




# Setting up an Evidence-Based Infant Mental Health Service

## “Whakatupu Ora”



Gill Graham  
Team Manager



70 Kerrs Road, Wiri  
Manukau City  
Sth Auckland

**COUNTIES MANUKAU** DISTRICT  
HEALTH BOARD

A Community Partnership

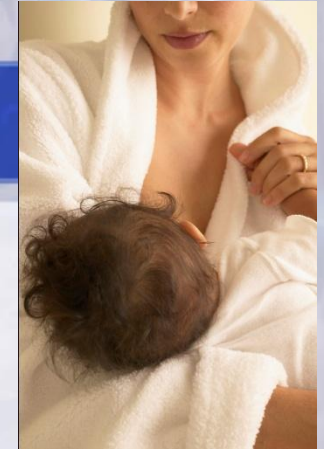
# RECAP

## Infant Mental Health Working Group

- |                                     |   |
|-------------------------------------|---|
| <b>2008</b>                         | <b>2009/10</b>                              |
| <b>Literature Review</b>            | - <b>Dr Sally Merry</b>                     |
| <b>DVD project</b>                  | - <b>Look at You – Aroha Atu, Aroha Mai</b> |
| <b>Infant Mental Health Service</b> | - <b>Whakatupu Ora</b>                      |

*Who are we?*

Perinatal  
(Nga Whetu Tiaohi)  
Team Manager:  
Gill Graham



Whakatupu Ora  
(Infant Mental  
Health)

Maternal Mental  
Health

# Whakatupu Ora

(to grow, to nurture, the wellbeing of our young)

- **Established 2009**
- **Recruitment**
- **Development of Operational Guidelines/clinical pathways/programmes/trainings/resources**
- **Location (November 2009)**

# Nga Whetu Taiohi

## family of stars, reflection of our young family units

- **Team Manager ( Adult MH)**

0.5 management 0.5 clinical IMH

- Whakatupu Ora (8FTE)

Psychiatrists  
Psychologists  
Psychiatric Nurse  
Occupational Therapist  
Child & Family Therapist  
Child Psychotherapists  
Maori Clinical Positions (1.5 vacant)

- Maternal Mental Health(5.8)

Psychiatrist (to be apptnd)  
Comprehensive Nurse (MH)  
Social Workers  
Occupational Therapists

## Realities in South Auckland

- 8,000 birth/year, low socio-economic, multi-cultural ( Maori, Pacific, Asian), teen parenting, substance abuse, child abuse
- Other services working with infants: Maternity, MMH, NGOs, well child services, well child high risk, PAFT, Family Start, Child Health, Community Paeds, Disability, Inpatient paeds, Neonatal Unit
- Child Mental Health (mostly see 5-18yrs)
- Age range for Whakatupu Ora: 0-3 i.e, 4<sup>th</sup> birthday (before B4 school)

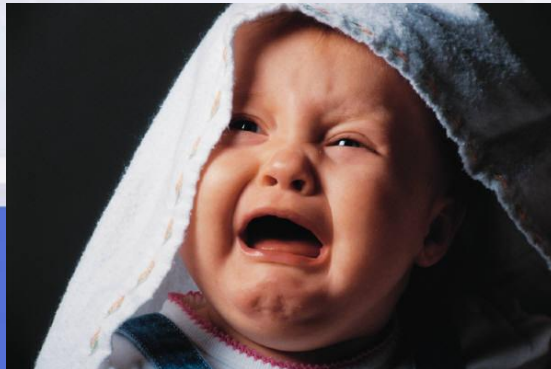
# Evidence Base

- **Prevalence of IMH disorders (DC 0-3): ~15%**
  - **Interventions with most evidence of efficacy ( Dr Sally Merry):**
    - **Parent-Child Interaction Therapy (\*\*\*\*)**
    - **Watch, Wait and Wonder (\*\*\*), Infant Parent Psychotherapy (\*\*)**
    - **Circle of Security (\*\*)**
    - **Mellow Parenting (\*\*), Parent Training Programmes (\*\*\*\*), Child Parent Psychotherapy for Family Violence (\*\*\*\*), DIR (\*\*)**
  - **Maori models (Atawhaingia Te Pa Harakeke, Hoki ki te Rito)**
- **Cost effectiveness: \$6-\$17 saved per dollar invested (Knudsen)**

## *Who to refer for assessment?*



- Clients where primary or secondary care interventions to address the current concerns have been tried and:
  - have been unsuccessful
  - are not available or
  - are not appropriate (e.g. problems are too severe for primary or secondary care)



## *Minimal Criteria of Acceptance (1)*

- BOTH of the following are present:
- The child displays emotional or behavioural difficulties that are:
  - **much worse** than difficulties experienced by other children of the age
- AND
  - **persistent**



## *Minimal Criteria of Acceptance (2)*

**For newborn infants** – only one the criterion below is necessary)

- The child's primary caregiver:

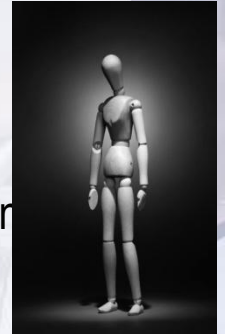
- has significant difficulties bonding with the child

**OR**

- has mental health difficulties likely to have a significant negative impact on infant's social and/or emotional development

**OR**

- has past or current adversity likely to have a significant negative impact on the infant's social and/or emotional development



## *Pregnant Mothers (3<sup>rd</sup> Trimester)*



### **ALL 3 criteria must be present:**

- woman's perception of the unborn infant is either:
  - significantly distorted, with strong anger / rejection or fear of the unborn infant, or
  - lacking emotional connection, with detached or indifferent feelings toward the unborn infant
  
- The woman is displaying concerning behaviours consistent with the disrupted perception of the infant described above, and
  
- These difficulties cannot be solely explained by a major mental illness, such as psychosis or severe depression



## *Typical referrals to our service:*

- Behavioural difficulties – Oppositional and Conduct disordered toddler
- Separation anxiety
- Complex case manifestations
- Parental mental health issues-affecting bonding and attachment
- Developmental difficulties impacting on the parent and/or parent-child relationship
- Parental un/intentional neglect of child's emotional needs
- Feeding difficulties



## *DC: 0-3 R Diagnoses*

- Post-Traumatic Stress Disorder
- Deprivation / Maltreatment Disorder
- Adjustment Disorder
- Regulation Disorder of Sensory Processing
- Disorders of Relating and Communicating
- Multisystem Developmental Disorder
- Other Disorders



## *DC: 0-3 R Diagnoses*

- Disorders of Affect
  - Prolonged Bereavement / Grief Reaction
  - Anxiety Disorders
    - Separation Anxiety Disorder
    - Specific Phobia
    - Social Anxiety Disorder (Social Phobia)
    - Generalised Anxiety Disorder
    - Anxiety Disorder NOS
  - Depression
    - Major Depression (Type I)
    - Depressive Disorder NOS (Type II)



# Interventions



- ② We provide parental guidance, through in situ coaching of the parent (PCIT)
  - ② promotes the development of attachment behaviour to enhance parent-child relationship
  - ② Supports the parent in addressing problematic behaviour they struggle addressing
  - ② Parents are expected to go home and practice with their child/ren on a daily basis

# Interventions



- ② We provide parental guidance, helping parents observe their child through review of videotaped footage
- ② Therapeutic viewing promotes the development of reflective capacity
- ② Facilitate associations, reflections, memories, insights
- ② Ask questions about mother's view of baby's experience



# Measurements

- Behaviour
- Development
- Specific diagnoses
- Caregivers
- Service satisfaction

Ages & Stages - Social-Emotional (ASQ-SE)

Parenting Stress Index (PSI)

Edinburgh Depression Scale/Beck Depression Scale

Eyberg Child Behaviour Inventory (ECBI/SESBI)

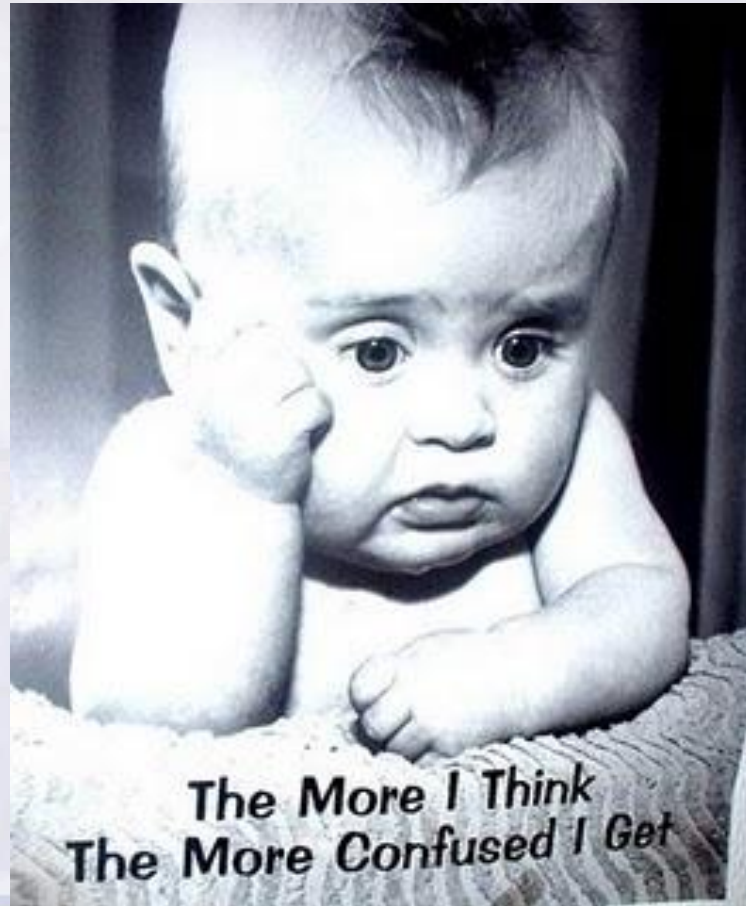
Brief Infant-Toddler Social and Emotional Assessment (BITSEA)

Brown's ADD Scales

Bayley III

Renfrew Language Scales - includes Action Picture test, Bus Story test & Word Finding Vocabulary test

# *Conclusion!*



**The More I Think  
The More Confused I Get**