

Regional IMH Framework

Achievements

- Development and delivery of a wide range of evidence-informed services to support infants and their parents, with evident impact.
- Influencing policy and policy makers – e.g. as evidenced in the Mental Health Strategy, Protect Life 2, and A Fair Start.
- The launch of all Trust-level Infant Mental Health Strategies, and their implementation through local strategy groups.
- Developments across the workforce to support infant mental health through training and capacity building, including Solihull, M7/M9 and other opportunities.
- There is a wider increased awareness of the importance of infant mental health – reaching new audiences with key messages.
- There has been successful continued service delivery during the Covid-19 pandemic with adaptations made to services where possible.



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The Way Forward

Future priorities:

- Joining the dots between local & regional infant mental health strategies, & other strategic developments, to provide equality of opportunity for all babies.
- Promotion and awareness raising of infant mental health through a public awareness campaign to address perceived gaps in general knowledge.
- Increased focus on supporting dads, particularly post-pandemic.
- Now more than ever, embedding trauma informed practice for all.
- Committing to local research on needs and on impact of services. What do local practitioners actually need to know?
- Research to understand the longer term impacts of the pandemic on infant development for local children.
- Ensure a focus on mild to moderate need, alongside development of specialist services
- Make use of available population and service impact data to ensure services meet local needs.
- Consideration of future workforce needs, capacity and education, and potential opportunities for recruitment.
- Recognition of COVID-19, the pressures facing services and the workforce, and allowing time to rebuild, reset and heal.
- Making time to clearly include the voice of service users in service development, delivery and strategy.



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