

Churchill's Babies: a global perspective on best practice in infant mental health

Addressing the complex needs of vulnerable parents and their children: insights from Churchill Fellows

A one-day conference hosted by PIP UK in association with the Winston Churchill Memorial Trust, Wave Trust, The Dulverton Trust and the Mercers' Company



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T R U S T



THE
MERCERS'
COMPANY

15 June 2018
at The Mercers' Hall
Ironmonger Lane
London EC2V 8HE

THE DULVERTON TRUST

Programme

Plenary sessions are in The Livery Hall. Break-out sessions are in two rooms, (A) The Livery Hall and (B) The Large Court Room, where you can choose your sessions on a first-come-first-served basis.

09.00 *Registration and coffee in the Court Dining Room.*

Plenary session in the Livery Hall.

- 09.30-09.35 Welcome from Simon Wathen, Chair of the Young People and Education Committee, Mercers' Company.
- 09.35-09.40 Introduction by Julia Weston, Chief Executive, WCMT.
- 09.40-10.00 Opening address from Rt Hon. Andrea Leadsom MP, Lord President of the Council and Leader of the House of Commons, founder of PIP UK.

10.00-10.15 *Choose a break-out room.*

Break-out session 1 in (A) The Livery Hall or (B) The Large Court Room.

- 10.15-11.00 **A:** Kerry Taylor. Parent-infant projects in New York: early years prevention and intervention.
- B:** Jill Domoney. Learning from best practice in Australia: developing perinatal mental health services.

11.00-11.30 *Coffee break in the Court Dining Room.*

Break-out session 2 in (A) The Livery Hall or (B) The Large Court Room.

- 11.30-12.15 **A:** Lyndsay Fraser Robertson. Keeping families together safely where there has been substance abuse: learning from America.
- B:** Shirley Gracias. Horses, courses, compassion and care - exploring infant mental health and men: observations from Australia and America.
- 12.15-13.00 **A:** Suzanne Smith. Babies cry, you can cope: programmes to prevent abusive head trauma in the USA and Canada.
- B:** Kathryn Hollins. Learning from Norway: how Circle of Security parenting can be embedded in health, childcare and social care to create healthy relationships.

13.00-14.00 *Lunch in the Court Dining Room.*

- 13.30-13.50 Informal lunchtime screening of film by Emma Arran, 'Take Her Hand', which explores global approaches to supporting socially marginalised pregnant women (Livery Hall).

Break-out session 3 in (A) The Livery Hall or (B) The Large Court Room.

- 14.00-14.45 **A:** Carolyn Blackburn. Relationship-based early intervention services for children with complex disabilities: lessons from New Zealand.
- B:** Nicola Doherty. Transatlantic tales: enhancing outcomes for babies born sick or early, via knowledge gained in Canada, America and Ireland.
- 14.45-15.30 **A:** Jenny Griffiths. Evidence-based interventions for infants traumatised by domestic violence: Lessons from the USA and Australia.
- B:** Yvonne Osafo. Best practice in parent-infant psychotherapy: lessons from Scandinavia and America.

15.30-15.40 *Regroup in The Livery Hall.*

Plenary session in the Livery Hall.

- 15.40-16.10 Questions for the speakers.
- 16.10-16.30 Closing address from Anthonilla Koutsoudi, Director of External Relations, the WAVE Trust.

1630 *Conference ends.*

Guest of honour

Andrea Leadsom

The Rt. Hon. Andrea Leadsom MP is the founder and patron of PIP UK, and launched the 1001 Critical Days Manifesto in Parliament with cross-party support in 2012. She was appointed to the positions of Lord President of the Council and Leader of the House of Commons in 2017.

Speakers

Carolyn Blackburn

Relationship-based early intervention services for children with complex disabilities: lessons from New Zealand.

Dr. Carolyn Blackburn is a Senior Research Fellow in the School of Education and Social Work. Since completing her Fellowship travels, she has been asked to talk about her findings in Moldova, Germany, Serbia, Sweden, Portugal and the UK. Her findings have also been translated into German. She has been appointed Vice President of the European Association on Early Childhood Intervention and she has held an interdisciplinary conference on premature birth involving colleagues from New Zealand and the UK.

Nicola Doherty

Transatlantic tales: enhancing outcomes for babies born sick or early, via knowledge gained in Canada, America and Ireland.

Dr Nicola Doherty is a Consultant Clinical Psychologist who leads the Paediatric Psychology Service in the Western Trust in Northern Ireland. She is passionate about promoting health and wellbeing in the early years, both through intervening early and encouraging professionals to work together 'outside the box' with the child in mind. Her other roles include positions on trusts, regional and national committees and advisory groups. Nicola is also an infant massage instructor and a mother.

Jill Domony

Learning from best practice in Australia: developing perinatal mental health services.

Dr. Jill Domoney is a clinical

psychologist and researcher based at the Section of Women's Mental Health in the Institute of Psychiatry, Psychology and Neuroscience, King's College London. She specialises in perinatal and infant mental health in both clinical work and research activities. Her research to date has included exploring the links between paternal mental health and child outcomes, developing interventions for antenatal depression, and evaluating interventions for pregnant couples where there is domestic violence. She also works clinically in the perinatal mental health service at South London and Maudsley NHS Foundation Trust.

Shirley Gracias

Horses, courses, compassion and care: exploring infant mental health and men: observations from Australia and America.

Dr Shirley Gracias is an Infant Child and Adolescent Psychiatrist in private practice, working in Bristol and London. She has been actively promoting infant mental health for nearly 20 years. She brought training in Watch Wait and Wonder to the UK and was Chair of AIMH UK from 2003 to 2006, responsible for the successful bid to hold the WAIMH Congress in the UK in 2014. Shirley has raised awareness about the importance of infant mental health for a wide audience with an article in the theatre programme for Harry Potter and the Cursed Child. In 2014 Shirley trained as an Equine Assisted Psychotherapist and is now working on how to combine these interests.

Jenny Griffiths

Evidence-based interventions for infants traumatised by domestic violence: Lessons from the USA and Australia.

Dr. Jenny Griffiths is a Primary Infant Mental Health Specialist and Clinical Psychologist based in Bristol. In her clinical work with families, and consultation with early years and social care professionals, she observed the long-lasting and damaging impact of domestic violence on young children. Her Fellowship allowed her to learn from international colleagues who have demonstrated effective ways to transform the parent-infant relationship to promote attachment security, and the development of

healthy emotion regulation skills. These approaches have the potential to be transformative for parenting practices in the UK, and to reduce the economic burden on the NHS of future adults who would otherwise need significant mental health support.

Kathryn Hollins

Learning from Norway: how Circle of Security parenting can be embedded in health, child care and social care to create healthy relationships.

Dr Kathryn Hollins is a Child and Family Psychiatrist and Psychotherapist in private practice, working with infants, parents and families. She focuses on improving mental health by strengthening relationships, especially during parenthood, pregnancy and early childhood, both clinically and via social media platforms including the 'Finding Circles' app and the Parent Hood podcasts. As a result of her Fellowship, she is supporting the national implementation of this intervention. Kathryn is a Trustee for the Brazelton Centre, which supports parent-infant relationship development via the tools of Neonatal Behavioural Observation and the Neonatal Behavioral Assessment Scale.

Anthoulla Koutsoudi

Anthoulla Koutsoudi is Director of External Relations at the WAVE Trust.

Yvonne Osafo

Best practice in parent-infant psychotherapy: lessons from Scandinavia and America.

Yvonne Osafo is the Clinical Lead of the Croydon Best Start Parent-infant Partnership. She will describe her Churchill Fellowship to Scandinavia and the USA, where she was able to observe different applications of parent-infant psychotherapy. She will also be considering the effect on clinicians of becoming deeply immersed in a family's trauma, and how they can best be supported in order to avoid burnout or vicarious traumatisation.

Speakers continued

Lyndsay Fraser Robertson

Keeping families together safely where there has been substance abuse: learning from America.

Lyndsay Fraser Robertson is a Family Outreach Worker from Edinburgh working for Circle, a small organisation in Edinburgh that supports vulnerable families. She has been working with children and families affected by substance use for four years and before this she worked with Kinship Carers, who were caring for children who had been permanently removed from their parents' care due to substance use. She travelled to Washington and Connecticut State in 2017 to explore innovative services for pregnant and parenting women affected by substance use.

Suzanne Smith

Babies cry, you can cope: programmes to prevent abusive head trauma in the USA and Canada.

Dr Suzanne Smith is the Chief Programme Advisor (volunteer) on the ICON programme, which emphasises the normality of infant crying and is designed to help parents and carers cope with the peak of normal crying and beyond. The programme includes a series of proactive 'touch points' reminding parents about key messages, and is underpinned by wider public health messaging.

Kerry Taylor

Parent-infant projects in New York: early years prevention and intervention.

Dr. Kerry Taylor is a Parent-infant Clinical Psychologist who has worked with children and families for 20 years. Kerry is the founder of Brighton Parent-infant Psychological Therapy (BrightPIP), a charity offering intensive support to expectant parents and

infants up to two years of age.

As the practice of infant mental health is relatively new in the UK, Kerry wanted to use her Fellowship to observe innovative parent-infant projects that the USA is developing in this field.

Simon Wathen

Simon Wathen was Master of the Mercers' Company in 2013-14. He now chairs the Mercers' Company's Young People and Education Committee and its Charity Governance Working Group. A solicitor by training, Simon spent 25 years at Barclays Bank in various management roles before finishing his working career as an executive director of Age UK Enterprises.

Julia Weston

Julia Weston is Chief Executive of the Winston Churchill Memorial Trust, the charity that awards the Churchill Fellowships.

Reports by many of today's speakers, and other Churchill Fellows on early intervention and prevention, can be read online at www.wcmt.org.uk/churchillsbabies

PIP UK

Parent-infant Partnership (PIP) UK supports the development of local specialist infant mental health services (PIPs) for families during pregnancy and up to the child's second birthday (the first 1001 critical days), the time that forms the foundations upon which future development will build. These PIPs provide psychotherapeutic services in local communities that focus on the relationship between the baby and his or her main caregivers. PIP UK also campaigns nationally for the recognition of infant mental health and the need for specialist parent-infant relationship support where needed.

PIP UK was founded in 2012 by Andrea Leadsom MP, alongside the 1001 Critical Days Manifesto, with the vision of giving every baby the best possible start in life. PIP services to date have been set up in Liverpool, Enfield, Brighton, Croydon and Newcastle. PIP UK continues working with sites across all four UK nations for further development of the PIP network.

Churchill Fellowships

A Churchill Fellowship is a unique opportunity to expand your professional and personal horizons by travelling abroad for up to two months, researching innovative ideas and best practice in a topic of your choice. Fellows are fully funded while travelling, and helped on return to make a difference in their professions or communities.

Applications are open until 18 September 2018, for travel in 2019. See www.wcmt.org.uk/apply. Fellowships are open to all UK resident citizens aged 18 or over, regardless of age, qualifications or background.

For 2019, Fellowships are available for projects in these categories: Artists & makers, Education, Emergency services, Enterprise and social impact, Environment, Healthcare, Migration, Nursing, Rural living, Science, Suicide prevention. There is also an Open category for projects beyond this range.

Winston Churchill Memorial Trust

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