Coventry has developed a parenting support strategy. Warwickshire is planning a cross-partnership project to review the countywide parenting support offer and to develop a strategy, in line with the wider Children & Families Transformation programme.

**Recommendations 23 May 2017 Workshop**

| Steering functions | Set up a multi-agency parent-infant mental health and wellbeing steering group
| Map and benchmark parent-infant mental health support in Warwickshire and Coventry, using MABIM tool.
| Improve capture of parent-infant mental health service data, to inform more accurate needs assessment.
| Develop a 5 yrs parent-infant mental health and wellbeing strategic plan and related task & finish groups.

| Networks | Establish a Warwickshire and Coventry parent-infant mental health and wellbeing network to help build consistency and quality of parent-infant mental health and wellbeing support through shared outcomes, standards, competencies.
| Capture the voices of mums, dads and families, and develop a network of willing parents - with experience of parent-infant mental health issues - for the purposes of co-production.
| Develop links to West Midlands Perinatal Mental Health Forum.

| Communication | Challenge stigma relating to mental health issues and reduce parental fear of disclosing problems, through co-produced narrative, behavioural insights and 're-framing'.
| Freephone for parents experiencing mental health and wellbeing issues.
| Co-design and co-produce a parent-infant mental health & wellbeing portal for practitioners, parents and families, to improve information sharing and signposting.

| Strengthen pathways and services | Strengthen parental mental health support - particularly for dads - using needs assessment to inform approaches.
| Consider the evidence-base for parent-infant mental health and wellbeing (dyadic/triadic) support/interventions.
| Evidence-based dyadic/triadic support to be available and delivered across all adult and infant mental health service tiers.
| Accreditation (i.e. use of kite mark model) for local service that support families with parent-infant mental health needs.
| Grow more free-low cost support for families where there are inter-parental relationship issues and conflict during the 1001 critical days.
| Establish a PIP service in Warwickshire.

| Workforce development | Consider evidence-base parent-infant mental health training and undertake workforce development needs assessment that considered whole pathway (from prevention to tier 3/4).
| All multi-sectoral staff who work with families in the 1001 Critical Days to have a level of knowledge and skills in parent-infant attachment, and the ability to support and encourage the parent/infant relationship. (i.e. Making Every Contact Count, with different levels of training).
| All multi-sectoral staff who work with families in the 1001 Critical Days to be equipped with training to support parents with lower-level (mild) needs, enhance early identification and speed up the initial response. (i.e. Making Every Contact Count, with different levels of training).
| Develop effective supervision models between agencies for parent-infant mental health support.

| Starting early | Start parent-infant relationship promotion and education with young people in schools.
| Increase universal group-based antenatal opportunities to learn about being a parent (including importance of reflective functioning) and grow their own peer support networks.

---

**Parent-Infant Mental Health & Wellbeing Steering Group: Warwickshire & Coventry**

**Steps on a Page**

**Next 8 months (Nov 2017 - July 2018)**

- **Sub-Group 1: PIMH&W Pathway and Services.** To be chaired jointly by PIMH&W and Warwickshire Health Visiting Service. This group will also cover (a) workforce development needs assessment (from prevention to tier 3/4) and (b) examination of the evidence/cost effectiveness of PIMH&W and dyadic training.
- **Sub-Group 2: Building Networks.** To be coordinated by Warwickshire Public Health. This ‘virtual’ group will cover two strands of work: (a) development of a group network of parents with lived experience, for purposes of co-production; (b) organising of a PIMH&W conference in June 2018, with the purpose of presenting the 5-year PIMH&W strategic plan, and establishing a professional network, linked to other relevant regional networks.
- **Working Group 3: Marketing and communications.** To include (a) co-production of a PIMH&W portal/digital platform, designed for parents and professionals, (b) use of behavioural insights expertise to help in ‘re-framing’ PIMH&W narrative and reducing stigma. Not set up yet. Scoping of this group planned for March 2018.
- **Working Group 4: Insights Working Group.** Currently a virtual group, led by Warwickshire Public Health. Tasked with (a) MABIM mapping; (b) working with Pathway & Services Sub-group to consider prospective data capture requirements across PIMH&W pathway.

**Bank of ideas:** Formulated and partially worked-up idea banked, in anticipation of any future funding/pron opportunities.

---

**By Sept 2018**

- **DRAFT 5-year Parent-Infant Mental Health and Wellbeing Strategic Plan for Warwickshire & Coventry**
  (with related sub-groups)

---

**November 2018 Multiagency Conference to agree Strategic plan**

---

**Pushing at any open doors?**

- **Strategic**
  - Parenting Programme – Strategy/Review
  - STP MH + Maternity/Paediatrics
- **Operational**
  - New emotional wellbeing and mental health service for CYP (CAMHS)
  - Re-commission of HV service
    - Guided self-help
      - Links to VAWG and refuges
  - IAPT Development
  - Family Hub
  - Community Hubs
  - Training offers – MECC, 5 ways
- **FIS –** online information, self-help, promoting self-efficacy
- **Funding**
  - NHS funding for perinatal MH wave 2
  - STP workforce development funding