

Cardiff Parents Plus Psychology-Led Service

Cardiff City Council
(People and Communities)

Cardiff Early Help
(A range of Early Help services for Families)

Cardiff Parenting (0-18)
Parents Plus (0-5)
Parents First (6-18)
Parenting Groups (0-5)
Parenting Groups (6-18)



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Indirect Work

- Attachment, Relational and Trauma Informed Service (A.R.T.I.S.) **Community of Practice Group** (Cardiff and Vale).
- **Consultation** and **co-formulation**.
- Psychology informed **training** for practitioners.
- Working at a local and national level (**Parent-Infant Network Cymru, Wales Hub for Infant Mental Health, WG Campaign**).

Headline Outcomes 2021-22:

- **459** colleagues benefited from our delivery of **psychology-informed training**.
- **34** 'Thinking Together Conversations' were held with colleagues (**Social Workers, Health Visitors, Family Support Workers and Early Childcare Practitioners**).
- Draft report for Health Education and Improvement Wales (HEIW) around **IMH training in Wales**.

Growing the Health of Lifelong
Development: An Infant Mental Health and
Early Child Development Training Pathway
for Wales

March 2022



Prepared By:
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- Feb-March 2022 commissioned to carry a piece of work for Health Education and Improvement Wales.
- The brief was to complete a comprehensive review of current Parent and Infant Mental Health Training and provide recommendations for development of a suitable and effective **Infant Mental Health Training Programme** for practitioners in Wales (Level 3 up to Diploma/Masters Level).
- Recommendations included:
 - An **interactive**, as opposed to passive, foundational training resource followed up by **reflective learning provision** e.g., a group tutorial/community of practice sessions.
 - Children & Young People's Task & Finish group and the Perinatal Task & Finish group **integrated** into one task & finish process.
 - Provision of a **Parent-Infant Mental Health Lead for Wales**, to oversee and coordinate this training programme.

Please email nicola.canale@cardiff.gov.uk for an electronic copy.

Direct Work

- Therapeutic, **psychology-informed interventions**, in the home/community.
- **Formulated** and **clinically supervised** by psychologists.
- **Dyadic**/triadic in nature.
- Range from **targeted interventions** (for families experiencing early difficulties whose needs cannot be met by universal services alone) to more **specialised interventions**.

Headline Outcomes 2021-22:

- **1,603** psychology-informed sessions with parents and children in the home/community.
- **41** sessions were with families who are currently **homeless**.
- **145** personalised, psychology-informed, parent-child interventions - **42** were completed by fathers/significant males.
- **91%** showed **evidence of distance travelled** as measured by a standardised assessment tool.



Lynne Neagle - Deputy Minister for for Mental Health and Wellbeing in Wales...

- Interested in visiting a specialist Parent-Infant relationship team.
- Would like to understand more about the service and what interventions 'look like'.
- Visiting Parents Plus in May 2022.
- Meeting the team, looking at examples of casework (VIG, etc.) and meeting parents and infants who have recently worked with us.
- If anyone has any other ideas on what to showcase, please share your knowledge and experience.

Welsh Governments Early Years Integration Transformation Pathfinder Programme

Welsh Governments Vision:



“We want children from all backgrounds have the best start in life, giving everyone the opportunity to reach their full potential and maximise their chances of leading a healthy, prosperous and fulfilling adulthood, enabling them to participate fully in communities, the workplace, and contribute to the future economic success of Wales.”

Welsh Government, National Strategy, Prosperity for All (PFA)

