



Dr. Beckie
Lang
Parent Infant
Foundation



Specialised parent-infant relationship teams – a national picture

Beckie Lang

@ParentInfantFdn @first1001days @DrBeclang



Parent-Infant

FOUNDATION





- **Enabling and expanding** specialised parent-infant relationship teams
- **Promoting and driving quality** across the network of parent-infant relationship teams
- **Giving babies and the services that work with them a clear and compelling voice** that shapes the national and local policy and practice agenda



Investing in the emotional wellbeing of our babies is a wonderful way to invest in the future.

Giving children the best start in life.

Improving the mental and physical health of the next generation.

Reducing risky and antisocial behaviour and the costs they bring.

Building a skilled workforce to support a thriving economy.

Creating a compassionate society.

The **first 1001 days**, from conception to age two, is a period of rapid growth. During this time **babies' growing brains are shaped by their experiences**, particularly the **interactions** they have with their parents and other caregivers. What happens during this time lays the **foundations for future development**.



Early relationships between babies and their parents are incredibly important for building healthy brains.

I need a **secure relationship** with at least one sensitive, nurturing caregiver who can respond to my needs.



Supporting my parents and other important people in my life to develop this relationship will give me the best start in life.



Stress factors such as domestic abuse and relationship conflict, mental illness, substance misuse, unresolved trauma and poverty can make it harder for my parents to provide me with the care I need. The more adversities that my family experiences, the harder it can be to meet my needs.



Healthy social and emotional development during the first 1001 days:

- Lays the foundations for lifelong mental and physical health.
- Means I feel safe and secure, ready to play, explore and learn.
- Leaves me ready to enjoy and achieve at school, and progress in the workforce.
- Enables me to understand and manage my emotions and behaviours; which means that I can make a positive contribution to my community.
- Gives me skills to form trusting relationships and to be a nurturing parent myself; sowing the seeds for the next generation.



Tackling adversity + supporting early relationships
→ healthier brains + better futures



Healthy social and emotional development during the first 1001 days:

- Lays the foundations for lifelong mental and physical health.
- Means I feel safe and secure, ready to play, explore and learn.
- Leaves me ready to enjoy and achieve at school, and progress in the workforce.
- Enables me to understand and manage my emotions and behaviours; which means that I can make a positive contribution to my community.
- Gives me skills to form trusting relationships and to be a nurturing parent myself; sowing the seeds for the next generation.





Social conditions

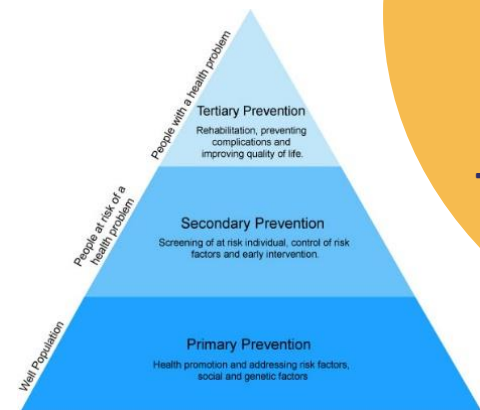
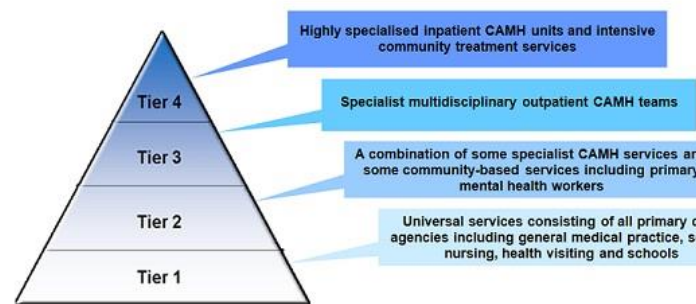
Wider Family

Parent(s)

Relationship

Infant

Tackling adversity + supporting early relationships



The workforce relationship



Specialised parent-infant relationship teams are part of an

ecosystem

which promotes and protects the parent-infant relationship



Babies are different from older children:



Babies are developing more quickly.



Babies cannot speak but communicate their needs in different ways.

Babies are completely dependent on adults.



Babies are more vulnerable: more likely to be abused and more fragile.





Babies' needs are not identified.



Babies' needs are not recognised by services.

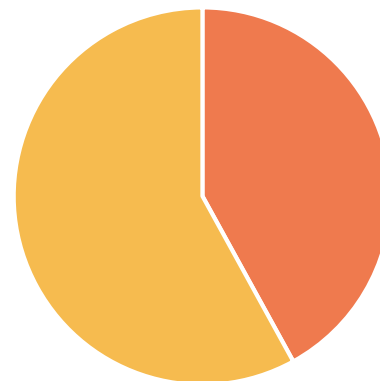


Babies' needs are not supported.



Babies are not prioritised.

42% of NHS Commissioning (CCG) areas in England said Children and Young People's Mental Health services **would not** accept referrals for children 2 and under.



Rare Jewels, 2019



NHS Long Term Plan

3.25. **Over the next five years, the NHS will therefore continue to invest in expanding access to community-based mental health services to meet the needs of more children and young people.** By 2023/24, at least an additional 345,000 children and young people aged 0-25 will be able to access support via NHS funded mental health services and school or college-based Mental Health Support Teams. **Over the coming decade the goal is to ensure that 100% of children and young people who need specialist care can access it.**





Specialised parent-infant relationship teams:

- Expert advisors and champions for parent-infant relationships. Offering training, consultation and/or supervision to other professionals and advice to system leaders and commissioners.
- Providers of targeted work with families experiencing early difficulties, and specialist therapeutic work with families experiencing severe, complex and/or enduring difficulties in their early relationships.



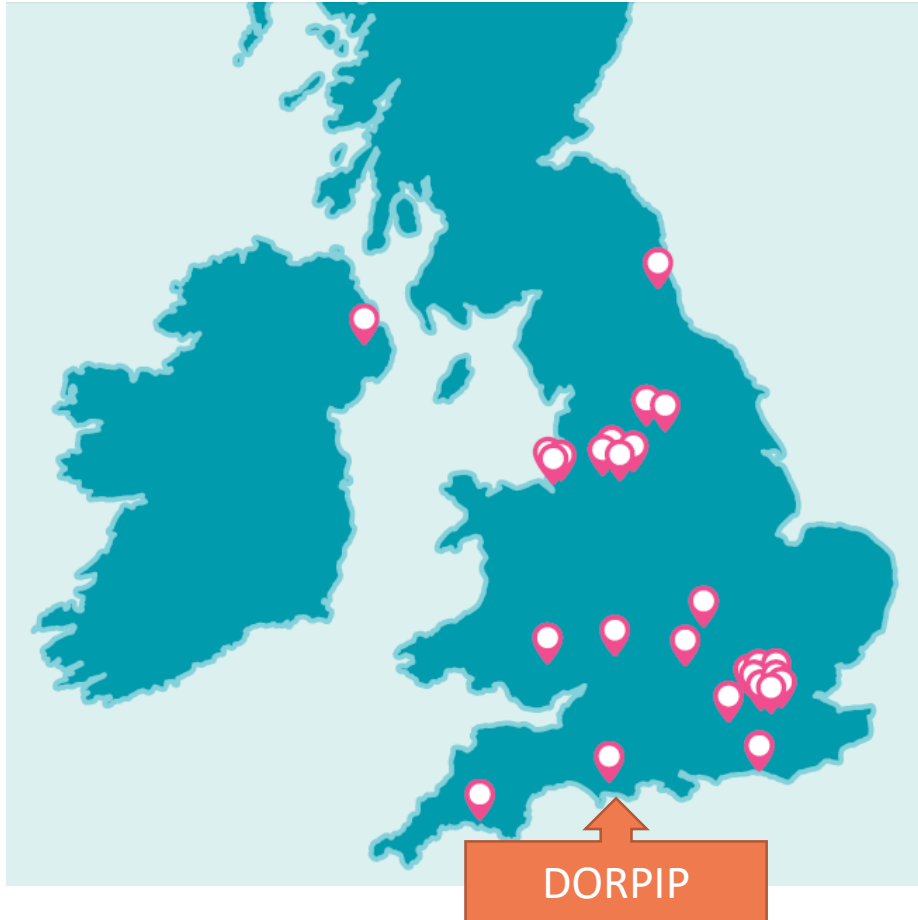
Specialised parent-infant relationship teams

- **Multidisciplinary teams**, including highly skilled mental health professionals.
- **Experts and champions** offering training, consultation and/or supervision.
- Offering **direct support** for families who need specialised help.



- Provide **individualised packages** of support based on an assessment of need.
- Focus on the **parent-infant relationship**.
- Have clear **referral pathways** based on problems in early relationships.
- Accept referrals for children **ages 2 and under**.





The “Rare Jewels”

Small, scarce but
incredibly valuable.



What do teams look like?

A range of professionals:

Clinical Psychologist and/or Child & Adolescent Psychotherapist

Parent-Infant Therapists

Specialist Health Visitor

Social Worker

Key Workers/Family Support Workers



What do teams look like?

Working **within the community**

Within the home

children's centres

family hubs

health clinics/GP surgeries

Range of interventions – **Toolbox approach**

Video Feedback

Dyadic psychotherapy

Mellow Groups

Watch, Wait & Wonder

Circle of Security



What do teams look like?

Ideally:

CCG Children and Young People's MH

LA Children's Services

LA Public Health

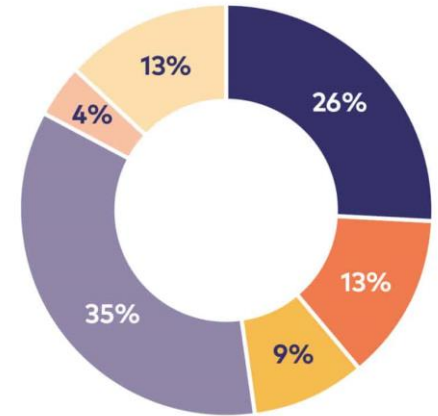
Role from maternity, adult services and others

-Pooled resources

- strong, sustainable team

- Coordinated approach

Where does the core funding for your service come from?



ABC PiP – Northern Ireland



- Serves a population of 354K
- Jointly funded by South Eastern NHS Trust and Banardo's
- Specialist staff (psychotherapist, PI therapists) funded and employed by the Trust
- Key workers, service manager and admin funded and employed by Banardo's (data manager funded by the Trust)
- Offer individual family (dyadic) and group work within the home and children's centres locally
- Local training to the wider workforce in Five to Thrive, baby massage and community resilience project

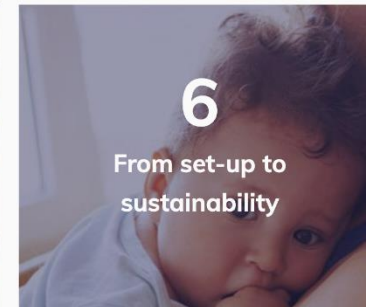
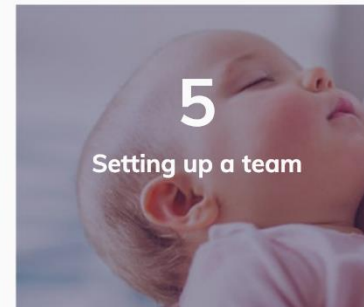
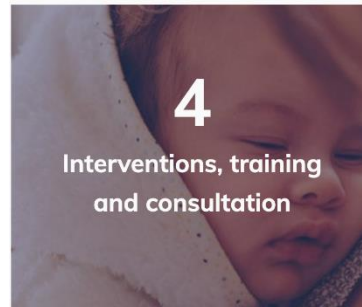
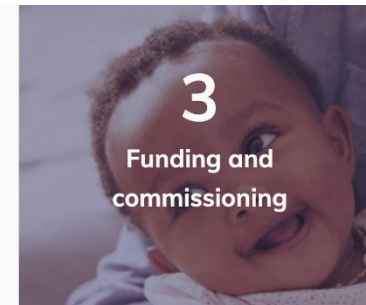
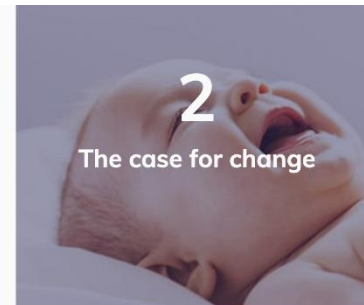
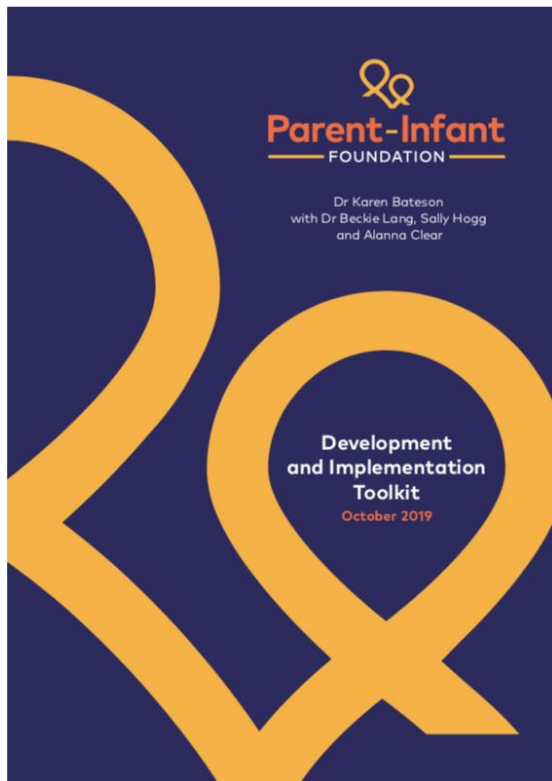


Essex, Thurrock and Southend

- Population of 1.8m
- Consortium of 7 CCGs, 2 LAs and 1 unitary Trust
- Funding through the MH Transformation Fund (2y initially). Created following development of perinatal MH service and restructure of CAMHS.
- Delivered by Essex NHS Partnership University Trust (NHS)
- Psychologists, psychotherapist, parent-infant therapists, sp. HV, admin.
- Delivered in the home/Children's Centres
- Individual family (dyadic) and group work



Development and Implementation Toolkit



<https://parentinfantfoundation.org.uk/foundation-toolkit/>



The Parent-Infant Network

The Parent-Infant Network is for **all specialised parent-infant relationship teams around the UK**. Every individual within each team is welcome and invited to join.



Our campaigning

We giving babies and the services that work with them a clear and compelling voice that shapes the national and local policy and practice agenda.



The 1001 Critical Days

The Importance of the Conception to Age Two Period





Infant Mental Health Awareness Week

- An opportunity for **national and local action to raise awareness** of the importance of parent-infant relationships, babies' social and emotional development and their importance for later outcomes.
- **7-12th June 2020.**
- **Theme** and activity to be announced in the New Year.





Parent-Infant
FOUNDATION

SUPPORT US

About ▾ Our Work ▾ Why We Do It ▾ Network ▾ News Resources ▾ Toolkit 1001 Days ▾ Contact



Our vision is that all babies have a sensitive, nurturing relationship to lay the foundation for lifelong mental and physical health

Visit www.parentinfantfoundation.org.uk

Join our mailing list.

Follow us on twitter @ParentInfantFdn and @First1001Days

We support 29 specialised parent-infant relationship teams across the country





Parent-Infant
— FOUNDATION —