



## **Perinatal and Infant Mental Health Training Plan Knowledge and skills training for Health Visitors**

Health Visitors have a vital role in prevention and detection of Perinatal and Infant Mental Health (PIMH) difficulties and in providing skilled support to families through collaboration with multiagency partners where needed.

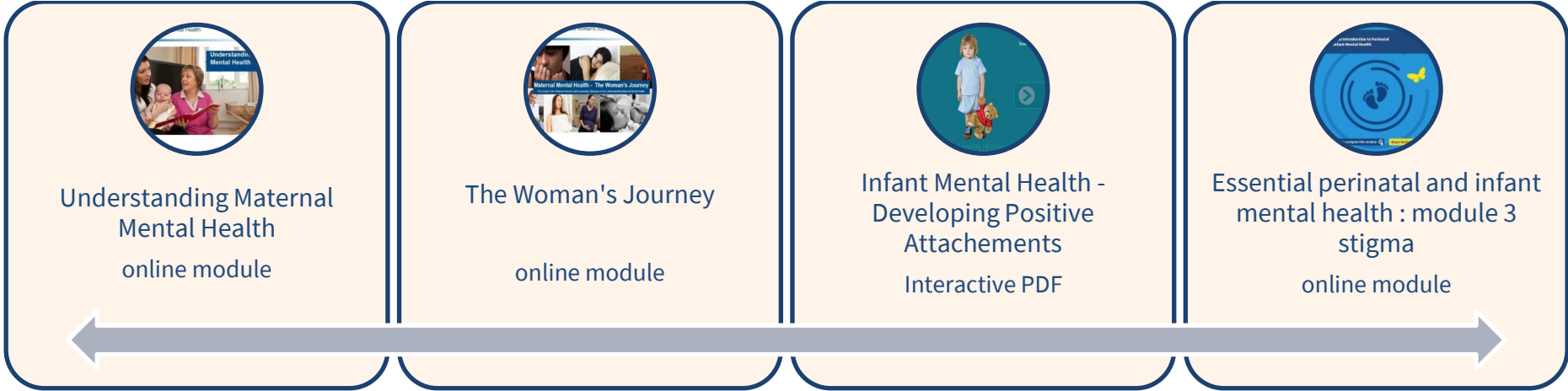
This training plan has been developed in line with the ['NES Perinatal and Infant Mental Health Curricular Framework'](#), published in 2019. Most Health Visitors will be working at the **Skilled level** of the Curricular Framework but those with special interest or specialist roles may be working at **Enhanced or Specialist level** and should refer to the [NES Perinatal Mental Health Training Plan](#).

It is recognised that Health Visitors need to have both knowledge and skills in perinatal and infant mental health to enable them to fulfil their role. With this in mind the training plan offers suggested education solutions for both domains.

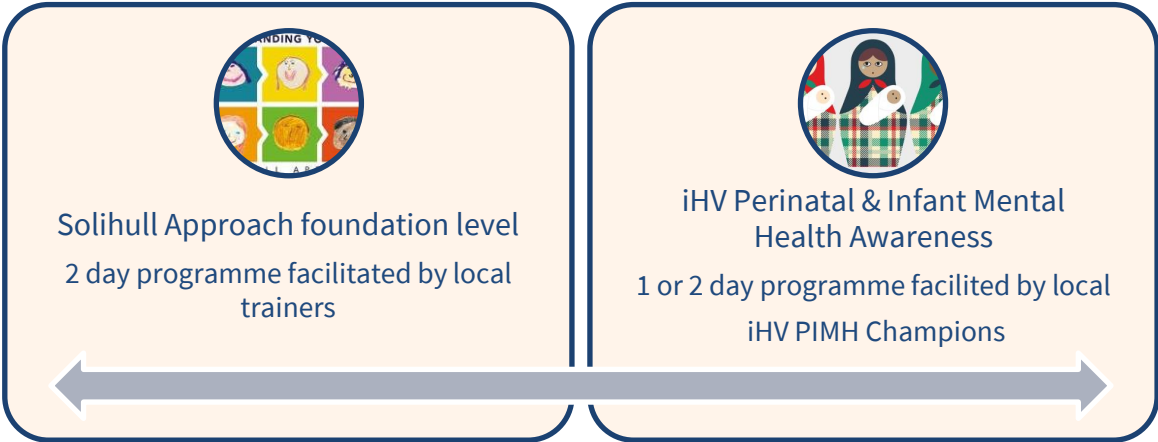
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*Version 1.0*

**Knowledge domain**



**Skills domain**



## Further details of the education offer available for Health Visitors - Knowledge domain

### [Understanding Maternal Mental Health eLearning module](#)

- is intended for all professionals who have an interest in, or are working with, women and their families throughout the perinatal period.
- is designed to provide you with the background information you need on mental illness, medication and treatment issues, pregnancy, and maternity care.



It will take approximately 1 to 1.5 hours to work through the module. You will also find links to a wealth of further resources at the end.

### [Maternal Mental Health: The Woman's Journey eLearning module](#)

By the end of this course, you will be able to:

- discuss approaches to optimise maternal mental health and well-being in pregnancy and postnatally.
- describe the recommended multidisciplinary care pathways and management strategies for women with mental health problems during pregnancy and the postnatal period.



It will take approximately 1 hour to work through the module.

### [Infant Mental Health: Developing Positive Early Attachments interactive PDF](#)

The resource aims to provide practitioners with a starting point for learning about this topic by presenting some of the key facts and principles and then signposting to other high-quality evidence-based learning.



It will take approximately 1 hour to work through this resource.

### [Essential Perinatal and Infant Mental Health: stigma eLearning module](#)

We know that lots of women don't get the help they need in the perinatal period because of the stigma associated with mental health problems, stereotypes about motherhood, and fears about coming forward for help. We are increasingly aware of inequality of outcomes for minority ethnic groups – including higher mortality rates and mental health morbidity. Our Stigma module explores how you can help reduce the impact of stigma and discrimination in the perinatal period.



It will take approximately 30-45 minutes to complete this module.

## Further details of the education offer available for Health Visitors

### Skills domain

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#### **Solihull approach – foundation level**

**Provided locally via trainers, Health Visiting Leads will be able to advise on current availability.**

**Alternatively contact [psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk)**

The Solihull approach, developed by health visitors, child psychologists and child psychotherapists, brings together three core psychological constructs of containment, reciprocity and behaviour management with the aim of helping parents understand their child's behaviour in the context of their development and the parent-child relationship. It focuses on developing nurturing and supportive relationships between children and their carer by promoting reflective, sensitive and effective parenting. It aims to improve the parent-child relationship as well as the child's confidence, self-esteem and behaviour.



The 2-day foundation training delivers a thorough introduction to the Solihull approach model. Aimed at all practitioners who work with parents and families, it focusses on the core concepts of containment, reciprocity and behaviour management and how these can be integrated with practitioners' professional roles.

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#### **Perinatal and Infant Mental Health Awareness Training**

**Provided locally via iHV PIMH Champions, Health Visiting Leads will be able to advise on current availability.**

**Alternatively contact [marie.balment@nhs.scot](mailto:marie.balment@nhs.scot)**

The 1 or 2 day course delivers a awareness level training which covers a wide range of topics, including:

- understand and value the importance of adopting a relational and trauma informed approach when working with families.
- have an increased awareness of available contemporary policy and research.
- know the range of perinatal mental health conditions and be able to recognise the clinical features.
- knowledge of interventions, including therapeutic and pharmacological approaches.
- have an increased awareness of the risks associated with perinatal mental illness related to suicide and safeguarding
- assess and articulate a parent – infant observation.



## Additional education offers for Health Visitors to consider

### Perinatal and Infant Mental Health Champions training

Interested Health Visitors should discuss being nominated by Health Visiting Leaders. More information and nomination forms can be provided by contacting [marie.balment@nhs.scot](mailto:marie.balment@nhs.scot)

Bespoke Scottish training programme commissioned by NHS Education for Scotland and delivered by the Institute of Health Visiting. Aims to build advocacy for both perinatal and infant mental health, making a clear link between infant and parental mental health through developing an understanding of the evidence around PIMH.

The training addresses the fundamental requirements that are necessary for all those who work with mothers and their families in the perinatal period

Additionally, the training programme equips the Champion with the knowledge, skills and materials to deliver a cascade of the PIMH Awareness level training for colleagues.



### [Essential Perinatal and Infant Mental Health eLearning modules](#)

Each additional module takes between 30 and 45 minutes to complete, and include:

- Introduction to PMH
- Keeping Baby in Mind
- Risk in the Perinatal Period
- Assessment
- Interventions
- Pharmacological interventions



### Solihull Approach Online courses for parents.

For further information, or to access Solihull Online [select this link](#), press the 'enter code' button and use the access code 'TARTAN'.

Courses are targeted at supporting parents, teenagers, and practitioners. The current list of courses available are:

1. Understanding your pregnancy, labour, birth, and your baby
2. Understanding your baby
- 3a. Understanding your child
- 3b. Understanding your child with additional needs
4. Understanding your teenager's brain
5. Understanding your brain – for teenagers only!
6. Understanding your child's feelings – a taster course
7. Understanding your child's mental health and wellbeing
8. Understanding your relationships



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how we can best meet your requirements.



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