

ABC PiP Referral Guidance

What is ABC PiP?

- ABC PiP is an early intervention service for parents to be and families of babies up to 24 months old.
- It is unique in that the team is multidisciplinary and delivered in partnership with Barnardo's
- Our service aims to form stronger bonds and secure relationships between parents and their babies.

ABC PiP Services

ABC PiP offers an assessment and intervention service to parents and infants who reside in the South Eastern Health and Social Care Trust (SEHSCT) area. The service is open to parents who wish to work on their bond with their baby. Examples of difficulties that can occur include life stress or early experiences that may be making it difficult to connect to their babies and carry out the emotional aspects of the parenting role. A variety of interventions are offered, including individual and group approaches. Therapeutic interventions include consultation to professionals, Parent-Infant Psychotherapy, Video Based Guidance, relationship focused key work support, and play-based work. Most individual work will be carried out in the family home. Group work at community locations within the Trust area are also offered, including Solihull, Mellow Bumps, Mellow Babies, Brazelton Neonatal assessment and Baby Massage/Yoga.

ABC PiP are mindful that it is important for the parents support network, be it family or professionals to access information and training. We can also provide consultation and training to professionals and aim to include family supports where possible. Queries in regards to professional training can be made by contacting us.

Who is Eligible to be Referred to the Service?

The service is available to parents who feel they would like therapeutic support to develop their relationship with their baby. This may be impacted by high levels of stress, mental health, a difficult experience of birth, the parent's life experiences, or the infant's health. The service focuses specifically on factors which impact the relationship between parent and infant. We will prioritise referrals from areas of SEHSCT, where there is a lack of other appropriate parent support services available or where it is particularly challenging for parents to access other available services due to their difficulties.

Inclusion Criteria:

- **The family must live in the SEHSCT area.**
- **The infant must be under 24 months old.**
- **The concerns presenting must be impacting on the development of the parents' relationship with the baby.**

Exclusion Criteria:

- **Parents who have psychological needs which do not appear to impact directly on their relationship with the infant.** Such needs are generally best met by alternative services (e.g., parents or carers with pre-existing mental health needs which would be best met within community mental health services). If this is the case, our service may be of help in signposting the family member to alternative services within the community.
- **Where the level of complexity of the issue is deemed not sufficient to warrant psychotherapeutic intervention.** The team may offer consultation and advice to professionals instead to enable them to meet the family's psychosocial need.
- **Where a parenting assessment to inform care planning is sought for court.** The focus of our input is therapeutic and whilst we liaise with other professionals involved, we would not be undertaking specific parenting assessments for court purposes. We may not be able to attend case conferences. However, we can provide more general feedback on engagement, the focus of our work and progression towards these goals. If an infant's care plan is unclear, the scope of our involvement would need to be carefully considered in liaison with professionals involved.
- **Where there are behavioural issues that do not appear to be related to the parent-child relationship.** In which case the team will support professionals to consider appropriate alternative services.

Sometimes, it can be unclear whether psychological conditions are related to the relationship with the baby or what service best meets the family's psychological needs, and if this is the case, referrers are invited to make contact with the ABC PiP to discuss the case and decide whether it fits our criteria or needs to be signposted elsewhere.

Who can Refer Families to the Service?

Referrals will be accepted from:

- **Families directly**
- **GPs**
- **Health Visitors**
- **Midwives**
- **Social Workers**
- **Voluntary and Community Organisations.**

How to Refer a Family for Support?

A referral form can be accessed by contacting us directly or through iConnect. If you have a concern regarding the psychological wellbeing of a family, then please take the following steps:

- Consider how the service might be helpful in terms of support to the family (e.g., consultation; staff support; direct intervention; group work provision).

- Ask the family for consent to make the referral. If a family do not wish to be seen by us directly, we may still be able to offer consultation to staff.
- Complete the referral form and send by email or post to ABC PiP (contact details below).

ABC PiP CONTACT DETAILS

Email: ABCPIP@setrust.hscni.net

Telephone: 028 95988056

Address: ABC PiP, SEHSCT, 8 Moss Road, Ballygowan, BT23 6JE

Janine Dougan, Service Coordinator

Telephone: 07725058393

E-mail: Janine.Dougan@setrust.hscni.net

Hours of Work: Mon-Fri, 9-5

Roberta Marshall, Service Manager

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Hours of Work: Mon-Thurs, 9-5

Bridget Tiernan (Dr), Clinical Lead

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