



Implementing a standardised model of Infant Mental Health home visiting in a low-income Irish community

Curtin M.¹, Maguire C.², Buckley L.², Harford K.²,

¹School of Nursing and Midwifery, University College Cork,
²Young Knockhaneey Area-based Childhood Programme,
Cork, Ireland

**A TRADITION OF
INDEPENDENT
THINKING**



UCC

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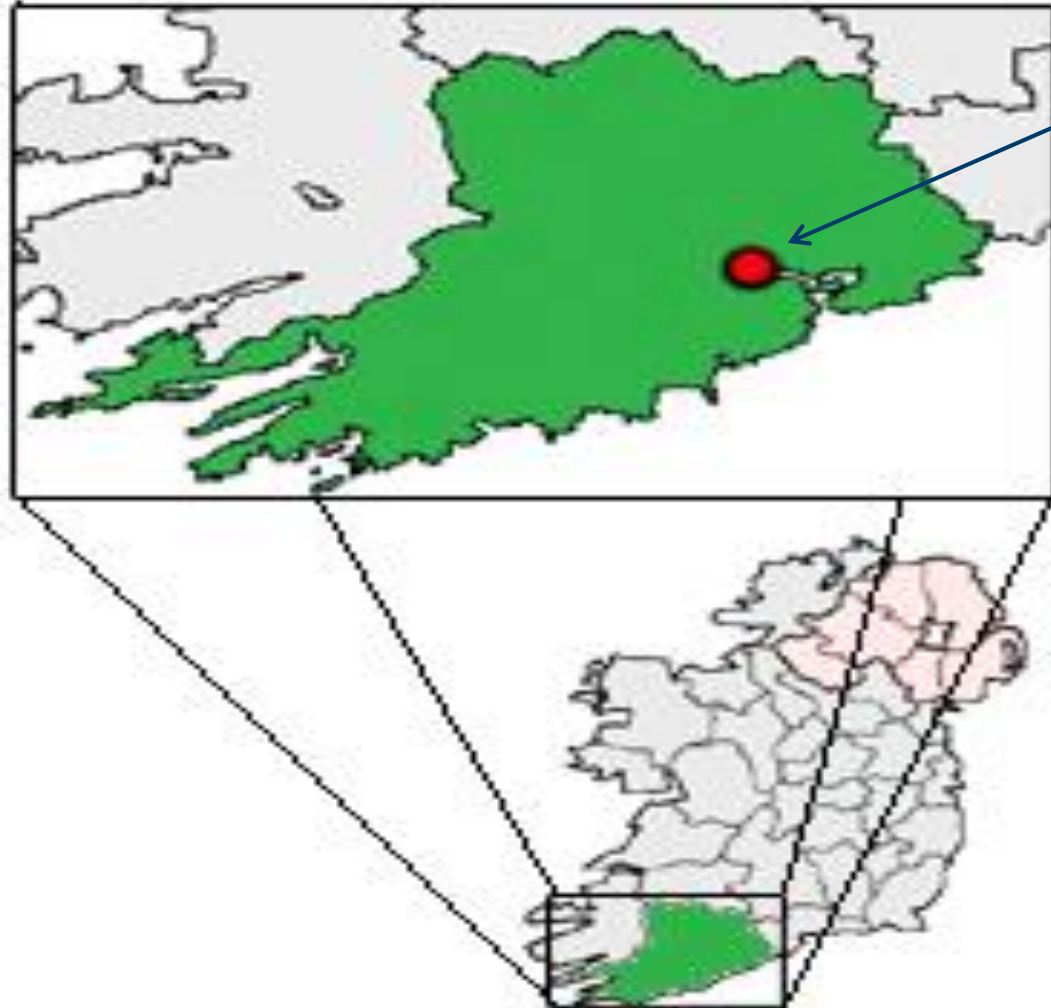
Young Knocknaheeny Area Based Childhood Programme (YK)

A multi-disciplinary area-based prevention and early intervention partnership which aims to get every child's life off to the best possible start by:

- Respectfully enhancing the knowledge and skills of all parents and practitioners
- Strengthening and enhancing all relationships and environments that are important to children
- Embedding systems and community change to address childhood poverty and support early childhood development



Location



Cork city

– population **119, 230**

YK Catchment area

– population **12,000**

– children <15yrs **5177**

– children 0 – 6 yrs **1155**

(Source CSO Census: 2011)

– Annual births – **135** (approx)

(Source Health Services: Executive)

Local context in which YK developed

Multifaceted and multi-generational deprivation, in a concentrated area.

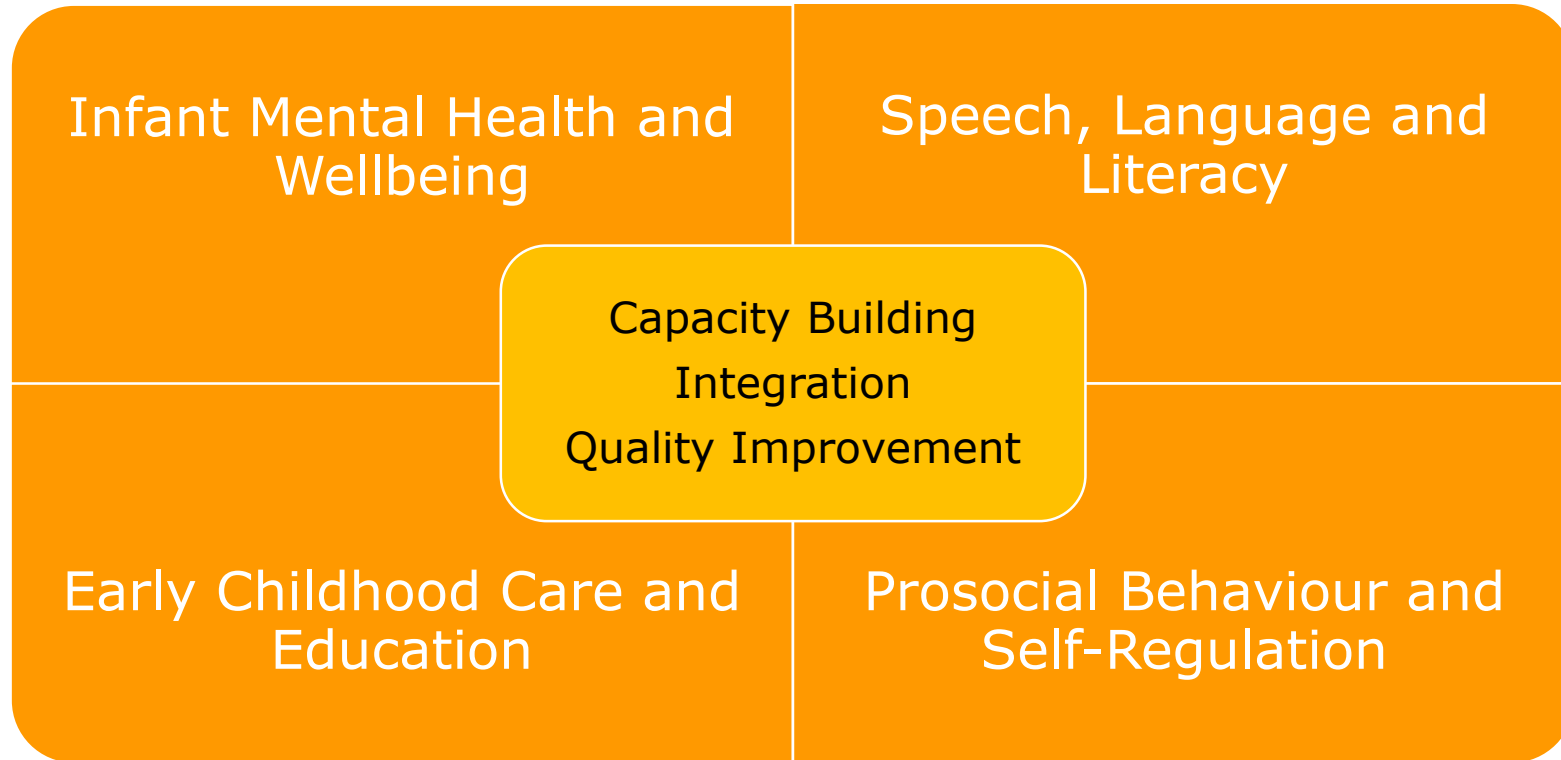
Impact of austerity on both residents and local services.

Growing recognition of need to address early childhood health and well-being.

New methods of inter-agency work required in response to emerging changing social and economic conditions



YK Interconnected strategies



Informed by Interdisciplinary Infant Mental Health Framework

Supported by integrated Research and Evaluation

YK Infant Mental Health and Well-being strand

To develop knowledge, skills, practices and services for the pre-birth to 3 years period



Antenatal home visiting - Preparation for Birth and Parenthood Screening



Infant Massage (pre-crawlers)

Elklan Let's talk with your baby (3-12 months)

Babbling Babies Clinic (7-9 months)

Inter-disciplinary IMH Home Visiting Service (0-3)

Peep Learning Together Programme (1-2 & 2-3)



YK IMH Home Visiting programme

- Informed by Michigan Association for Infant Mental Health Home Visiting Model
- 6 key components:
 - Concrete Support
 - Emotional Support
 - Developmental Support
 - Early Relationship Assessment & Support
 - Advocacy
 - Infant-Parent Psychotherapy
- YK is a progressive universal programme therefore all families enrolled in the programme are eligible for home-based support if deemed appropriate

Home visiting team

- 4 Infant parent support workers (IPS)
 - 1 Public health nurse (PHN)
 - 2 Oral language officers (OLOs)

**Under the supervision and
co-ordination of an
Infant Mental Health Specialist**

Competency Based Learning Environment



- IMH Masterclasses
- IMH Network Groups
- Reflective practice supervision with IMH Specialist
- IMH Team Meetings
- IMH Team In-house Training
- *Learning Language and Loving It*[™] - The Hanen Program[®] for Early Childhood Educators



Bridging science to practice

Current study

The aim of this study was to explore the **delivery mechanism** of the Michigan Association for Infant Mental Health (MI-AIMH) Home Visiting Programme in an area of high deprivation for a vulnerable pre-birth to age three population and their caregivers

To specifically examine specificity regarding the:

- process,
- content,
- structure,
- frequency
- and intensity

Methods

- Proforma completed following each home visit recording details of the visit for programme administration – designed, supervised and managed by programme researcher
- Administrative data from beginning January to end of June 2017 extracted
- All data anonymised on extraction
- Consent from parent to use data for research
- Quantitative analysis conducted using IBM SPSS 20.00

Results - January to June 2017

57 families enrolled

217 home visits conducted plus 100 supporting phone calls

Mean number of visits per family = 5 (range 0 to 18)

4 families required phone support only

Only 18 cases were closed by end June 2017

Eight families visited in the ante-natal period (18 visits)

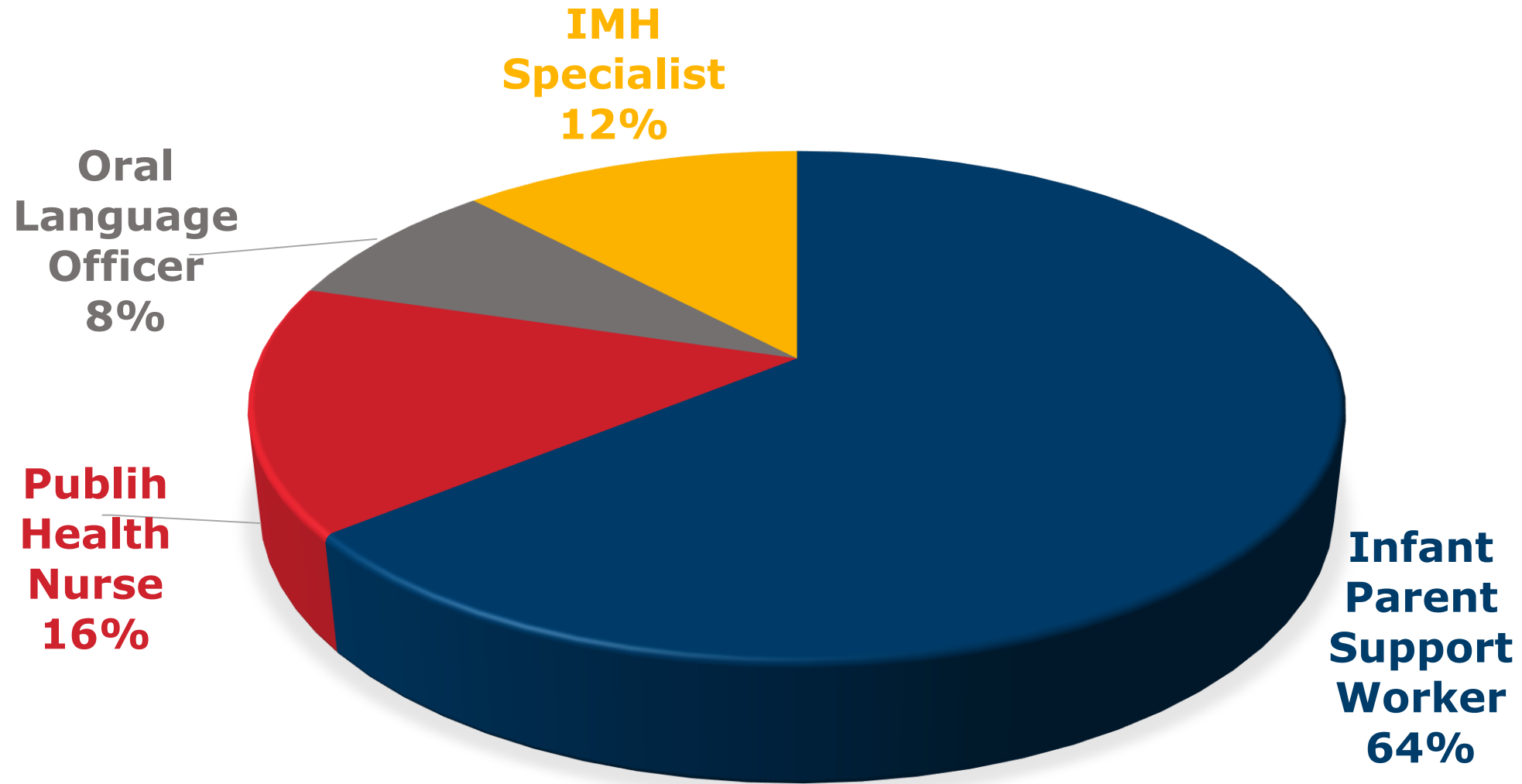
Key child age:

Mean = 22 months

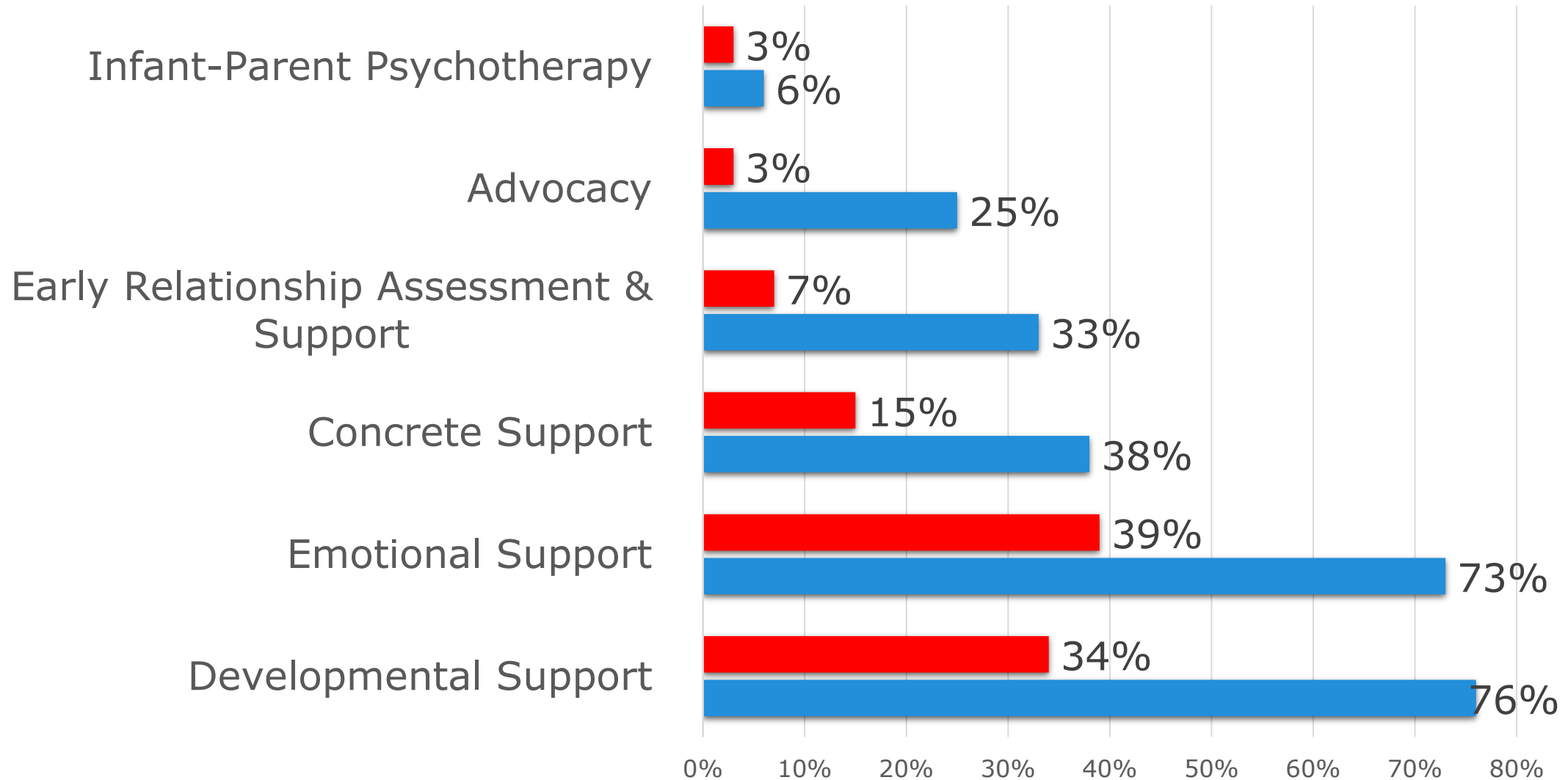
Range from 0 (ante-natal) to 48 months

Nine children \geq 3 years

Home visits conducted by

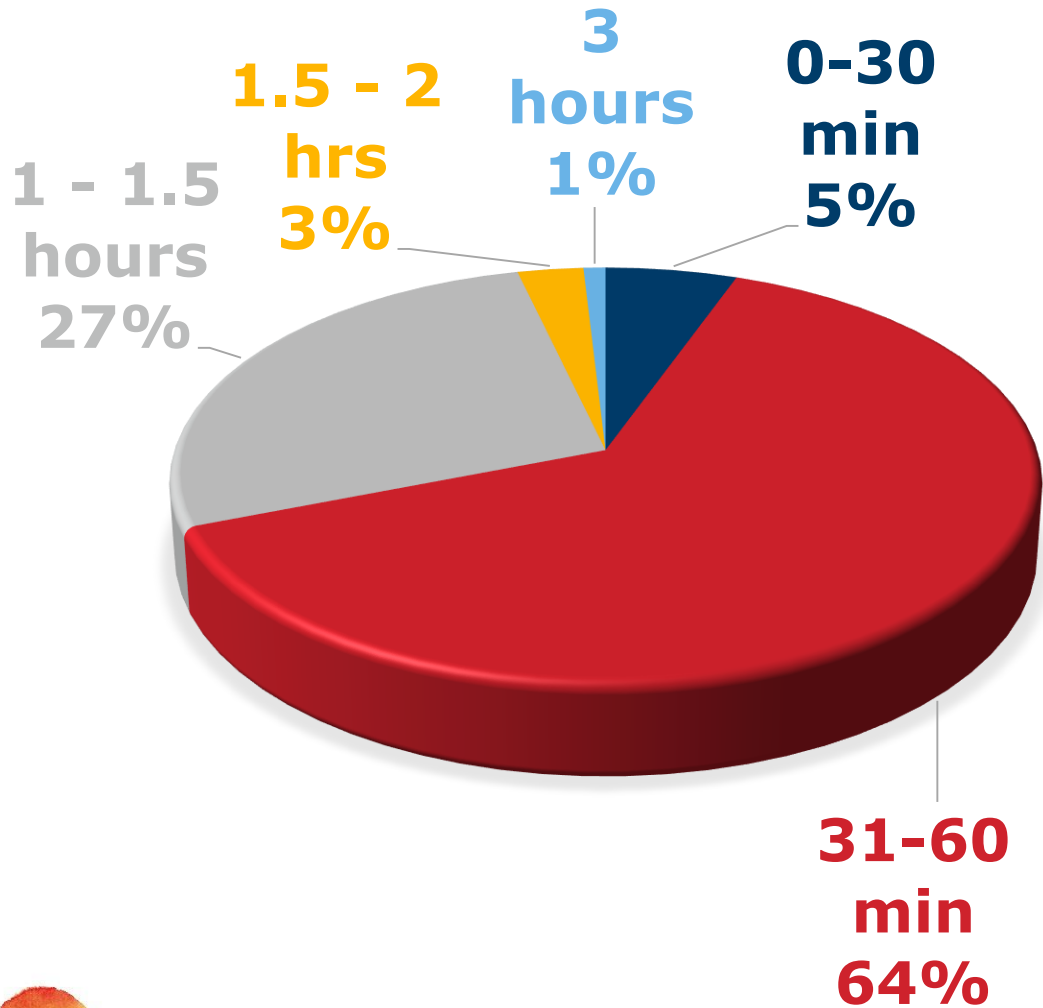


% visits offering each type of support

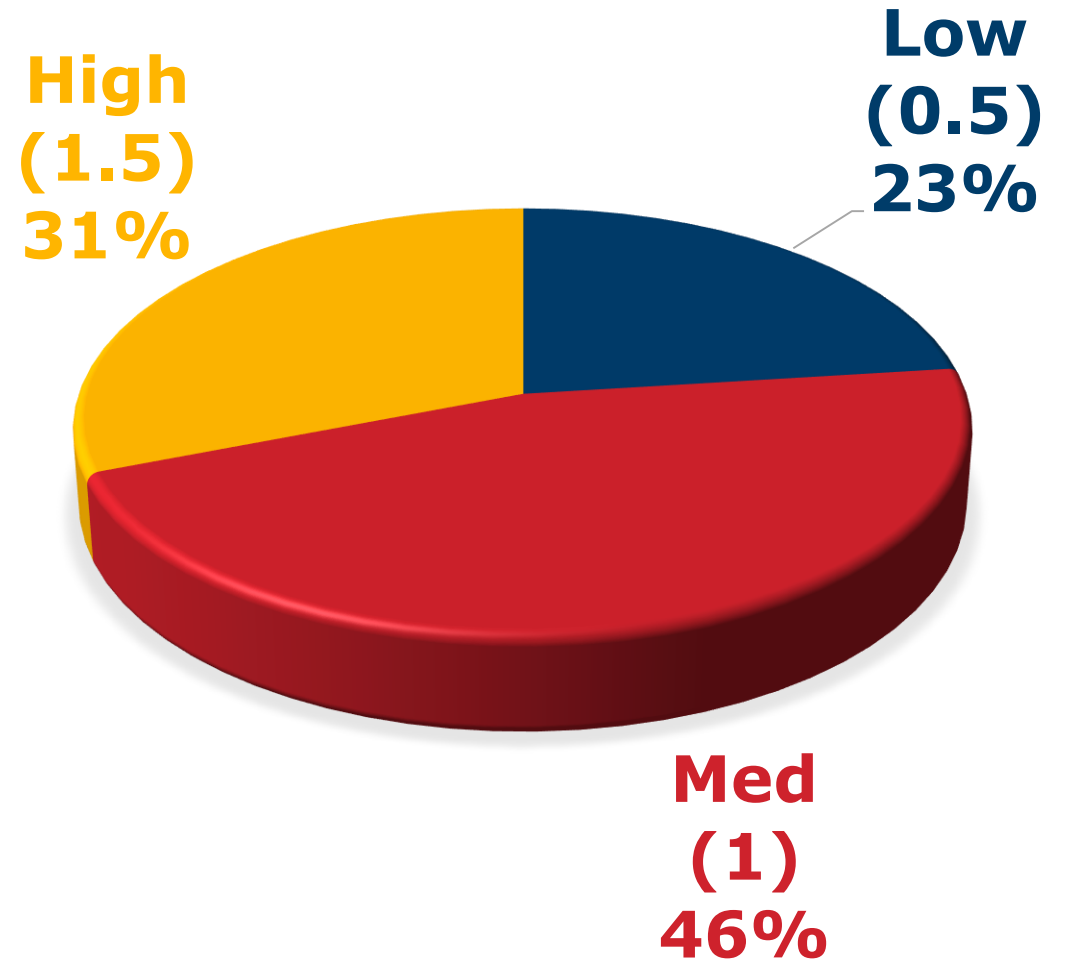


■ Primary focus ■ Support offered

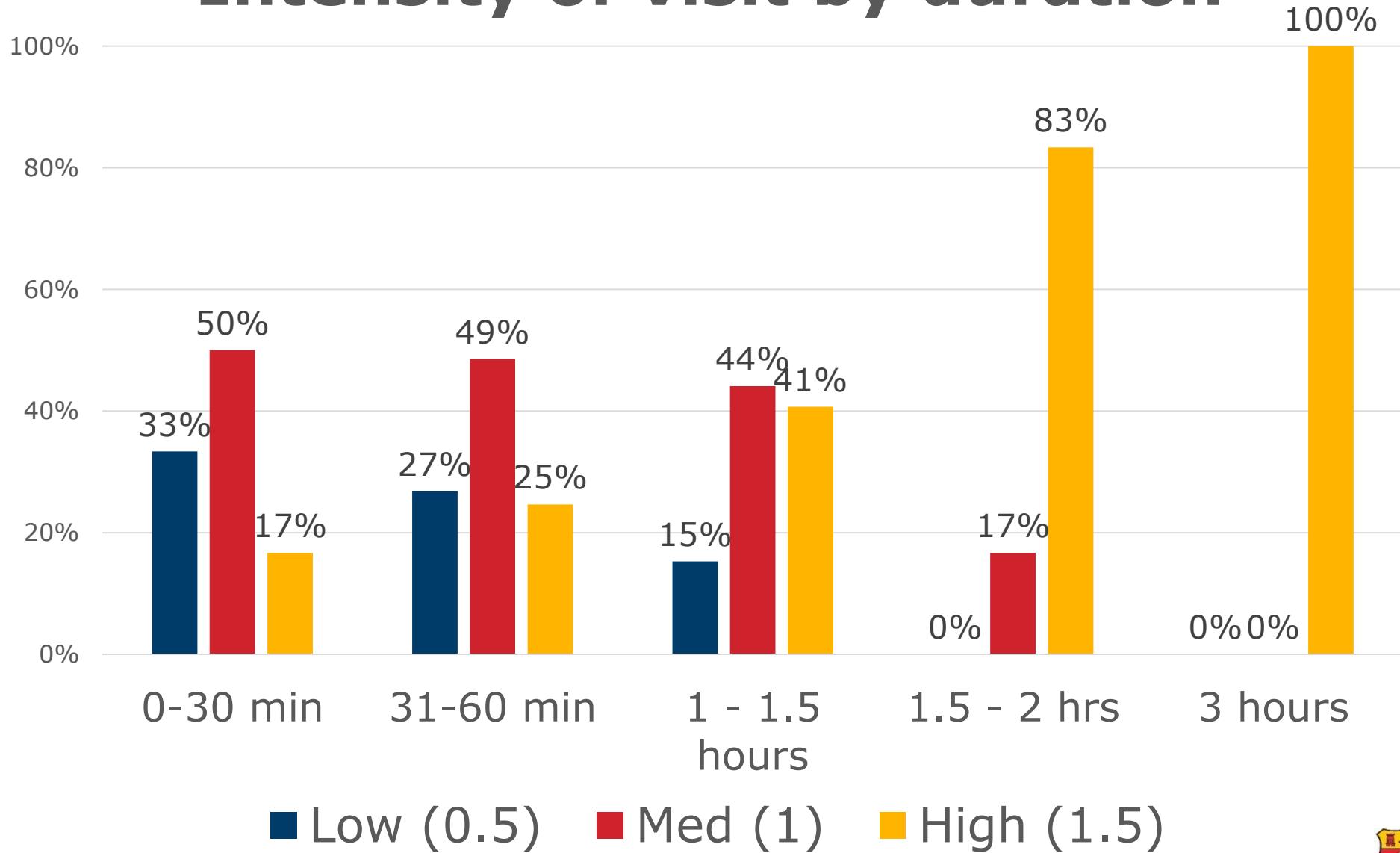
DURATION OF VISIT



INTENSITY AT TIME OF VISIT



Intensity of visit by duration



Conclusions

- Importance of specificity of visit content
- Understanding the type of support informs decisions for other avenues of support
- Insight to team requirements and the role of the IMH specialist
 - Oversee, co-ordinate, support, build skills
 - Becomes involved with the family when needs escalate
 - Concept of progressive universalism – parallel process – those who need the most get the most (mirrored in the team)
- Need for further research to determine optimal specificity

Thank you



YOUNG KNOCKNAHEENY

Area Based Childhood Programme

funded by:



An Roinn Leasraí agus Gíochúil Óg
Department of
Children and Youth Affairs



managed by:



pobal
government supporting communities

lead agency:



NICHE
INDEPENDENT DELIVERABLE
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consortium members:

