepest’ layers of brain not accessible to conscious mind or recall

**The fundamental question
remains**

***How Do We Turn the Compelling
Evidence into Effective Practice?***



Western Health
and Social Care Trust

Revised Project Board for Year 2

- Pat Armstrong, Family Support Hub Representative
- Ruth Bell, Education Representative
- Gerry Conway (HSCB) or Maura Mason (WACCP)
- Anne Donaghey, Business Representative
- Kieran Downey, Mental Health Representative
- Anne Gamble, AHP Representative
- Kate McDaid, Nursing Representative
- Brendan McGrath, Training - Nursing Representative
- Adrian McKinney, Psychology Representative
- Gerry Mackin, Medical Representative
- Priscilla Magee, Community & Voluntary Representative
- Deirdre Mahon, Family & Child Care Representative
- Sonia Montgomery, Health Promotion Representative
- Brendan Bonner, Investing for Health (PHA Representative)
- Karen O'Brien, Training – Social Work Representative



3 KEY STRANDS

- INTEGRATED PATHWAY

- EDUCATION

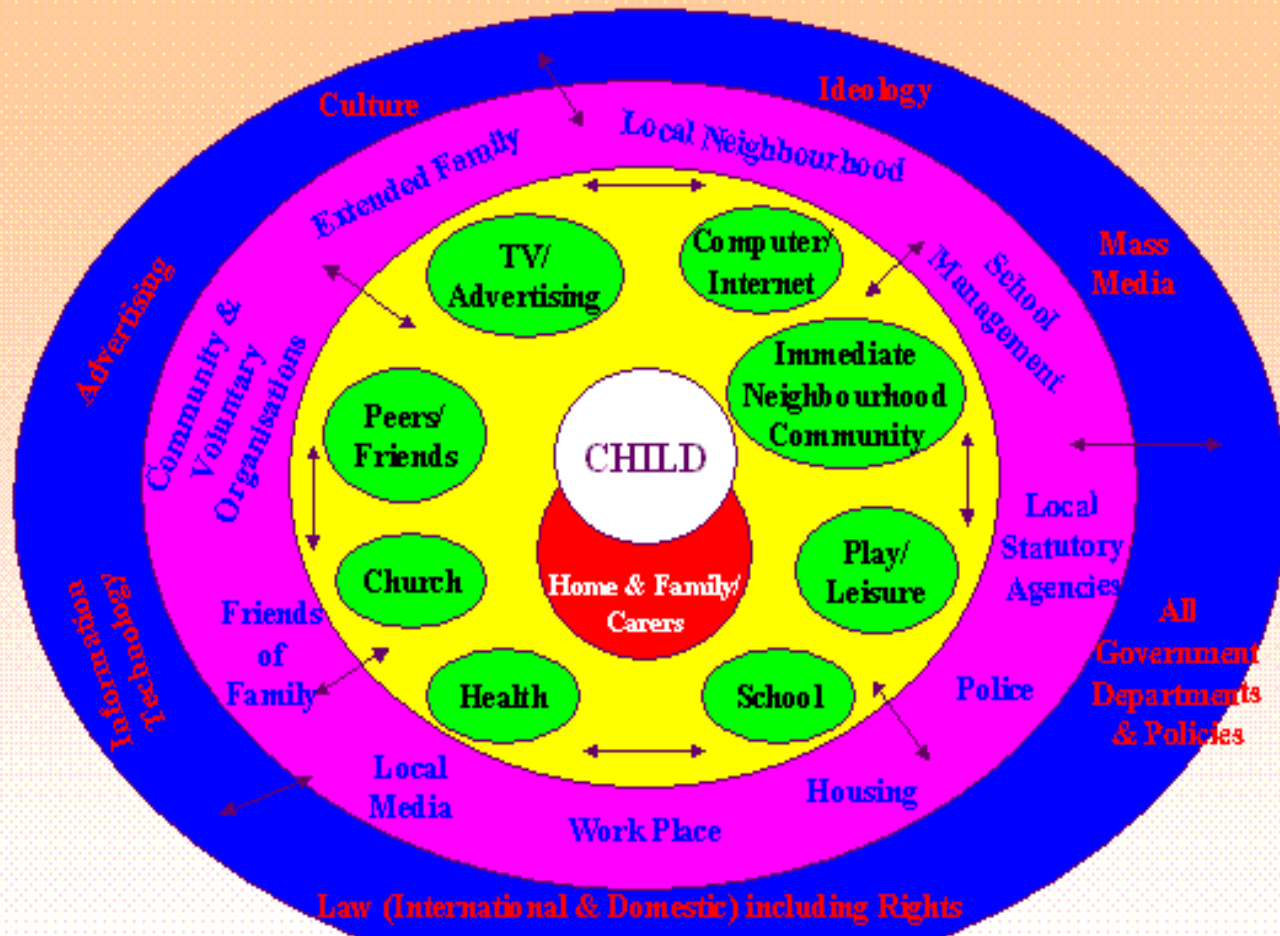
- TRAINING & DEVELOPMENT

NB *Measuring Outcomes*





Whole Child Model



INTEGRATED PATHWAY

- Development of Virtual Team for Under 5's
- Development of a new Preparation for Parenthood programme with a focus on attunement
- Implementation of Maternity Assist (texting programme) for women throughout their pregnancy
- Fostercarer training on the principles of infant mental health
- Get Fit For Pregnancy Programme (a 6 week programme looking at diet, alcohol consumption, weight loss and aqua-natal programme)
- Development of health promotion messages through family planning for pre-conception
- Positive messages to be given out through Early Year's providers
- Liaison with Churches to give promotional messages



EDUCATION

- To continue with the Roots of Empathy programme with the implementation of the programme to 6 new schools
- To monitor the implementation of the Early Years 2 Year Pilot Initiative
- To continue with the development of the Family Nurse Partnership pilot.
- To maintain an awareness raising campaign within the Trust and to have a programmed period of same continuing throughout the year
- Liaison with District Councils and other key stakeholders to inform and seek buy-in to the principles of the Strategy.



EDUCATION Continued

- To raise awareness of Infant Mental Health through posters displaying key messages in Ante Natal areas; Health Centre receptions, Social Services Departments, Libraries, Leisure Centres, Community Centres etc
- Liaison with Universities, Colleges and Secondary Schools and if possible influence what is being delivered on certain courses
- Development of programmes on Trust Website, Bounty Packs, You Tube and Facebook
- Infant Mental Health message to be portrayed to Trust communities through local advertising newsletters and regular monthly slots in local newspapers



TRAINING & DEVELOPMENT

- Assist in the development of a regional training programme for Infant Mental Health
- Oversee the completion of the Social Services Solihull training programme and the Practice Development Workshops thereafter.
- Commission the places for midwives on Solihull training (through the Beeches Management Centre)
- Commission the places for health visitors on Solihull training (through the Beeches Management Centre)
- Development of Model of Attachment in Practice (MAP) training in residential children's care



OUTCOMES

- Levels of alcohol consumption during pregnancy
- Levels of smoking during pregnancy
- Levels of stress at 32 weeks of pregnancy
- Levels of breastfeeding at various points
- Maternal sensitivity at 4 weeks and 10 months and
- Secure attachment at 12 months.
- Aggression at 30 months
- Developmental progress at 18 months and 3-4 years
- School readiness at entry to Reception Class.



Measurement

- Each Work Strand has a separate PID with reporting timescales to Project Board
- Outcomes will be measured and reported through
- Work in progress

Thank You!

