

Bolton's Integrated Perinatal & Parent-Infant Mental Health Pathway Overview



Working together, professionals will actively promote positive outcomes for parents/caregivers and infant; ensuring access to the right support, at the right time, in the right place. This will be achieved through early identification, assessment, and intervention to support parent and infant mental health and early relationships. This pathway applies from conception up until a child reaches two years of age. See Social & Emotional Wellbeing Pathway for children 2+.

Information, advice, guidance and intervention

The Early Years Delivery Model, is underpinned by the 8 Stage Assessment Model; Framework for Action; workforce development initiatives; and aligns with the Thrive Framework, which conceptualises needs of children into five groupings: "Every Child" Thriving; Getting Advice; Getting Help; Getting More Help; Getting Risk Support.

Stage Assessment Model in Bolton		Workforce Development
<p>Stage 1 - Antenatal Contact In pregnancy Public Health Nursing (PHN) Collated information from Midwifery & PHN assessments</p>	<p>Stage 5 – 24 months Public Health Nursing & EY Provider Integrated Review/Information to be shared ASQ3; ASQSE; and EYFS statutory progress check</p>	<ul style="list-style-type: none"> • A professional development offer is available for the Early Years Sector at large in line with local needs and priorities coordinated by Bolton Start Well. • The pathway is underpinned by training in Early Help & supporting processes, Ages & Stages Questionnaire-SE; Thrive Framework; Early Years Foundation Stage; & the Solihull Approach.
<p>Stage 2 – New birth visit 10-14 days Public Health Nursing Newborn Behavioural Observation (NBO)</p>	<p>Stage 6 – On entry to Nursery (universal 3/4-year-old provision) EY Provider/School EYFS Assessment (ASQ3 & ASQSE for targeted use)</p>	
<p>Stage 3 – 2 months Public Health Nursing GAD-7 and PHQ-9 Ages & Stages Questionnaire 3 (ASQ3) & ASQ Social Emotional (ASQSE)</p>	<p>Stage 7 – On entry to Reception in school Public Health Nursing, EY Provider and receiving School Integrated Review/Information to be shared ASQ3 & ASQSE; Individual Health Needs Assessment; and EYFS Assessment</p>	<h3>Essential Information</h3> <ul style="list-style-type: none"> • Further information on the pathway inc. a directory/glossary of services can be found at: www.boltonstartwell.org.uk/homepage/19/bolton-early-years-integrated-pathways • This document should be read in conjunction with the Bolton Framework for Action which can be found at: www.boltonsafeguardingchildren.org.uk
<p>Stage 4 – 9 months Public Health Nursing ASQ3 & ASQSE</p>		
<p>Stage 4b (recommended) – 18 months Start Well or Public Health Nursing To identify need and promote uptake of 2-year-old Early Education & Childcare Offer ASQ3 & ASQSE</p>	<p>Stage 8 – up to 5 ½ years of age Schools Early Years Foundation Stage Profile within the last term of the EYFS (ASQ3 & ASQSE for targeted use)</p>	

Some interventions appear in multiple "needs based groups", recognising some individuals may require more resource, attention and coordination from those providing services across the locality.

<p>Every Child Thriving:</p>  <p>Framework for Action Level: Universal</p>	<p>Criteria for 'every child thriving': Families who are 'Thriving' will experience the normal ups and downs associated with life within the perinatal period. They are engaged with and adequately supported by universal services and when required will access prevention and promotion strategies in relation to parental and infant wellbeing universally available across Bolton.</p>	<p>For those whose current need is support in maintaining their parent-infant mental health through effective prevention, this includes access to:</p> <p>Community Midwifery Offer:</p> <ul style="list-style-type: none"> • Healthy Child Programme • Continuity of Carer • My Birth, My Choice <p>Public Health Nursing & Start Well Integrated Offer:</p> <ul style="list-style-type: none"> • Healthy Child Programme • Newborn Behavioural Obs (NBO) • Solihull Approach and Solihull Antenatal Parenting Online 	<ul style="list-style-type: none"> • Start Well digital offer inc. virtual sessions via Bolton Start Well at Home (Facebook) <p>Universal Resources & Signposting (including):</p> <ul style="list-style-type: none"> • Five Ways to Wellbeing • Tiny Happy People; Hungry Little Minds; Baby Buddy App; Start4Life; etc
<p>Getting Advice:</p>  <p>Framework for Action Level: Universal</p>	<p>Criteria for 'getting advice': Families who are 'getting advice' have mild or temporary parental mental health concerns/concerns associated with the parent-infant relationship. In addition, to what is offered universally they may benefit from receiving tailored advice and/or signposting which they can access independently.</p>	<p>Some families may need support to access the 'every child offer' through additional signposting and advice from those already involved.</p> <p>Community Midwifery Offer:</p> <ul style="list-style-type: none"> • Antenatal Parent Education • Additional contacts • Tommy's Well Being Planner <p>Public Health Nursing & Start Well Integrated Offer:</p> <ul style="list-style-type: none"> • Child Health Drop-in (also known as Well Baby Clinics) • Infant Feeding • ASQ resources & support • ChatHealth 	<ul style="list-style-type: none"> • Qwell/Kooth – online wellbeing support • Outreach family support based on Solihull Approach <p>Early Ed. & Childcare Offer:</p> <ul style="list-style-type: none"> • Brokerage Service <p>Voluntary Sector offer:</p> <ul style="list-style-type: none"> • Dad Matters Digital inc. Dad Pad • Maternity Voices • Stay, Play and Learn and Peer Support offer.

Getting Help:



Framework for Action Level: **Prevention**

Getting More Help:



Framework for Action Level: **Early Help/ Targeted Help**

Risk Support:



Framework for Action Level: **Statutory Help**

Holistic Assessment
Early Help is a multi-agency approach, working collaboratively with parents and carers to support the identification of risk and need, and to coordinate an effective and timely response via the Early Help Assessment and Plan.

Criteria for accessing help:

- **Parent/intended parent/ carer concern** in relation to mental health/ parent-infant relationship and/or
- **Professional judgement** based on holistic assessment; and/or;
- Concern highlighted via **WHOOLEY** Questionnaire and **GAD 2**; and/or
- Parent scores above cut-off on **GAD 7** or **PHQ 9**; and/or
- Concern following completion of **NBO**; and/or
- Reference to Specialist Mental Health Midwives Triaging Criteria; and/or
- Children who score 'in the grey' on **ASQ-SE**; and/or
- Child below age related expectation within the **EYFS** in **PSED**.

This support is in addition to the 'Every Child' offer. Families will require targeted, evidence-based interventions with a clear set of jointly agreed goal-based outcomes. Interventions and support includes:

- All practitioners across the early years workforce will support families using the Solihull Approach which aims to increase emotional health and wellbeing.
- Additional home-based outreach visits (inc. 'Listening Visits' offered by Public Health Nursing (PHN)) based on the Solihull Approach.
- Guided use of Solihull Parenting Online Programme (Antenatal/Pre-Birth & Understanding your baby) and ASQ resources and activities.
- Start Well Stay, Play and Learn groups.
- Use of play-based approaches including Watch Me Play & IY Baby.
- Individual/Group Home-Start PIMH Peer Support and Dad Matters.
- Signposting to Baby Basics.
- Professional consultation for advice/support from the 0-19 Health & Wellbeing Service - Enhancing Families Team, Specialist Perinatal MH Midwifery Service or Parent and Infant Relationship Service.
- Where the infant is accessing early education and childcare, they will receive additional **PSED** interventions in settings or schools.
- Adult IAPT - Step 2/Step 3 intervention this may inc. CBT & EMDR.
- CAMHS – MH interventions/support for young parents up to 18 yrs.
- One Point - either individual counselling or group intervention.
- MHIST/BAND –peer- support/drop-in sessions or group intervention.

Criteria for accessing more help:

- **Parent/intended parent/ carer concern** in relation to mental health/ parent-infant relationship; and/or
- **Professional judgement** based on holistic assessment; and/or;
- Concern following completion of **NBO**; and/or
- Parent scores above cut-off on **GAD 7** or **PHQ 9**; and/or
- Reference to Specialist Mental Health Midwives Triaging Criteria; and/or
- Children who score 'black' on **ASQ-SE**; and/or
- Child below age related expectation within the **EYFS** in **PSED**; and/or
- Early Help Assessment & family plan.

Families who are 'Getting More Help' are not conceptually different from those 'Getting Help' but will require more extensive, longer term evidence-based intervention due to increased complexity and potential risk factors associated with the parent/infant (but **do not** pose immediate danger). They are likely to require a coordinated multi-agency approach to delivering support. Additional services/interventions may include:

- Referral to Specialist Perinatal Mental Health Midwifery Service.
- Individual service Early Help offer and agreeing next steps to contribute to an Early Help Action Plan.
- PAIRS for assessment and intervention, inc. NBAS, VIG, COS-P, Baby Bonding.
- Child and Adolescent Mental Health Service for young parents.
- Adult IAPT - Step 3 & 3+ interventions (inc. CBT, CFT, EMDR, CAT).
- Adult Community Mental Health Team (CMHT).
- Perinatal Community Mental Health Team (PCMHT) where there are moderate to severe maternal mental health concerns.
- Substance Misuse Services.
- Maternal Mental Health Service (MMHS) - support for women with moderate-severe mental health difficulties, directly arising from experiences of maternal loss and/or maternal trauma.
- Targeted Early Help Service Offer.
- Children's Social Care where there are safeguarding concerns.

Criteria for accessing Risk support:

- No reported/observed progress following extensive input as detailed above and risks remain; and/or
- Families presenting with rapid deterioration in presentation/functioning due to acute internal/ external stressors; and/or
- Families who decline support but for whom professionals remain concerned about the level of risk.

Families who are requiring 'Risk Support' present with significant concern to practitioners due to parental mental health and/or the parent-infant relationship causing the potential for risk to self and/or others. There will be ongoing integrated, multi-agency working with shared responsibility for risk assessment and management in relation to both the parent and infant. Services and interventions may include:

- PCMHT maternal MH concerns, infant up to age 1.
- Adult Community Mental Health Team (CMHT).
- Child and Adolescent Mental Health Service for young parents.
- All Age Mental Health Liaison Service (AAMHL).
- Home Based Treatment Team (HBTT).
- Adult inpatient ward admission.
- Mother & Baby Unit admission if concern re: maternal mental health.
- Safeguarding support via Children's and/or Adult Social Care.
- MMHS - working alongside other teams such as CMHT, Perinatal CMHT, HBT or Crisis Team to support them in the management of risk for women with moderate-severe mental health difficulties, directly arising from maternal loss and/or maternal trauma.
- Specialist professional consultation and liaison via the PAIRS.
- Specialist Perinatal MH Midwifery Service or Enhancing Families Service with an emphasis on offering risk management advice.
- Liaison with other relevant specialist services including risk-based services within the voluntary sector.