



Building Attachment and Bonds Service (BABS)

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BABS – SUPPORTING PARENT INFANT MENTAL HEALTH

BUILDING BONDS AND BREAKING FAMILY CYCLES...

Probably the most important period in everyone's life if the one that they cannot remember'....

Relationships are everything.. So we must



National Drivers for BABS & Change

- **1001 Critical Days & ‘Best Start for Life’ (2021)**
 - Best window to break cycles & give children best start
- **Investing In Babies: Economic Case for Action (2022)**
 - Case for investing in Parent Infant Mental Support
- **Marmot Report: All Together Fairer (2022)**
 - Need for reducing Health Inequalities
- **Tackling Mental Health Disparities (2022)–**
 - Boost Early Years Mental Health Support (0-3 Focus)
- **Reset: Independent Review of Children’s Social Care (McCalister, 2022) -**
- **The National Framework for Maternity, Child & YP Health & Wellbeing (2022)**
 - Replacing HC Programme
- **Born into Care**



Building Attachment & Bonds Service (BABS) Specialist Parent Infant Mental Health Service (PIMHS)

***BABS Stories/Voices of Families – Always Say it Best! -
Full Service Video***

<https://vimeo.com/324965119>

(Password to open link – buildingbonds)

Relationships are Everything!!



Building Bonds & Breaking Cycles

<https://clipchamp.com/watch/yZH8sthIk0W>



Short 2 Minute BBC Video

Building Attachment and Bonds Services (BABS)



- BABS Services offer specialist, ‘easy to engage’ Parent Infant Mental Health support which support parents & babies mental health/wellbeing, the bond & attachment relationship & the challenges families face in this period.
- BABS is a unique mental health service. It provides vulnerable families with a much needed psycho-social model of care/support that helps parents struggling in the ‘1001 critical days’ to separate out their past/present issues from their relationship with their baby, which can impact & pose a risk – at times, resulting in removal/separation
- BABS Services offer an integrated, partnership & multi-agency model of care. Services are co-located in the Family Hubs/Children Centres

Building Attachment and Bonds Services (BABS)



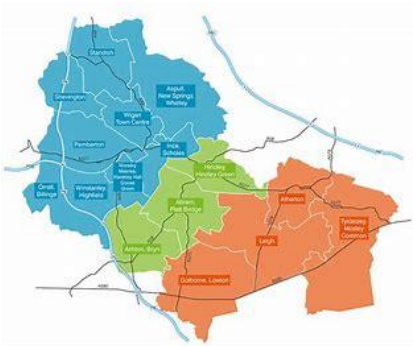
Knowsley



Sefton



St Helens



Wigan

Building Attachment & Bonds Service (BABS) Specialist Parent Infant Mental Health Services (PIMHS)

The Past 8 years BABS has:

- Been developed across 4 Merseyside Borough's over the past 8 years (Knowsley, Wigan, Sefton & St Helens)
- Delivered life changing outcomes & evidenced how it can break cycles of ACES, save significant costs & make ' a real difference to vulnerable complex families'
- Won multiple national regional & national awards
- Been assessed as 'Outstanding/Good Plus' PIMH Services & model of care. BABS are being pushed for accreditation.
- Carried great out 'Real Life Research' – Evidenced outcomes, cost savings short/long term with Liverpool & Edge Hill Universities.



Knowsley Building Attachment and Bonds (BABS) Parent Infant Mental Health Service (PIMHS)

The impact of a Specialist PIMHS on ACEs, Attachment and Child Development

Attachment Relationships

Positive relationships support people to be resilient and to overcome serious hardship and adversity



Babies need at least one loving, sensitive and responsive relationship with an adult to support their development



BABS mothers reported a significant increase in maternal attachment (21.5 increase in scores) following intervention. This was consistent for mothers with high and low ACEs

74% of BABS mothers had 4+ ACEs

Despite high maternal ACEs reported (5), BABS PIMHS intervention had a significant positive impact on attachment and child development

Mothers with high ACEs have a 61% increased risk of having a child with an autism spectrum disorder



6+ ACEs
↓
Poorer Outcomes
Early Death



70% of children of BABS mothers were meeting their developmental milestones in all areas 14-27 months after intervention



Impact of BABS Parent Infant Mental Health Service

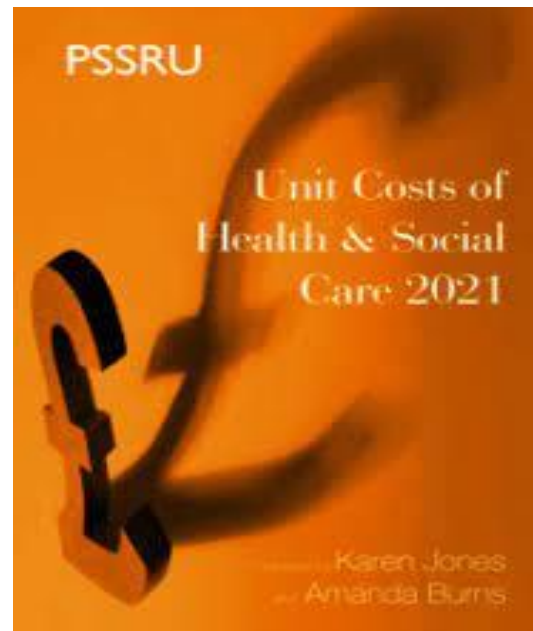
- **Objective:** To investigate the impact and outcomes of a specialist PIMHS intervention on maternal anxiety, depression and reflective functioning.
- **Participants:** 46 mothers, 11 enrolled postnatally.
- **Timeline:** November 2018 – February 2020
- **Interventions:** Mother Infant, Midwifery/Psychotherapy support.
- **Outcome** – BABS improved maternal attachment, parent & infant mental health & reduced vulnerability factors & risk





‘What Potential Return on Investment has BABS made with this 1 Family?’

**PSSRU Unit Cost of Health & Social Care (2021) –
*Predicted Annual Cost Savings***



“Our Relationships are everything”



PSSRU Unit Cost of Health & Social Care (2016) – *Predicted Annual Cost Savings*

Description	Potential Savings = £ Saving
1 year in Care System and adoption (full LAC package)	£244,293
1 year in Foster Care LA Own Provision (no service support costs)	£30,732
1 year of family involvement with social care	£128,141
Criminal Order and Probation Trust Services (Supervision, Community Order Provision)	£7,185
1 year on JSA (52 x £73.00 for over 25)	£3,796
1 year Alcohol/Drug Treatment (Outpatient) based on 20 sessions over the year	£2,480
1 year Alcohol/Drug Detox Treatment (Inpatient) £1,074 per week	£55,848
Adult Mental Health (Community Outpatient) Based on average of 20 Sessions of CMHT Contact	£2720
Adult Mental Health (inpatient) £373 per day based on 3 months + initial assessment	£34,336
Child & Adolescent Mental Health Service (CAMHS) (based on 15 sessions)	£3,255
Independent Domestic Abuse Worker (work lasts 6 months)	£8,600



BABS - Heart of Prevention & Transformation

- Strengthens integration within Family Hubs & giving infants 'Best Start'
- BABS – Champion & advocates for Vulnerable Complex Families
- 'True Integration' - BABS/CSC Partnership MDT Pre Birth Assessments for vulnerable/at risk – preventative model of assessment & interventions
- Prevents infants being removed at birth/post birth = HUGE cost savings – less children entering care system, more remaining with parents who can offer 'good enough' parenting



BABS

Prevention & Transformation

Growth & Development of BABS Partnership Pre birth Assessment/Intervention Model

‘Real Integration with Health & Local Authority
Supporting Most Vulnerable Complex Families,
with Place Based Population Health in Mind

‘Service with True Integration’ - BABS/CSC
Partnership MDT Pre Birth Assessments for
vulnerable/at risk – preventative model of
assessment & interventions



Josh McCallister Review of Children's Social Care Relationships are Everything!!

“Achieving this reset starts with recognising that it is loving relationships that hold the solutions for children and families overcoming adversity”.

McCalister 2022



Building Workforce Capacity – supporting the most vulnerable parents & infants

- GAP In Workforce development – Need to build capacity for MDT professionals to support Parent Infant Mental Health with most vulnerable/at risk families
- ‘Building Bonds & Breaking Cycles Specialist PIMH training – Is 1 of many specialist PIMH training courses



**If you would like further information email –
lisa@buildingbonds.org.uk**



**THANK YOU FOR
LISTENING!**

ANY QUESTIONS??

LISA