



## Parent & Infant Mental Health and Wellbeing

# Training Offer for Multi-Agency Professionals

This training offer has been developed to upskill multi-agency professionals in identifying and assisting parents and/or carers with young children who may be experiencing mental health difficulties (specifically in the first 1001 days).



### What are the first 1001 days and why are they important?

The first 1001 days refers to the time from conception to age two of a child's life. It is seen as a window of opportunity, because it is a time of particularly rapid growth and brain development. Leading child health experts agree that the care given during the first 1001 days has more influence on a child's future than at any other time in their life, because these first days set the foundations for an individual's cognitive, emotional and physical development. There is a well-established and growing international consensus on the importance of this age range, and in England it is embedded within the NHS Long Term Plan.



### What is perinatal mental health?

Perinatal mental health (PMH) difficulties are those which occur during pregnancy or in the first year following the birth of a child. Perinatal mental illness affects up to 20% of new and expectant mothers/birthing persons and covers a wide range of conditions. If left untreated, mental health difficulties can have significant and long-lasting effects on parents, the child, and the wider family.



## Which multi-agency professionals is this training offer for?

Essentially, this is for all public sector and private sector professionals who come into contact with parents/carers and/or families with young children. This includes, but is not limited to:

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| Third Sector Organisations                     | Early Help and Targeted Support Staff        |
| Housing Officers (District/Borough & HAs)      | Children's Social Care Teams                 |
| School Staff (Admin, Support Staff & Teachers) | Strengthening Families Teams                 |
| GP receptionists and admin staff               | Children & Family Centre Staff               |
| Fire & Rescue Workers (those visiting homes)   | Community Development Workers                |
| Citizens Advice Staff                          | Early Years Staff/Nursery Staff/Childminders |
| Workplaces (HR and Managers)                   | Baby Group & Toddler Group Leaders           |
| Leisure Facility Staff                         | Hairdressers & Barbers                       |
| Family Information Service Staff/Brokers       | Faith Groups & Faith Leaders                 |
| Birth Registrations Team                       | Community Leaders & Councillors              |

## The training offer is split into the following categories:

- **Introductory** courses to raise awareness of parent and infant mental health
- **Foundation** courses to give professionals the knowledge, confidence, and tools to help identify, assist, and signpost parents/carers and/or families with mental health difficulties
- **Additional** training for professionals who want to know more

## Introductory Courses

The introductory courses outlined below are designed to raise awareness of parent and infant mental health & wellbeing.

### Enhanced Making Every Contact Count (MECC)

<b>Description</b>	MECC is about making the most of everyday conversations to help people make positive changes to their physical and mental health and wellbeing. MECC is an effective and evidence-based behaviour change technique.
<b>Delivered By</b>	Warwickshire County Council Learning Partnership
<b>Method of Delivery</b>	Online or face-to-face
<b>Length</b>	3 learning hours
<b>Cost</b>	Fully funded
<b>Availability</b>	Available to all multi-agency staff in Coventry & Warwickshire
<b>How to Book</b>	This course is run on an ongoing basis. To book, please contact <a href="mailto:erinyork@warwickshire.gov.uk">erinyork@warwickshire.gov.uk</a> for available dates.

### Child Accident Prevention (CAP) MECC

<b>Description</b>	MECC is about making the most of everyday conversations to help people make positive changes to their physical and mental health and wellbeing. MECC is an effective and evidence-based behaviour change technique. This course has a greater focus on preventing childhood accidents.
<b>Delivered By</b>	Warwickshire County Council Learning Partnership
<b>Method of Delivery</b>	Online or face-to-face
<b>Length</b>	3 learning hours
<b>Cost</b>	Fully funded
<b>Availability</b>	Available to all multi-agency staff in Coventry & Warwickshire
<b>How to Book</b>	This course is run on an ongoing basis. To book, please contact <a href="mailto:erinyork@warwickshire.gov.uk">erinyork@warwickshire.gov.uk</a> for available dates.

## Foundation Courses

The foundation courses outlined below are more in depth, and are designed to give professionals further knowledge, confidence, and tools to help identify, assist, and signpost parents/carers and/or families with mental health difficulties.

### Institute of Health Visiting Parent & Infant Mental Health 1-day Awareness Training

<b>Description</b>	<p>This is a bespoke course that will be delivered by specialist PIMH health visitors. This is an evidence-based training offer that is well-recognised and trusted nationally. The outcome of this training is to equip those working with mothers and their families in the perinatal period with increased awareness, knowledge, and the confidence to identify, signpost, and support women and/or partners with their mental health.</p> <p>This training will also look at the impact of cultural differences and the additional challenges that some groups of women and families have in seeking help and finding culturally aware support – it considers the experiences of those from BAME, LGBTQ and areas of higher deprivation.</p>
<b>Delivered By</b>	South Warwickshire NHS Foundation Trust
<b>Method of Delivery</b>	Online or face-to-face
<b>Length</b>	1-day
<b>Cost</b>	Fully funded
<b>Availability</b>	Available to all multi-agency staff
<b>How to Book</b>	<p>There have been 4 dates set for this course:</p> <ul style="list-style-type: none"><li>• 30th March 2022</li><li>• 14th June 2022</li><li>• 9th November 2022</li><li>• 8th February 2023</li></ul> <p>Sessions can be tailored for a specific team or groups of multi-agency professionals. For more information and to book, please email <a href="mailto:vigpractitioners@swft.nhs.uk">vigpractitioners@swft.nhs.uk</a>.</p>

## Perinatal Mental Health E-Learning

Description	These sessions assume no specific prior knowledge of perinatal mental health and are designed to be accessed by any professional who has contact with individuals in the time when they are considering pregnancy, right up until the child is around one year old.
Delivered By	iHV, RCPG, RCOT, Dept of Health & Social Care
Method of Delivery	Online
Length	Four e-learning sessions, each taking around 30 minutes to complete
Cost	Free
Availability	Available to all multi-agency staff
How to Book	Click on this link for more information and to book online – <a href="https://www.e-lfh.org.uk/programmes/perinatal-mental-health/">https://www.e-lfh.org.uk/programmes/perinatal-mental-health/</a> . Please scroll to the bottom of the webpage for details on how to enrol. You will need to register for an elfh account (if you don't already have one) and then login to access the modules.

The 2 courses outlined below focus specifically on **infant** mental health.

## Babies in Mind – Why the Parent’s Mind Matters

Description	These sessions assume no specific prior knowledge of perinatal mental health and are designed to be accessed by any professional who has contact with individuals in the time when they are considering pregnancy, right up until the child is around one year old.
Delivered By	Warwick Medical School
Method of Delivery	Online
Length	Four-week duration
Cost	Free
Availability	Available to all multi-agency staff
How to Book	Click on this link for more information and to book online – <a href="https://warwick.ac.uk/fac/sci/med/about/centres/wifwu/training/bim/">https://warwick.ac.uk/fac/sci/med/about/centres/wifwu/training/bim/</a>

## Infant Mental Health Online

Description	Training in infant mental health for front line professionals who work with babies/children and their families. There are 3 core themes that underpin the course: Neurophysiology and Biochemical Structure of the Brain, Social and Emotional Development, and Ghosts and Angels in the Nursery. There are two modules on the course: Mother and Foetus & Babies and their Relationships.
Delivered By	Warwick Medical School
Method of Delivery	Online
Length	2-3 hours each week – completed in 16 weeks.
Cost	£150
Availability	Available to all multi-agency staff
How to Book	Click on this link for more information and to book online – <a href="https://warwick.ac.uk/fac/sci/med/study/cpd/cpd/imhol">https://warwick.ac.uk/fac/sci/med/study/cpd/cpd/imhol</a>

## Additional Courses

The additional courses outlined below are for professionals who want to know more.

### Mental Health First Aid

<b>Description</b>	This course will teach you practical skills to spot the triggers and signs of mental health issues. Gain confidence to step in, reassure and support a person in distress. On completion, delegates will receive certification.
<b>Delivered By</b>	Warwickshire County Council Learning Partnership
<b>Method of Delivery</b>	Online
<b>Length</b>	Monthly course for 1- and 2-day options
<b>Cost</b>	Fully funded (see restrictions below)
<b>Availability</b>	The fully funded option is available to multi-agency staff and WCC-commissioned services who support Warwickshire residents.
<b>How to Book</b>	This course is run on an ongoing basis. To book, please contact <a href="mailto:erinyork@warwickshire.gov.uk">erinyork@warwickshire.gov.uk</a> for available dates. If you are not eligible for the fully funded option, we can still provide the training at a cost, so please enquire.

### Health Champions

<b>Description</b>	This programme follows the Royal Society of Public Health syllabus for Understanding Health Improvement – Level 2. With a dual focus on building delegates' knowledge of the principles of health improvement and also understanding how to influence behaviour change, this workshop is ideal for those who are looking to inspire and motivate others to improve their health and wellbeing.
<b>Delivered By</b>	Warwickshire County Council Learning Partnership
<b>Method of Delivery</b>	Online
<b>Length</b>	1-day
<b>Cost</b>	Fully funded
<b>Availability</b>	Available to all multi-agency staff
<b>How to Book</b>	This course is run on an ongoing basis. To book, please contact <a href="mailto:erinyork@warwickshire.gov.uk">erinyork@warwickshire.gov.uk</a> for available dates.