

Thriving Together

A service to support early family relationships for parents, carers infants, and children under-five across Cornwall and the Isles of Scilly



Great care

Great organisation

Great people

Great partner



Hello



Dr Christine Volney- Clinical Lead Thriving Together
Penny Piggott- Educational Psychologist Thriving Together



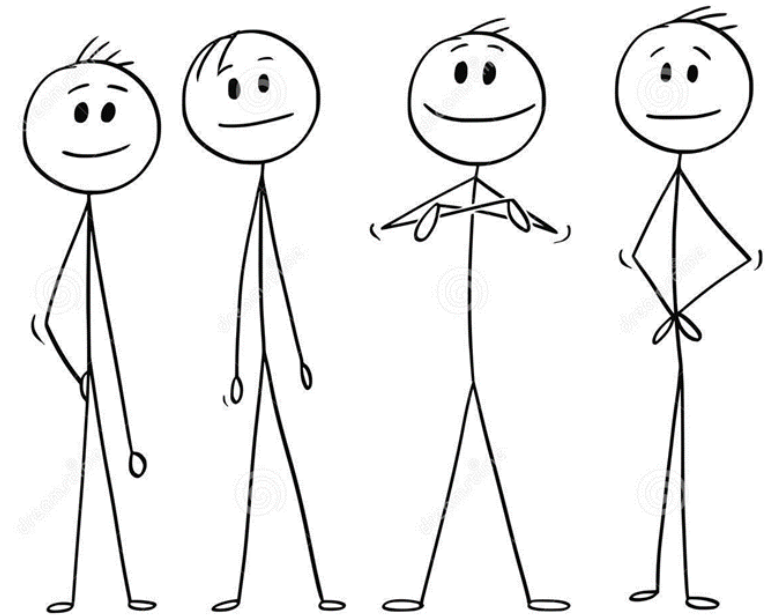
The consultation model of Thriving Together

- All Thriving Together referrals go to our multi-agency consultation meeting where we meet with all the professionals involved with the family, for example, Health Visitors, Nursery workers, Social workers, and Family support workers.
- Our consultations pay particular attention to the lived experience of infants and small children. This is through consideration of the family narrative and close observation. In this workshop we aim to share our thinking around the importance of a trusted system for the family in securing a positive therapeutic outcome. We will explore multi-agency and multi-disciplinary working as a key element to improving cohesive professional networks around the family. A strength of our model is the development of a set of 'Understandings,' related to that individual family generated in the consultation. These 'Understandings' aim to sensitively tell the story of the family and consider relational and developmental risk. They also include a shared multi-agency plan; this is sensitively shared with the family, who are at the centre of the shared decision-making process for the next positive steps.



Who is in the team?

- Team Administrator
- Service Manager
- Child and Adolescent Psychotherapists
- Clinical Psychologist
- Educational Psychologist
- Specialist Health Visitors
- Trainee Psychotherapists



Families Thriving Together support....

Parents who are struggling in their relationship with their infant or child from conception to 5 years old

Parents who experienced a difficult pregnancy and/or birth

Parent or carers who are struggling to connect emotionally with their baby or child

Parents whose young child is struggling to separate

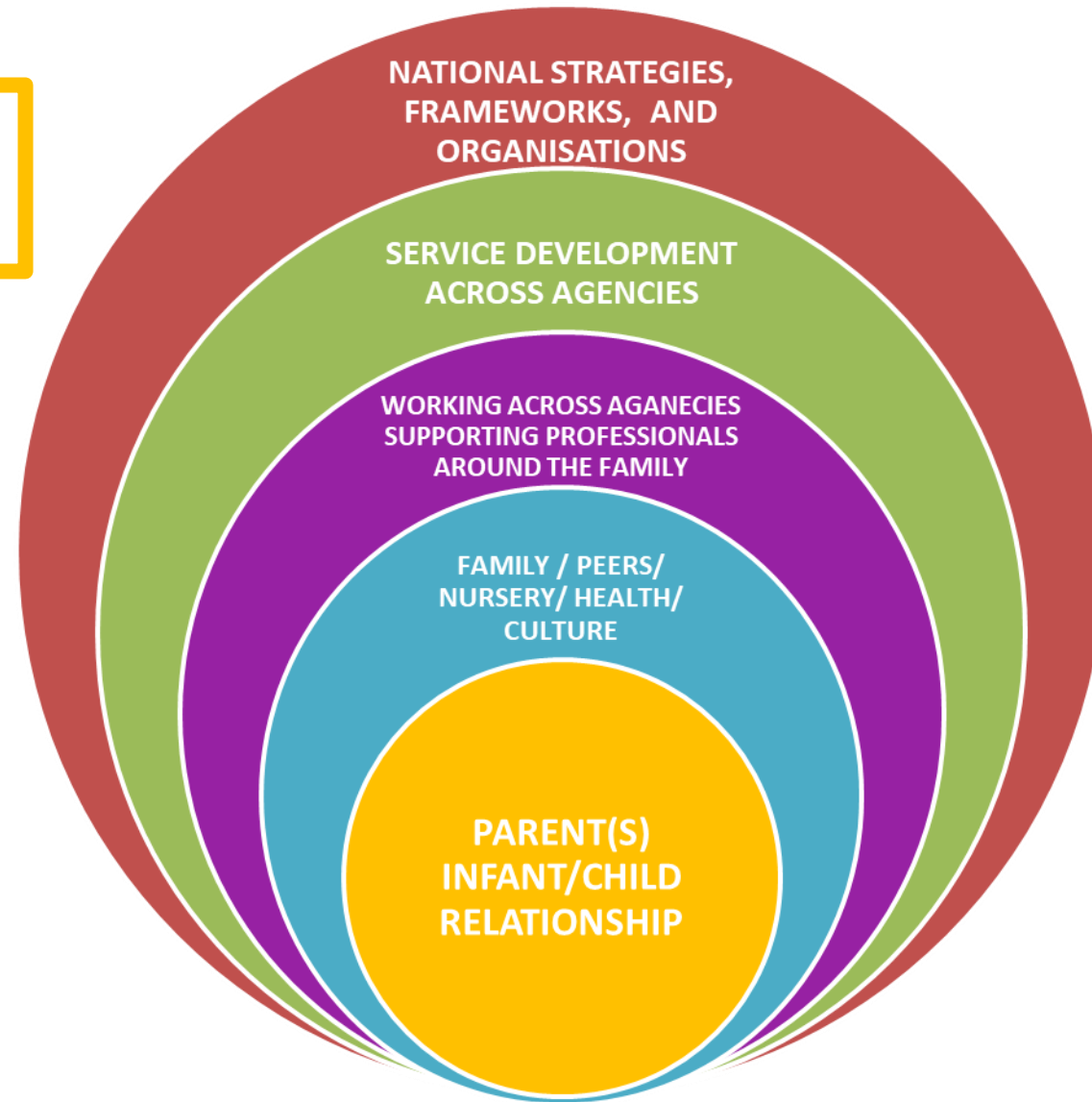
Parents or carers who have experienced their own difficulties which are now impacting on their parenting and relationship with their preschool child

Where there are concerns about a young child's emotional development and wellbeing



Our Relationships Across the System

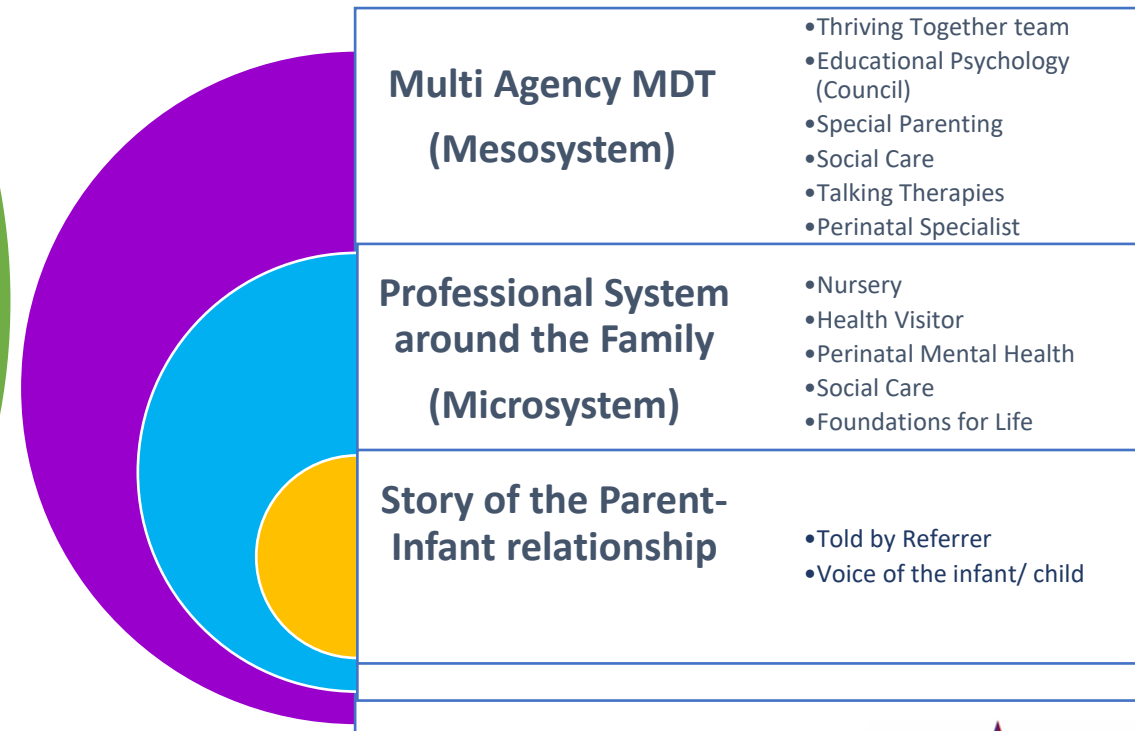
INTERSECTIONALITY
RUNS THROUGH EACH
STRUCTURE



Parent/Carer-child relationships do not occur in a vacuum, but are embedded in larger structures



Weekly Consultation Group - Family Ecosystem Representation



Activity – thinking about your system

Consultation
story of
Parent-Infant
relationship

Referrer - joined
by the system
around the child

Multi-agency
& Multi-
disciplinary
professionals

**Working across agencies
(Mesosystem)**

Interactions between the
child's microsystems.
Individual microsystems do
not function independently
but are interconnected and
assert influence upon one
another.

Consultation model presented in three parts

- Consultation set up
- Consultation
- Understandings



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How is the consultation is set up?



Referral received



Allocated TT Practitioner contact referrer



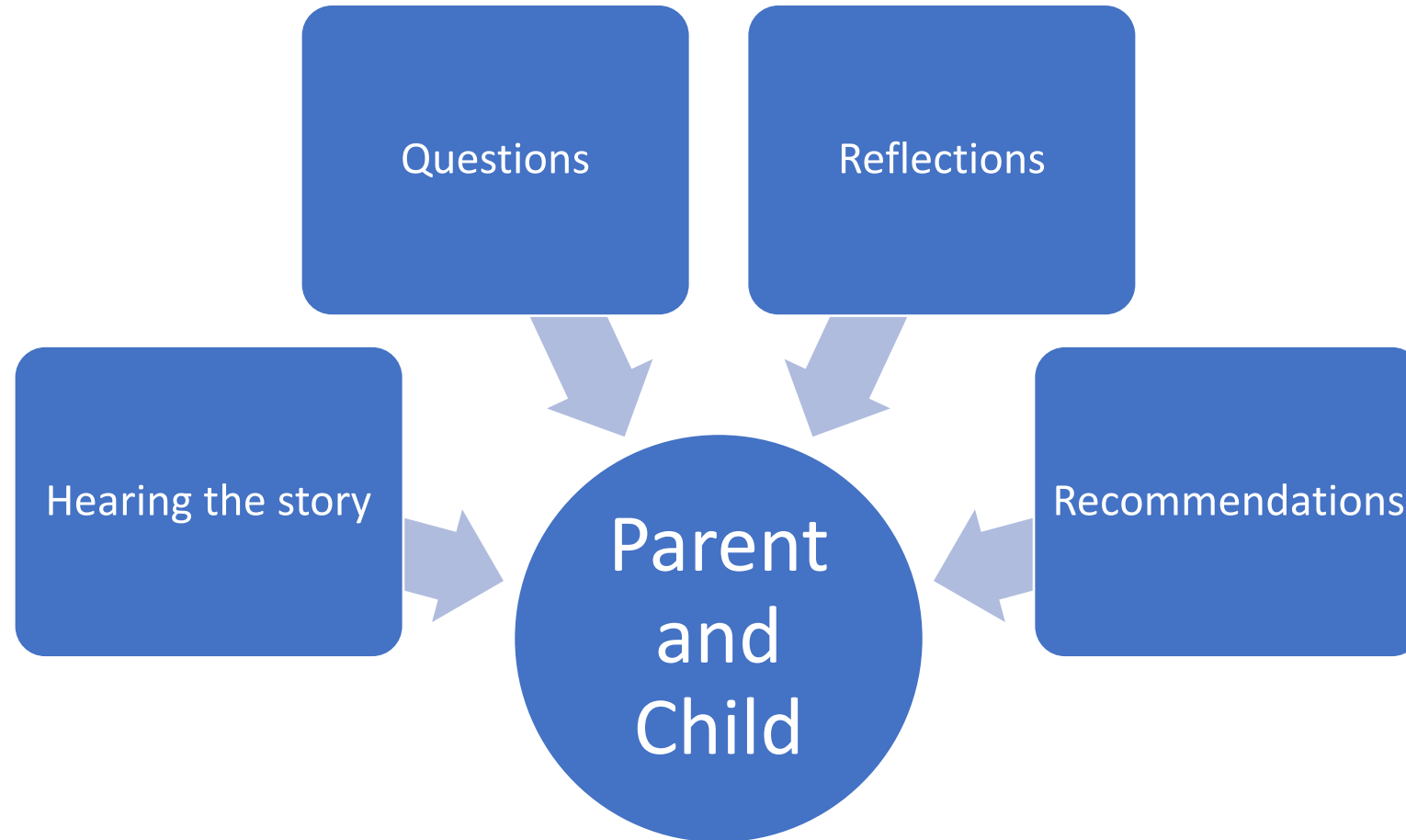
Information gathering ROMs/ Consent/ reasonable adjustments/ who is in the network/ TT work up*



Supporting network before consultation.



The Consultation



Thriving Together Group' Understandings

The Understandings

- Understandings provide a map for the family and the system to go forward
- They should sensitively tell the story of the Parent-Infant relationship.
- A shared plan of the multi-agency / multi-disciplinary group understandings are written up by a member of TT. Critiqued by the team, then shared with referrer for sensitivity to the family (amendments made if necessary).
- Referrer shares with the family.
- Shared decision making

Date of 'Thriving Together Group': Friday		
Name of Child:	NHS Number:	DOB:
Referrer Details: Other Practitioners attending: Core Group present for discussion: Perinatal Mental Health, Educational Psychologist, Health Visitor, Early Help, CAMHS LD Apologies: Thriving Together Practitioners		
Chair:	Minute taker:	
Thank you for giving permission to discuss your concerns within the 'Thriving Together' Group. This group of professionals are multi-disciplinary from across agencies, working with infants, children, parents, families, and young people. Information is shared across agencies whilst also maintaining your confidentiality. As with all agencies and professionals working with children and families the safeguarding procedures will be followed when required. Thriving Together will share these understandings with your GP and other practitioners, who were present in the meeting and who work directly with your family. If you have concerns about this, please discuss this with your referrer and they will inform Thriving Together.		
Family History and background to referral The infant/ child's character, what they like, their development and health. The positives in the relationship. Who is in the family home. What concerns the parent/ carer has about the relationship. Pregnancy and birth history, background to parents if applicable (for example, sensitively describe mental health difficulties, domestic violence, generational trauma). Observations from the nursery and practitioners of child and how the child interacts. Help the family have previously and are currently receiving. Other community support being accessed.		
What you and we are worried about? What's working well?		
<u>Thank you for agreeing to the consultation and we hope the following points will be of help:</u> Help for Mum. Help for Dad. Help for parents and child relationship. PLEASE TELL US IF YOU DO NOT WANT YOUR UNDERSTANDINGS TO BE DISTRIBUTED TO THE PROFESSIONALS LISTED BELOW		

CC. Parent – to be shared by the referrer.
GP / Referrer / Other Practitioners involved [\(RUC\)](#)

Outstanding care for all

Chair: Margaret Schwarz. Chief executive: Debbie Richards
 Head office: Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QN
 Call us on 01208 834 600 | Visit our website at cornwallft.nhs.uk



Thriving Together Specialist – Skills and Resources

- Watch Me Play
- Nursery and home based observations
- Observational skills
- Solihull approach tools
- Video interaction guidance
- Short and long-term parent-child psychotherapy
- Psychoanalytic parent-care work
- Psychology based interventions
- Specialist health visiting
- Brazelton early baby observations
- Mentalisation based treatments
- Trauma informed treatments



Challengers and Supporters

- Supporting different views
 - Being heard
 - Holding ambivalence and alternative thoughts
- Managing gaps in the system
 - Leadership across agencies
 - Adult mental health referrals
- Shared language and understanding
 - Solihull
 - WMP



Helpful aspects of Consultation

Someone reflected on the 'rival needs' of mother and child; this observation was really helpful as it allowed me to gain a deeper understanding of mothers behaviours which I sometimes find difficult to manage.

For me it was important to have my concerns for this family validated

- It was really good to be able to talk through the case and hear views and responses from different perspectives and backgrounds. This is a different offer to, say, supervision, which for us is with someone with the same professional background.

There was a clear child focussed approach , I think this was helped because of the child focussed referral. I felt that there was no elements of repeating each other , which meant everyone was able to keep it relevant in their thinking and keep A the focus of the conversation.

Thank you

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Thriving Together Parent Infant Mental Health Team
CAMHS

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<https://www.cornwallft.nhs.uk/thriving-together/>

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