

## A Short Briefing Paper on Perinatal and Infant Mental Health – September 2020

Outlining Scottish Government supported education and training facilitated through NES

### Infant Mental Health

In January 2014, NES initiated a programme to sustainably cascade training in the Solihull Approach, to make basic Infant Mental Health (IMH) training more widely available to professionals working in early years services across Scotland.

#### Solihull Approach Headline Data (September 2020)

Number of Practitioners trained via Solihull Approach Cascade Scheme (SACS) since 2014	1422
Number of Solihull trainers trained since 2014	109
Number of NHS Boards that have participated in training	14

### Solihull Approach Online

In May 2020 Scottish Government and NES launched free, universal access to the suite of Solihull Approach Online courses. The 4 courses offer support for families from the antenatal period through to teenage years.

As of September 2020, there are a total of **6,658 Registered Learners** across the 4 courses on offer.

### Advanced Infant Mental Health

Building on the success of the SACS training initiatives, in October 2017 NES launched an Advanced Infant Mental Health Training Scheme, with the aim of extending the IMH training opportunities available to the multi-sector early years workforce. This initiative currently includes training in the following:

University of Warwick Infant Mental Health online course (IMHOL)	
Practitioners completed IMHOL since 2018	107
Practitioners currently undertaking IMHOL	40

Evidence-based Infant Mental Health Interventions:	
Video Interaction Guidance (VIG) & Mellow Babies	
Practitioners trained in IMH interventions since 2018	18
Families who have received VIG intervention to date	45

### Perinatal Mental Health

NES Psychology led on work to update the Perinatal Mental Health Curricular Framework, in collaboration with leads from the Perinatal Mental Health Managed Clinical Network. The aim of the Refreshed Curricular Framework is to guide educationalists in developing curricula for pre-registration and undergraduate programmes for a range of health professionals and for those in health, social care and the third sector who devise continuing professional development programmes for staff. The resource was launched in February 2019. NES is contributing to the development of the Perinatal and IMH Programme Board delivery plans for the year ahead and beyond.