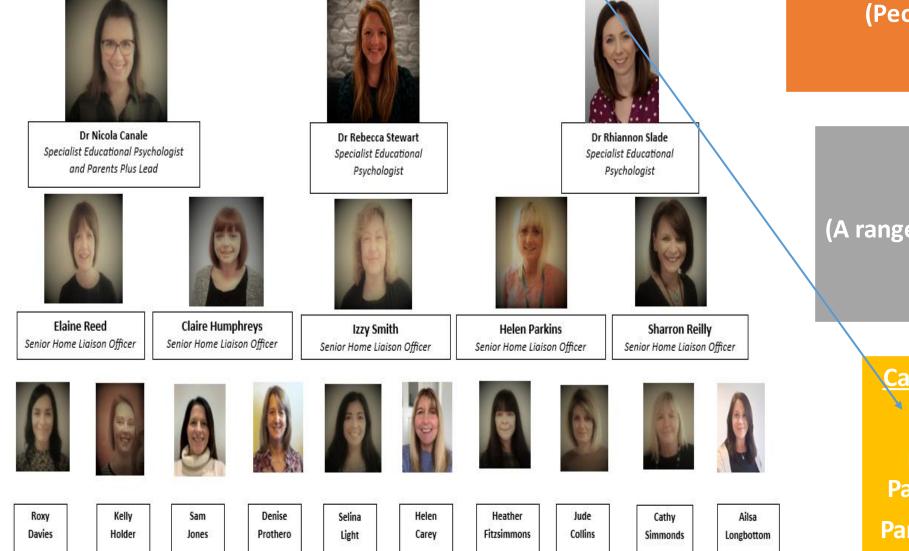
Cardiff Parents Plus Psychology-Led Service



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)

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.

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).

- Working at a local and national level (Parent-Infant Network Cymru, Wales Hub for Infant Mental Health, WG Campaign).
- 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: Paddy Martin, Nicola Canale & Laura Mariner

- 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 <u>nicola.canale@cardiff.gov.uk</u> 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

