



**Mothers and Babies Service
CHRISTCHURCH**

**&
Infant Mental Health**

“Redesigning Health Care with Patient”

- Crisis/opportunity for Infant Mental Health
- 03/03/07 Met with Programme Manager
- 30/03/07 Child Health Workshop

What we are doing

- Clinician appt'd- *1999 to develop the infant focus*
- Staff (4) IMH completed/completing Dip/Masters in IMH via NSW Institute of Psychiatry
- Regional Liaison
- Introduction to IMH (University of Otago/CHCH school of medicine)

IMH

- Increase in “finding the infant”
- PBQ
- Keys to Caregiving
- Watch Wait & Wonder
- Care Index
- Video facilities (SSP)
- Mother-infant music group/brag group
- Plunket liaison (MDT)/supervision

Issues

- Funded to care for the mother/MH risk factor
- Not a 0-3 service – no sustained care/monitoring
- Limited psychodynamic/relationship-based skill-base (emotional development)
- Insufficient training/supervision
- Models not cognisant to the level of unwellness

Interface Issues

- **Within health systems**
 - adult/child
 - mental/physical
 - primary/secondary/tertiary care
- **Across child services**
 - education, social, health, care/protection, & welfare)
- **Promotion/Prevention/Intervention**

Resource/Training Needs

- Increased capacity for IMH assessments/formulation/intervention
- How to and when to implement a particular intervention
- Infant developmental guidance skills for mental health workers
- Collaborative record keeping of the infant's development

Training/Resources cont'd

- Develop the interagency model e.g Strengthening Families to include a common IMH language/skill base.
- interventions, relationship-based across all agencies
- Reduce the number of workers with a family and increase time frames

Priority

- Build the knowledge of the mother-infant experience across all child and adult services
- **Know what we don't know**
- **Supervision**