**CAMHS Infant mental health Pathway I-Thrive Activities**

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| **Advice-Support**  Signposting, self-management and one-off contact | **Getting Help**  Goals focused, evidence informed, and outcomes focused intervention | **Getting More Help**  Extensive Treatment | **Getting Risk Support**  Risk management and crisis response |
| * Telephone Consultation for practitioners working with parents and young children (0 to 5yrs) * Multi-agency training for practitioners working with parents and young children where there may be parent/infant relationship difficulty * Signposting to other appropriate services e.g., Children centres, Family support, Early years, ACCESS * Formulation of cases with attachment focus * Information and resources on attachment, play and attunement   Plans/ hopes for the future   * Solihull foundation training for professionals * Reflective space for practitioners thinking about parent/ infant/ young children’s relationships | * Telephone, video or face to face consultation for practitioners working with pregnant women or 0- 5 years * Specialist assessment leading to recommendations about what services/ interventions or resources would be helpful from our service or other agencies   Team targeted interventions   * Interventions to improve parents understanding of early childhood developmental needs * Intervention to improve responsiveness and attunement for baby and young child * Brief Infant Child / Parent Psychotherapy * Brief family psychotherapy * Brief Parent Psychotherapy * COS 4 months – 8 years 8 sessions * Timid to tiger Parent group 3-10 years: 10 sessions * VIG 3 cycles * Watch wait wonder * Dyadic parent child therapy * Specialist nursery and home Observations * Watch me play * Intervention for parents to support their own self regulation and self soothing to improve mentalisation skills and regulation for the baby/ young child * Working with proffesional network and family (such as TAM/ EHATS) around the child to help support positive mental health in infants and young children and to advocate for the child’s psychological needs and keep the child at the heart of discussions   Plans for the future  Thrive | * Professional consultations: Telephone, video or face to face for practitioners working with pregnant women or 0- 5 years * Specialist assessment leading to recommendations about what services/ interventions or resources would be helpful and appropriate either from our service or other agencies   Team interventions   * Extended psychoanalytical assessments where needs are not yet fully understood or shared by all or more time is needed to be clear about the appropriate intervention or how well the family can make use of the work * Long term parent infant psychotherapy * Long term child/ parent / family psychotherapy * Therapeutic work with parents to support reflective sensitivity * Psychological interventions * Mentalization therapy/ work * VIG * Dyadic child parent therapy * Watch me play * Intervention for parents to support their own self regulation and self soothing to improve mentalisation skills and regulation for the baby/ young child * Specialists Observations in nursery home/ clinic * Therapeutic report writing      * Working with proffesional network and family (such as TAM/ EHATS) around the child to help support positive mental health in infants and young children and to advocate for the child’s psychological needs and keep the child at the heart of discussions   Plans for the future   * Delivery of Solihull trauma training to all agencies/ practitioners working with 0-5 or older? | For discussion at a later time  Our work with children at risk of harm or parents at risk from self harm or harm from others |