

Overview of content of Perinatal and Infant Mental Health Champions training programme: Aims and learning outcomes

Perinatal and infant mental health and why it matters

As a Champion, you need to:

Understand the concept of both perinatal and infant mental health and be fully engaged with their importance

So by the end of the training you will:

- be able to clearly define both perinatal and infant mental health
- be passionate about the importance of good perinatal and infant mental health
- have reviewed and be able to appreciate contemporary policy and research related to perinatal and infant mental health and how it applies to practice at a local level
- know the range of perinatal mental health conditions and be able to recognise the clinical features of the most common perinatal mental health conditions
- appreciate the effects and impact of perinatal mental illness on the fetus-infant-child across the life course
- recognise how perinatal mental illness can affect the parent-child and wider family relationships
- feel confident to disseminate the content of the training in your role as a Champion

Recognition and management of perinatal and infant mental health problems

As a Champion, you need to:

Detect perinatal mental and infant mental health problems at the earliest opportunity

So by the end of the training you will:

- know how NICE CG 192 (2014) is being used in practice, including the Depression Identification Questions and Generalised Anxiety Disorder Assessment (GAD-2) and be aware of other evidence-based assessment tools
- understand some of the challenges in identifying and supporting families affected by perinatal and infant mental health problems, including stigma, cultural considerations, safeguarding issues and domestic violence and abuse
- recognise and manage risks relating to suicide, self-harm and safeguarding in relation to perinatal and infant mental health problems, within the boundaries of your role and level of competency
- be confident to share the learning and act as a point of reference for colleagues

Perinatal and infant mental health within the local context

As a Champion, you need to:

Understand practitioner roles in the context of practice and local care pathways

So by the end of the training you will:

- know what constitutes a good perinatal and infant mental health care pathway
- be able to support progression of effective perinatal and infant mental health services locally
- be clear about your responsibilities including the need for timely referral, appreciating how your role fits with others along the perinatal mental health care pathway
- know the range of interventions and support advocated nationally and understand what services are available at a local level and how to access them
- appreciate the benefits of developing resilience in practice - to support ourselves when supporting others and feel confident to promote this concept to colleagues
- feel confident to act as an ambassador and advocate for perinatal and infant mental health locally