

# The Tavistock and Portman

NHS Foundation Trust



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# **Early Intervention with children and families**

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## Why is early intervention important?

- Association between childhood adversities and adult mental health disorders
- Most mental health disorder arises before adulthood but often continues to impact across the life course
- Prevention and early intervention can prevent a broad range of associated negative outcomes and inequalities
- Prevention and early intervention happens in a wide range of settings and require complex and varied local arrangements

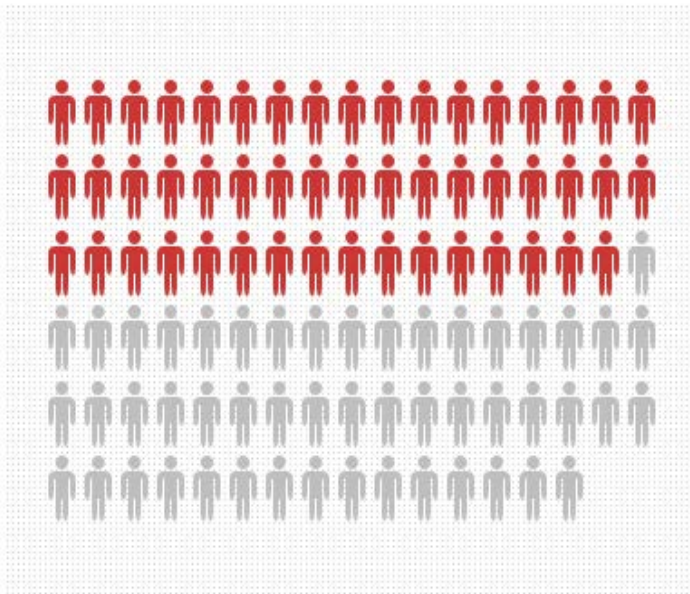
# Impact of mental disorder: Most lifetime mental disorder arises early adulthood

Age of onset of lifetime mental illness – predates subsequent illness by several decades

## At Age 14

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50% OF LIFETIME MENTAL ILLNESS (EXCLUDING DEMENTIA)  
STARTS BY AGE 14

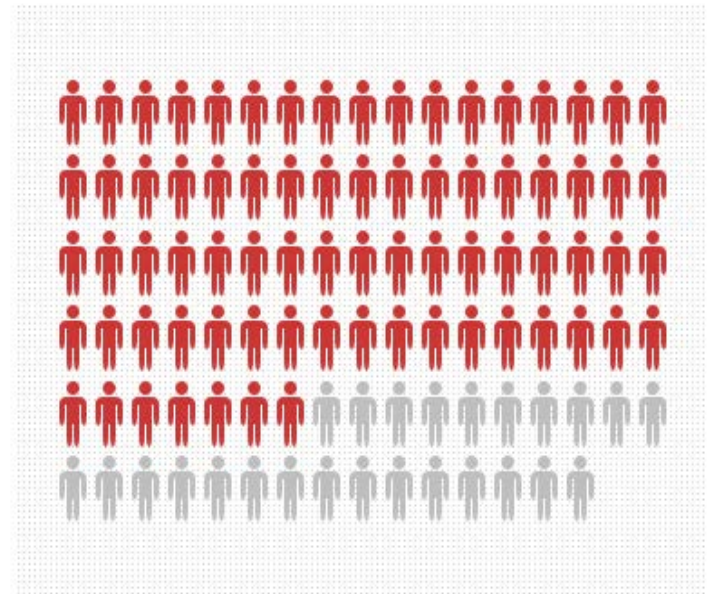


Started Mental Illness Not Started Mental Illness

## By Mid Twenties

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75% OF LIFETIME MENTAL ILLNESS (EXCLUDING DEMENTIA)  
STARTS BY MID TWENTIES



Started Mental Illness Not Started Mental Illness

# Examples of innovative practice: The Family Nurse Partnership (FNP)

- An evidence based, preventative, early intervention programme
- For first time mothers
- Intensive, structured home visiting from early pregnancy until child aged two
- Aims to improve pregnancy outcomes, improve child health and development and parents' economic self-sufficiency
- A licenced programme, delivered by specially trained nurses
- Based on NFP, developed in US over past 30 years and began in England in 2007

## **FNP outcomes**

- Better pregnancy outcomes
- Early identification and reduction in childhood injuries
- Better child health and development
- Fewer subsequent pregnancies and greater intervals between births
- Improved parents economic and self sufficiency

## Family and Alcohol Court (FDAC)

- Based on American model, in London since 2008
- Provides a problem-solving therapeutic approach to care proceedings where parental substance misuse is a key element
- Aims to improve outcomes for children by helping parents change the lifestyle that has put children at risk
- Specialist multi-disciplinary team works closely with judges and supports parents
- Judges stay with a case from first to final hearing allowing for continuity
- Fortnightly court review without lawyers
- Multi-agency working

## FDAC: Key findings

- More FDAC parents controlled their misuse
- Higher reunification rates for FDAC families
- Lower child maltreatment rates
- Length of proceedings remained the same
- Costs of FDAC – shorter court hearings, fewer legal representatives at hearings, fewer contested cases, less use of foster care placements



## The challenges

- Delivery of evidence based treatment requires skilled, trained and supervised staff in the context of specialist and early intervention services being dismantled
- Partnership around agencies working with children, young people and families can be complicated and tough. How do we work with adult services?
- In the context of austerity – the need to work together
- The importance of transitions could be key
- Enabling access, especially the hard to reach