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A webinar for Professionals supporting families with their mental health

29th April 12.30pm



Self Care

Helping families develop coping strategies to improve their wellbeing in pregnancy and new parenthood



COVENTRY AND WARWICKSHIRE Local Maternity System

# To start

Please go to menti.com and type in code 1296 1813

The menti poll is anonymous.

### Please note

Please pop your questions in the chat anytime, and we will pick them up at the Q&A at the end of this webinar.

If you give a thumbs up to the questions you're interested in, they'll be prioritised.

Coventry and Warwickshire
Health and Care Partnership

### **Agenda**

Time	Item	Lead
12:30	Welcome and Introductions	All
12:35	Menti poll and Recommendation of coping strategies	All
12:50	One mum's experience of wellbeing in pregnancy – Maarya's story	NCT Parents in Mind
13:05	Recommendation of organisations	All
13:15	Guided mindfulness practice	IAPT
13:20	Q&A and Feedback	All



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### Results from Menti poll -

If you don't already signpost families to self-care strategies / organisations, what do you think will help to make it easier?

Denominator = 65 responses

69% (45 responses) of responses ask for more knowledge/clarity on available services – their offers, referral processes, and eligibility criteria. Trust, ease of referrals, and knowledge of service changes during COVID-19 are mentioned too.

29% (19 responses) of responses ask for more knowledge of coping strategies.

17% (11 responses) of responses ask for a central point of information (eg crib sheet) or contact person who can advice on referrals.

5% (3 responses) feel the lack of time to make recommendations or referrals is a barrier to signposting families.

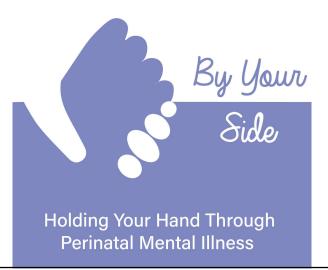
**6%** (4 responses) are categorised under 'other'. Responses include 'networking opportunities' and 'more time for Children and Family Centre colleagues to do the signposting as this is part of their role'







# Recommendation of partner organisations – By Your Side

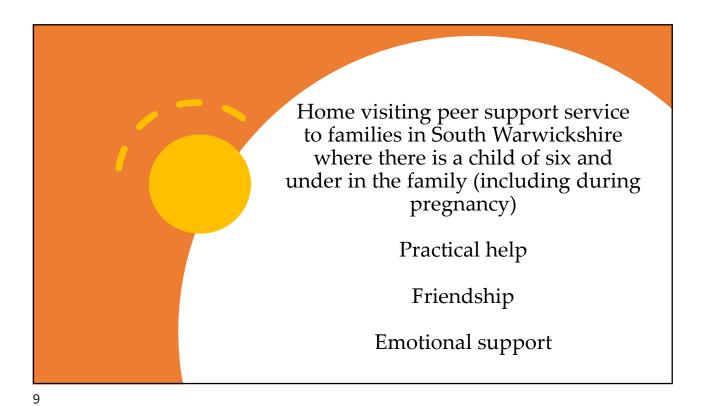


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https://www.facebook.com/ByYourSidePerinatal/

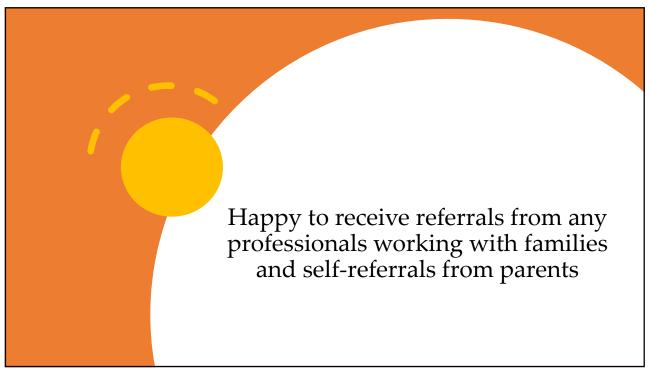
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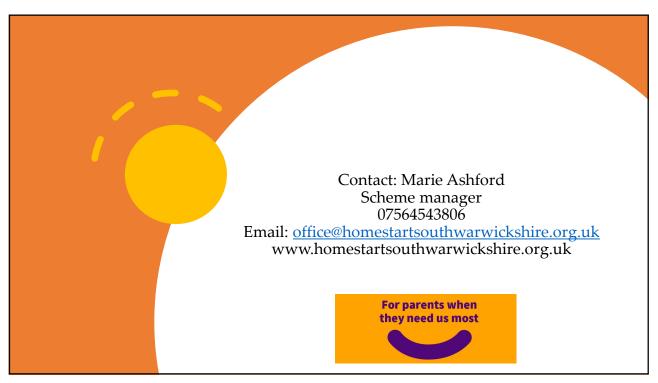




Trained volunteers are matched with a family – family's needs/volunteer experience

Support can continue for as long as the family needs support





# Recommendation of partner organisations – IAPT

#### Sarah McKay

CBT Therapist and Perinatal Champion Improving Access to Psychological Therapy Sarah.McKay1@covwarkpt.nhs.uk

#### **Georgie Newbold**

Senior Psychological Wellbeing Practitioner Improving Access to Psychological Therapy Georgie.Newbold@covwarkpt.nhs.uk

## NHS

Coventry and Warwickshire Partnership NHS Trust Webpage: https://www.covwarkpt.nhs.uk/iapt

Video: <a href="https://www.youtube.com/watch?v="vvlYLBk9il">https

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# Recommendation of partner organisations – Mamma Mia



https://www.covwarkpt.nhs.uk/mamma-mia/

# Recommendation of partner organisations – NCT Parents in Mind

#### Sarah Hislam

Local Project Manager NCT Parents in Mind Sarah.Hislam@nct.org.uk



https://www.nct.org.uk/about-us/commissionedservices/parents-mind-perinatal-mental-health-peersupport/parents-mind-coventry-warwickshire

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### Summary



- Family wellbeing programme which addresses the unmet support and wellbeing needs of families
- Provides a pathway of support based on early intervention and prevention
- Strengthened by support for mental health
- Focused on outcomes
- Underpinned by a robust volunteer programme
- Integrated support based on effective local partnerships
- Flexible support in the context of the pandemic
- Strong business case average cost of supporting each family £418
- Robust impact measurements and data monitoring

www.parentingproject.org.uk

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# Family Support



- ▶ 1:1 support for parents and children
- ► Guidance and a plan for dealing with specific problems e.g. debt, housing issues, school attendance, child behaviour, domestic abuse and confidence
- Usually delivered in the family home
- Visits tailored to the needs of the family
- Case files open and recorded on the ECINS database

www.parentingproject.org.uk

## Counselling & Psychotherapy



- ▶ Accessed for 18 weeks provides a platform for achieving good outcomes
- ► Each parent is assessed and matched with a counsellor
- ► Trauma informed and person centred approaches
- Progress and outcomes are measured using the CORE 34 Outcomes Measure (OM)
- ▶ Linked to universities counsellors on placement
- Counsellors supported with clinical supervision, team meeting and mentoring
- ▶ Training programme for counsellors
- Members of the British Association for Counselling and Psychotherapy (BACP)

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## **Parent Mentoring**



- ► For parents who would benefit from practical and/or emotional support with parenting
- ► Weekly support for 3-6 months provided by a Parent Mentor volunteer usually in the home
- ▶ Parent Mentors are rigorously recruited and trained
- Programme delivered by the Parent Mentor Lead
- Outcomes include increased confidence in parenting, emotional wellbeing, independence and improved familial relationships

www.parentingproject.org.uk

## **Group Activities**



- ► Group activities are provided for parents and children
- ► The Family Wellbeing Team are continually introducing new group activities which are mostly of therapeutic value
- ► Group activities include:
  - Lego Based Therapy
  - Baby Massage
  - ❖Art Therapy
  - Parenting Programmes
  - Friendship Groups

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# Recommendation of partner organisations – Recovery and Wellbeing Academy

Kerry Shildauer
Deputy Lead
Recovery and Wellbeing Academy
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https://www.recoveryandwellbeing.co.uk/

# Recommendation of partner organisations – Togetherall



https://togetherall.com/en-gb/

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## Thank you for joining us today

Feedback

Please go to menti.com and type in code **1296 1813** 

# Sign up to our webinars

At www.happyhealthylives.uk/our-priorities/maternity-and-paediatrics/parent-infant-mental-health/

Webinar name	Date	Occasion
Maternal Mental Health – Every Mum Counts: How to support the mums in your care	4 May 2021	Maternal Mental Health Awareness Week
Little Ones: Supporting parents to nurture foetal and infant relationships	9 Jun 2021	Infant Mental Health Week
Being Dad: The importance of helping dads and partners achieve good mental wellbeing in the first 1001 days	15 Jun 2021	
How to work the Pathways: Helping parents with perinatal mental health problems access the help they need	ТВС	World Mental Health Day
Falling through the Net: Providing inclusive mental health care in the 1001 days	? Oct 2021	Black History Month

