

2017 International Initiative for Mental Health Leadership Exchange

Match Summary

Name of Match:

Perinatal and Infant Mental Health (PIMH)

Location of Match:

Karitane 138-150 The Horsley Drive, Carramar, NSW 2163

Karitane is based in south west Sydney, an area of great cultural and socioeconomic diversity. Karitane has been a leader in provision of parenting services and family support since 1923. This includes perinatal and infant mental health services and expertise.

1. Brief Summary of the Outcomes of your Match

We had 17 participants attend this inaugural PIMH match from across Australia and New Zealand as well as 7 members of the Karitane team. It was a very diverse multidisciplinary group that included clinicians, service leaders and academics with backgrounds in infant, child and perinatal psychiatry, clinical psychology, social work, perinatal and infant and maternal and child nursing. This was major strength of the meeting and added to the richness of the discussion and reflection.

Outcomes included:

- The inclusion of perinatal and infant mental health in the IIMHL lexicon
- The opening of the match by the NSW state minister for Mental Health, Women and Aging , The Hon Tanya Davies, and the local Member for Holdsworthy, Ms Melanie Gibbons
- A chance to raise the profile of PIMH at a state level and to underline and restate the evidence that mental health begins in infancy and early childhood
- the opportunity to reflect on the breadth and importance of our work in early prevention and intervention
- highlighting challenges particularly in areas of advocacy and funding of services for families and infants with vulnerability at this early developmental stage
- the clinical challenges and impact of working with preverbal clients
- the impact of child protection related clinical work and the need for staff support and reflection
- discussion of PIMH workforce competencies and development
- the value of forming partnerships with other disciplines and services to support the preventive work we do
- expanded network and individual collaborations,
- video summaries of the match (see the IIMHL website)

2. Resources Used in your Match:

- Brockington, I., Butterworth, R., & Glangeaud-Freudenthal, N. (2017). An international position paper on mother-infant (perinatal) mental health, with guidelines for clinical practice. *Archives of women's mental health*, 20(1), 113-120.
- National Scientific Council on the developing Child (2008/2012) Establishing a Level Foundation for Life: Mental Health begins in Early Childhood. Working Paper 6<http://www.developingchild.harvard.edu>
- Simpson, T. E., Condon, E., Price, R. M., Finch, B. K., Sadler, L. S., & Ordway, M. R. (2016). Demystifying infant mental health: What the primary care provider needs to know. *Journal of Pediatric Health Care*, 30(1), 38-48
- World Association for Infant Mental Health (2014) The Declaration of the Infant's Rights as a developmental Milestone *Perspectives in Infant Mental Health* Vol 22(2-3).
- A talking heads film from Australian and NZ IMH leaders about key achievements and future challenges for PIMH as a discipline of practice and research

3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion

- Raised awareness of importance of PIMH with state government minister
- Highlighted the established evidence that the foundations for mental health and wellbeing are laid down in infancy and early childhood
- Emphasised the need for increased, effective and continuing advocacy at a policy and funding level for adequate investment and support for families facing adversity our field
- Supported collaboration and encouragement between leaders in our field across Australia and New Zealand
- Increases potential for PIMH to have a continuing and increased presence at IIMHL meeting around the world

4. Brief description of how your match has built leadership for the future

- Enhanced morale and motivation of participants

- Crossed disciplines and services
- Included a focus on workforce development and support
- Enabled creative collaboration to support effective advocacy and local service, state policy and research levels.
- Raised the profile of our field
- Communicated our enthusiasm and hopefully made others curious about and motivated to know more about and to support this emergent area of mental health prevention, practice and innovation