HEAD START

the importance of infant mental health

A Children in Scotland one-day conference in association with the Scottish Development Centre for Mental Health and the Scottish Institute of Human Relations.

Wednesday 23 November 2005, Edinburgh

scottishdevelopmentcentre for mental health

SIHR The Scottish Institute of Human Relations *understanding people*

Children IN SCOTLAND CLANN AN ALBA *working for children and their families*

HEAD START

the importance of infant mental health

It is recognised that the psychological needs of infants and their parents require serious consideration and that early intervention can often prevent later mental health problems.

This conference is one of the first of its kind in Scotland and is in response to the demand for more information, advice and support around the issues of infant mental health. One of its objectives is to draw together those front-line care professionals who work with children and their families, but whose original training may not have encompassed mental health. The conference will provide an opportunity to network, to share experiences and solutions, and to find out more about the policies and strategies which are driving Scotland's mental health agenda, particularly with respect to infant mental health.

This one-day conference will:

- examine why infant mental health matters
- introduce practical ideas, projects and programmes which promote infant mental health and well-being in a range of settings
- provide participants with an opportunity to explore local needs and issues.

This conference will give delegates the opportunity to:

- enhance their knowledge and understanding of infant mental health and well-being
- explore ideas, projects and programmes that can be replicated in their own locality or workplace
- feedback into the Scottish Executive's National Programme for Mental Health and Well-being – the local needs and issues around infant mental health.

Who should attend

All those working with children and parents in early years settings including teachers, childminders, nursery staff, playgroup staff, playworkers, creche workers, health visitors, midwives, primary care workers, Sure Start workers, community child health practitioners and general practitioners in a variety of settings including mental health, psychiatry, psychology, education and social work.

"Infant mental health is about more than just treating and supporting mothers with Post Natal Depression, although that is important in its own right. Infancy is a crucial time for developing security, attachments and trust and we need to make sure that we help all new parents, and those involved with them, have a good understanding of this."

Anne Clarke, director, HeadsUpScotland – the National Project for Children and Young People's Mental Health

Programme

9.00	Registration and coffee
9.50	**Welcome from the Chair** Anne Clarke, director, HeadsUpScotland – the National Project for Children and Young People's Mental Health
10.00	**Why infant mental health matters and why it is difficult to keep it in mind** Dilys Daws PhD, Honorary consultant child psychotherapist, Tavistock Clinic, London
10.20	Questions
10.30	**Infant mental health: a vision for Scotland** Gregor Henderson, director, National Programme for Mental Health, Scottish Executive
10.50	Questions
11.00	Coffee
11.30	**A Head Start – service development and training models** – see workshop options below
1.00	Lunch
2.00	**A Head Start – models of practice from across Scotland** – see workshop options below
3.00	**Child protection and infant mental health** Francesca Calvocoressi, child and adolescent psychotherapist, Scottish Institute of Human Relations and Child and Adolescent Mental Health Services at NHS Lanarkshire
3.20	Questions
3.30	**A way ahead – current support and resources available** Dr Christine Puckering, Expert Infant Mental Health Working Group; Peter Toolan, Scottish Institute of Human Relations, Representative, Early Years National Learning Network, NHS Health Scotland
4.15	Conference close

Morning workshops

MW1 – The Solihull approach
A new learning resource pack for health visitors and care professionals who work with families and children under the age of five. Hazel Douglas, consultant clinical psychologist (Child Services), Solihull Primary Care Trust

MW2 – Learning from experience: professional development in infant mental health
A new ten-week intensive course which introduces a framework of thinking about parent–infant relationships and to enhance the skills of professionals working to promote infant mental health and development. Peter Toolan, senior consultant, Scottish Institute of Human Relations

MW3 – Mellow Babies
Mellow Babies stems from the Mellow Parenting programme designed to support families undergoing relationship problems with their children under the age of five and now adapted for under-ones. The programme targets families with complex problems including social exclusion, parental mental ill-health and child protection. Dr Christine Puckering, senior consultant, Child and Adolescent Psychiatry, Royal Hospital for Sick Children, Glasgow

MW4 – Early intervention to promote infant mental health
Establishing and developing a service for parents and infants based on the experience of the South Tyneside Parent Infant Counselling Clinic. This workshop explores some of the successes and difficulties of establishing a new service of this nature. Tracey Jefferson, senior nurse therapist and Vivienne White, child and family therapist, South Tyneside Parent Infant Counselling Clinic

Afternoon workshops

AW1 – Investing in infants
A multi-agency initiative to develop a co-ordinated continuum of support services for families with children from birth to five-years-old. The project has developed a partnership approach with all agencies offering services to families and works collaboratively with parents and their children to promote the young child's emotional, physical, social and cognitive development. Janice Longford, clinical services manager, Coathill Hospital, Coatbridge

AW2 – Expressive art therapy – giving form to feeling
This workshop will look at the benefits of art therapy as part of a healing process for young children who may be in crisis, to help them express deep, difficult feelings. Sheena McGregor, director, Creative Therapies

AW3 – The Cradle Project
An important new rural interagency project, funded by Sure Start and the NHS, to provide intensive and empowering support to parents from pregnancy through to the first years of their infant's life. Julie Watson, project manager, The Cradle Project, Park Children's Service Centre, Stranraer

AW4 – Triple P
The Positive Parenting Programme (Triple P) aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents. This workshop will describe the basic principles of Triple P and the use of the programme as a preventative model of parenting support. Claire Cassidy, Triple P co-ordinator, The Starting Well Health Demonstration Project

Head start

23 November 2005, Edinburgh

Book online at www.childreninscotland.org.uk/imh or return this booking form to:

Radha Singh, Children in Scotland, Princes House, 5 Shandwick Place, Edinburgh EH2 4RG
t: **0131 222 2438** ● f: **0131 228 8585** ● e: **rsingh@childreninscotland.org.uk**

Registration fees

	Members	Non-members
Small voluntary organisations/individuals	£100	£140
Statutory bodies/large voluntary organisations	£130	£175

Bursary places may be available to individuals and small voluntary organisations. Please apply in writing.

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Booking

Please book a place for the following person at the conference (photocopy this form as necessary)**:**

Name(s): _____ Position: _____

Organisation: _____

Address: _____

_____ Postcode: _____

tel: _____ fax: _____ email: _____

❒ I wish to book a place at the following rate: **members** – £100 / £130, **non-members** – £140 / £175 (delete as applicable).

❒ Vegetarian food will be provided. If you have any specific dietary or access requirements, please tick here and let Children in Scotland know the details three weeks before the event.

Workshops

Please indicate your choice of morning and afternoon workshops using the numbers from the list inside.

Morning: 1st choice: _____ 2nd choice: _____ **Afternoon:** 1st choice: _____ 2nd choice: _____

I heard about this conference from:

❒ Children in Scotland magazine ❒ CiS Members' Update ❒ CiS website ❒ CiS conference & training guide

❒ Other _____

Payment

❒ I enclose a cheque/postal order for £ _____ (made payable to Children in Scotland).

❒ Please invoice me at the address above.

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Cancellations received four weeks before the event will be refunded less a processing charge. No refunds can be made after this date, although substitutions may be made. Although no changes are anticipated, Children in Scotland reserves the right to amend the conference programme at any time.

From time to time we may approach you with information about other projects, events, publications and magazines that Children in Scotland produces or organises. If you do not wish to be contacted, please tick this box. ❒ We may occasionally wish to make your details available to other carefully selected organisations. Please tick this box if you do not wish us to do this. ❒

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