

NHS Lothian PAIRS service overview 2022 -23

Direct work

Assessment and signposting

One to one interventions

(including but not limited to)

- VIG
- NBO
- Reflective Parenting
- Parent-Child Psychotherapy

Group interventions

(including co-delivery with 3rd sector partners)

- Baby Bonding
- Watch, Wait, Wonder
- Circle of Security

In-direct work

Consultation

- First contact is consultation appointment with the referrer
- Both one-off and time limited support offered

Reflective practice

- Offered to Health Visitors, Nursery Nurses, *3rd sector (Sure Start Midlothian & HomeStart) and *Social Care.
**expansion planned in line with team recruitment*

Training*

1. Supporting access to *NES online training*
2. Supporting the roll out of *Solihull Approach*
3. Delivering *Solihull Foundation training*
4. Developing bespoke infant mental health training

**We encourage all organisations to use the NES perinatal and infant mental health curricular framework to determine the training pathway for their staff.*

PAIRS is underpinned by; Solihull Model, Trauma-informed care principles, Mentalization, GIRFEC, DES recommendations, 1001 days and UNICEF Rights of the Child.

We have an evaluation plan in place for the initial 12-18 months that will inform our future service development.